

# Heart Coach

## *Annie's Coaching Scaffolding Questions:*

**Groups of 3:** 1 coach, 1 client, 15 mins each, witness timer goes off at 14 mins warning

**1/** “What outcome do you most want to create in your life (in love/work/health)?”

**2/** “What will having that do for you?” (flesh out benefits)

**3/** “How will you know when you get there?” (what’s their proof)

**4/** “What’s it like now around this issue?” (raise difficulty)

5/ “What’s something in your life right now, that you currently value, but think you might have to give up, if you actually got ...<insert desired outcome>?” (look for hidden payoff)

6/ Has it ever occurred to you that you could get more (insert thing they value & fear to lose), if you actually succeeded in your dream?

7/ What’s possible now, when you consider your desired outcome (insert outcome)?

## *Coaching Gym*

**Coach to client:**

**1/Coach to client:** “Think about an issue that you really want shifted in your life” (<6/10)

Client’s job is NOT to tell the coach anything about their story/ issue at all. Only to track their own inner feelings they have about the issue, silently.

**Coach asks client:** “Are there any feelings around this that are wanting to be attended to?” Client & coachwork to focus on inner feelings, NOT outer story/ explanation/ context. We’re trying to do some magic coaching w/o any story whatsoever.

**2/ Inner Scan:** Have client close their eyes and scan their inner body, ask them:

“As you think of this issue, where are the most salient sensations in your body -what shape, color, texture, location, motion?” Calibrate X/10

**3/ Release:** Ask the client to open their body and allow any aspects of that feeling energy to float out of their body and take up space outside them in the room...that’s all the energy that wasn’t theirs and needs to go back to their owners, give permission for that energy/feeling/ expectation/ obligation/ shame to float out through a door or window up to the sky and return home to its owner (no need to know whose it is). Then invite client to fill their body with their own light energy/ life force, or their fav color. Have their lifeforce fill in the gaps left as the energy from others floats out of them

**4/ Honor & Interview:** Calibrate client sensations X/10, Then ask the client to: “Send “reverential curiosity” to that specific area of your body where you feel the most internal sensations (as you think about this issue)”. Have them relate to that area of their body as if the feeling is a guru or zen master, and have the client ask that body area “What are you trying to show me, what are you trying to teach me, I’m listening”....see if any profound words, simple message, visual image, epiphany arises (body wisdom will always sound loving and clairvoyant). This message is the client's next most important growth step to practice for success in all areas of their life, help them integrate the message.

If no message arises, have the client continue to be with, honor, and attend to the sensations in their body so it gets the attention it needs. This alone is VERY healing & will reduce the sensation of tension.