

Heart Coach

STATE SHIFT before mind shift/ behavior shift

Gym: Emotional Calibration

Groups of 3 (Coach, Client, Witness), Witness times 15 mins each

Coach: Ask client to **pick an area of life they're feeling stuck**. Have them close their eyes and think about that stuck feeling. Help client to scan, locate & report corresponding sensations in their body in order to **determine current intensity X/10**

Coach: While listening, coach regulates themselves first with a deep breath/ longer exhale to get grounded and centered. Then coach asks client to **"Put your attention in that area of your body (where sensations are strongest) and send loving awareness there"** intensity X/10

Coach to client: **"Breathe deeply into that area in yr body (3 deep breaths, w/ double-length exhale). I'll do it with you."**

Coach: Ask the client to give feedback & recalibrate emotion's new intensity X/10, **"What does it feel like now?"** (this "now" wording suggests emotion number has changed)

Bonus

Coach can invite client to try doing any self-regulation tool: 3-5 breaths (ie: double length exhale or havening, EFT) in order to bring down the charge enough to be able to directly experience the somatic sensations inside their body.

Coach can then ask the client: **“What other feelings are you now able to feel?”**

Get the client talking more granularly about shifts in emotional state, ideally embodying/ displaying the desired state.

Once they’re in this more resourceful state, ask client **“What’s possible around this issue from this more creative state you’re in now?”**

Thank the client for their courage and openness to be shifted.