

ABCs PROCESS

Centered + Intuitive + Mindfulness
MASTER COACHING PROCESS

InnerLifeSkills

PRINT FOR STUDY PURPOSES ONLY

ABCs

Somatic Insight Awareness

This is a popular InnerLifeSkills technique. If mastered, your ABCs can make a massive difference in your ability to communicate with presence and power. Use the following guided PQF to coach yourself and others.

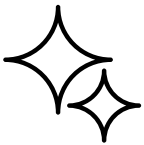


GUIDED INVITATION

In the next few minutes, I invite you to place your attention on the **core** of your body. Just like an athlete might prepare to make a champion move, or a golfer might direct their attention to their centre of gravity, direct your attention into your body. Sensing the stomach area. You might want to close your eyes if it helps. Take your time. Breathe naturally and easily. Notice it doesn't take much effort at all, it's a simple intention to notice how your body feels.

What helps some people is to take a few deep breaths and by feeling their breath move deeply into their diaphragms they're able to be more aware of their centre. Others visualize moving their attention from above their shoulders to their core. Others find that it helps to place a hand across their abdomen (just below the rib cage and above the navel). This helps them to really sense and feel the centre.

Find your own way and take your attention, to the body, into the centre and gently stay there. If your attention moves away that's perfectly fine and normal, simply direct it back to your centre. As soon as you can sense you are more centred you can let me know.



INSIGHTS

Seeing & Being

ATTENTION ON THOUGHTS ABOVE SHOULDERS

Notice how it feels...

- What are you aware of?
- What's different?
- How do you speak?
- How do you listen?
- How do you relate?
- What happens to your intuition?

ABCs ATTENTION ON THE CENTRE OF YOUR BODY

Notice how it feels...

- What are you aware of?
- What's different?
- How do you speak?
- How do you listen?
- How do you relate?
- What happens to your intuition?

COACHING QUESTIONS

How might you use ABCs in your life?

What benefits can you think of for using ABCs?

How can you remind yourself to use the ABCs?

By working with the ABCs what occurs to you?