



## Body-Centered Coaching ~ The Method Condensed

Marlena Field, PCC, CPCC

[www.BodyMindSpiritCoaching.com](http://www.BodyMindSpiritCoaching.com)

[marlena@bodymindspiritcoaching.com](mailto:marlena@bodymindspiritcoaching.com)

*Experimenting with Possibilities (Chapter 4)*  
*Body-Centered Coaching by Marlena Field, PCC*

Use this technique when a client has a number of possibilities (preferably 3+) and would like to access the body's wisdom for additional information.

*You can assist your clients to...*

- become more clear on any decision they are facing.
- become more aware of available choices.
- prioritize ie. values; passions; purpose.
- choose wording ie. for marketing materials, business card, tag line.
- become clear on career choices and change.
- identify next steps for moving forward.

*Steps for Experimenting with Possibilities...*

- Decide on the "issue" and name that there *may not* be a definitive decision by the end of the session – this is an exploration.
- Have client talk about each possibility and come up with a phrase to encapsulate that possibility.
- Let the client know you will be delivering the possibilities in mindfulness, in a different order than discussed. Let them know *they may experience thoughts, feelings, sensations, images, memories, anything at all.*
- Invite the client to become more mindful:  
Close your eyes and begin to turn your attention to your breath...without trying to change anything...simply noticing...notice how your breath goes in and your breath goes out...on your next exhalation, allow even more of your body weight to sink into your chair...noticing it's there to support you...take as much time as you need...give me a signal like "ready" or "uh-huh" when you are in a mindful state and ready to begin
- Deliver the first possibility (random order) – voice is neutral and evenly paced  
[Name], notice what happens when I say (pause) ..... OR  
[Name], notice what happens when you're with the idea of .....
- Allow space and time to notice, and then ask "What did you notice?" Record the client's answers. Keep asking "Is there anything else you notice?" until the client is complete.
- Take your time and shake off that energy, clear the space, let me know when you're ready for the next possibility.
- Repeat until all the possibilities have been experienced and shaken off.
- Continue coaching – client has their own interpretation and meaning.