

Coach Gym V1: Self Regulation

1/ Coach asks client: **“When you imagine taking the next step towards building your coaching practice, what comes up for you?”** (time their 'story' for 2-3 mins MAX)

2/ Coach, as you listen, take 1 deep breath and calm YOUR own body down so it's softer, safer, and more balanced. (You go first to lead the client)

3/ Then imagine a cord/ root going from your root/ base/ feet down into the ground towards the center of the earth. After this, imagine the client also has a cord connecting them to the ground and on to the centre of the earth. You ground first, then give them a grounding cord.

4/ Find a way to gently interrupt the client and say, **“I'm curious, when you tune into the sensations behind these thoughts, where is it in your body? What number out of 10 is the intensity?”**

5/ Get the number and then ask them, **“Will you pause with me for a moment, and let's take a few deep breaths together and be with the feeling?”** ...if they say yes...**“Close your eyes and we'll do this together. Deep breath in...long exhale.”** Invite the client to use their own favorite. Regulation tool to center themselves in safety.

6/ Do 3 deep breaths with them (w/ slow double-length exhale), then say **“And when you're done your breaths, gently open your eyes and notice what's different in your body. What's possible now?”**

7/ If the number is still high, ask the client to let the tension/ sensations leave their body and expand outside of them (floats out of their body or drains into the earth). Re-calibrate/ get new X/10...

Then have the client attune to any leftover body sensations in that same area and have them ask that body area, with curious reverence: **“What are you trying to say, what are you trying to show me or teach me?”**

8/ Have client listen internally for an insight/ epiphany/ profound truth coming from the sensations (body wisdom always sounds like it comes from a loving zen master or guru)...this insight IS the client's next development step to achieve success in every place in their life where they are currently stuck

Final calibration/ check X/10 one final time