

# Nervous System Tools for Coaches

## Quick recap

The meeting focused on the importance of self-regulation and building credibility as a coach, with discussions on managing emotions, energy awareness, and various techniques for stress management and nervous system regulation. Annie shared insights on attachment dynamics, dissociation, and the transition to adulthood, emphasizing the need for self-soothing and staying present with sensations. The session included practical exercises, coaching techniques, and a guided meditation to help participants develop their emotional regulation skills and integrate these concepts into their coaching practice.

## Summary

### Self-Regulation and Coach Credibility

Annie discussed the importance of self-regulation and building credibility as a coach, emphasizing that true credibility comes from leading clients into a more resourceful state rather than relying on formal credentials. She explained how self-regulation involves consciously managing the nervous system to shift from a contracted to an open state, which enhances creativity and problem-solving abilities. Annie also explored the concept of attachment dynamics and the transition to adulthood, highlighting the importance of taking responsibility for one's emotional state and learning to self-soothe.

### Dissociation and Trauma Recovery

Annie discussed the concept of dissociation and its role in trauma, explaining how people often leave their bodies and regress to younger states when faced with overwhelming emotions. She emphasized the importance of learning to stay present with sensations and feelings as a key skill for personal growth and success. Annie introduced the idea of "time travel" between different emotional states and provided a simple breathing exercise to help regulate the nervous system. She encouraged participants to research and experiment with various techniques for creating safety and calm in their bodies.

### Self-Regulation and Emotional Management

Annie discussed the importance of self-regulation and directing attention to manage stress and emotional responses. She emphasized the need to practice grounding techniques like deep breathing, visualization, and meditation to remain present and avoid getting caught up in stories that distract from the physical experience. Annie highlighted that self-regulation is a form of self-love and shared personal anecdotes about teaching her family the importance of regulating their nervous systems in challenging situations.

## **Self-Regulation Techniques for Therapists**

Annie shared several self-regulation techniques, including a midline practice involving visualization of energy flow and grounding exercises. She emphasized the importance of differentiating between self-regulation and narrative thinking, and introduced various tools such as Havening, EMDR, and bilateral stimulation. Annie stressed the need for therapists to lead by example and be grounded before helping clients, and encouraged further research into stress management techniques.

## **Emotional Management and Graduation Event**

Annie discussed the importance of managing emotions and cognitive function, explaining that when overwhelmed, people revert to a primal state similar to a four-year-old, making it difficult to process complex concepts. She emphasized the need to address physical and emotional needs before engaging in cognitive problem-solving, comparing it to managing a Komodo dragon and chimpanzee rather than trying to reason with them. Annie also highlighted the significance of a graduation day event on July 18th, where she and Ebit will consolidate the program's teachings, and encouraged participants to attend even if they missed other sessions.

## **Emotion Regulation in Coaching**

Annie led a discussion on coaching techniques, focusing on helping clients regulate their emotions and integrate experiences rather than bypassing them. She explained the difference between dissociation and staying present with sensations, using examples like a near-death experience to illustrate how to stay grounded. Annie then demonstrated a coaching session with Claire, guiding her to break down her goal of identifying ideal clients and rebuilding marketing into smaller, actionable steps.

## **Energy Awareness and Career Alignment**

Clare and Annie engaged in a guided meditation exercise focused on energy awareness and journaling. Through visualization and breathwork, Clare identified areas of blocked energy in her body, which she described as feeling stuck or dampened. The meditation helped Clare reconnect with her vitality, leading her to commit to moving her brainstorming work to a different environment, specifically a quiet coffee shop, to better align with her goals of building her coaching career.

## **Energy Coaching Techniques Practice**

Annie emphasized the importance of focusing on state before content in coaching, explaining that working with a client's physical sensations and energy can lead to more significant transformations than discussing specific client issues. She introduced an exercise where participants paired up to practice a technique involving energy regulation and clearing, with instructions to work in small groups of two. Kim facilitated the grouping process, and participants were encouraged to share their observations and experiences in the chat after the exercise.

## **Embracing Emotions for Transformation**

Annie led a discussion on the importance of understanding and working with emotions rather than trying to eliminate them, explaining that feelings are like children seeking attention and validation. She emphasized that transformation comes from transcending emotions by including and going beyond them, rather than getting rid of them, and shared that she has been teaching this approach for almost two decades. Annie assigned homework for participants to practice tuning into their nervous system and self-regulation by experimenting with different stress management techniques, with the next session scheduled for the following Friday.

