

thank you



Thank you for purchasing this process from
lifecoachestoolbox.com

Life Coaches Toolbox is a collection of
160+ modern Life Coaching Processes to help you
reset your body, mind, heart or soul.

A big resource of NLP-based Life Coaching
strategies, processes, techniques, exercises, games,
question sets, scripts, rampages & affirmations
to help you overcome physical, mental, emotional
and spiritual challenges, Life Coaches Toolbox
is suitable for those who would like to do work
on their own, coaches, mentors, trainers and
managers who would like a ready-built Coaching
Toolkit and a go-to toolbox you can always
turn to as your next step in a crisis.



lifecoachestoolbox.com

If you would like to purchase more processes and tools
to use with your coaching clients, or on yourself,
please visit **lifecoachestoolbox.com**
or email **chemory@lifecoachestoolbox.com**



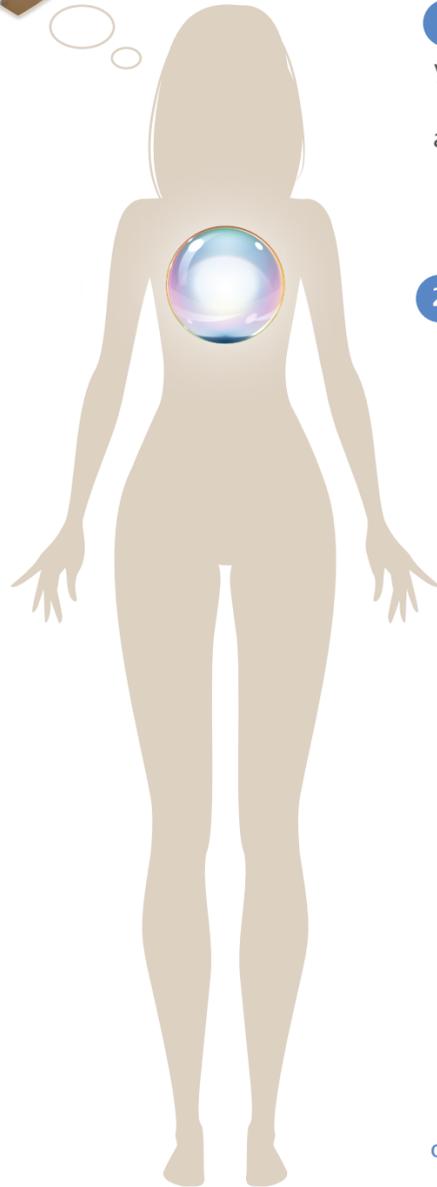
This technique is adapted from the HeartMath Quick Coherence Technique.

This technique, and a number of other stress busting and mood lifting techniques are freely available from www.heartmath.com

Whether you're a coach, a parent or just an individual looking for quick and effective tools you can use for yourself or teach to someone else, HeartMath has a huge amount of free resources and informational material that will keep you busy for ages.



THE QUICK COHERENCE TECHNIQUE



1 Focus your attention on the area around your heart, in the center of your chest – you can place your hand or fingertips on the area to help draw and keep your focus there

Breathe in and out normally, and as you are doing that, imagine you are breathing in and out through your heart center at the same time

Visualize a golden pink cloud or bubble of light that you are breathing in and out through your heart center

You can also imagine the cloud or bubble expanding to fill or envelop you completely if you would like to reinvigorate your energy

OPTIONAL

3 While maintaining the heart focus and breathing, recall a positive feeling or someone you love deeply or you know loves you completely, or a treasured pet

Think of this person or pet with fondness and affection and enjoy the feeling

Lastly, you can use this as a forgiveness exercise, by adding a fourth step where you think of someone you want to forgive, verbally or mentally set the intention to forgive them and then spent time thinking of them lovingly and with compassion

OPTIONAL



The Quick Coherence Technique can be used as an easy to remember meditation and is great for teaching to kids who need help managing emotions.

The technique is also useful to run before speeches and presentations, exams and tests, studying, homework and bedtime.

You can also use this before meetings, interviews and appointments, or as a team bonding exercise.

Being in a room, doing a love-based exercise together, will help your staff to become entrained, that is their hearts will start beating in sync. This will lead to greater harmony in your environment.

You can read up more on entrainment through Heartmath and the Global Coherence Initiative.

THE GLOBAL COHERENCE INITIATIVE

www.glcoherence.org

An initiative of HeartMath, the Global Coherence Initiative is an online global community created by HeartMath to unite people all around the world in heart-focused care and intention.

On their site, they host an amazing initiative called the Global Care Rooms.

www.globalcarerooms.org

The Global Care Room is a virtual meeting place for people from all over the world to gather and participate in a 15-minute, coordinated global heart-focused meditation based on the steps and principles of the Quick Coherence Technique.

You can either participate daily in the room as it stands, or use the music and audio guidance to do a daily meditation.

Alternately you can use the Global Care Rooms' meditation room to feel more connected and if your partner is also spiritual, then you can do a joint meditation to connect and bond more deeply.

If you're in a long distance relationship, you can schedule a coordinated meditation to feel more connected in the same way.

Alternately use the Global Care Room for joint family or team meditations to assist with bonding and connection, or use it as a tool before exams, studying and homework, presentations, meetings, interviews and more.



global coherence INITIATIVE



categories



lifecoachestoolbox.com

Life Coaches Toolbox has a number of free diagnostic tools and resources that coaches, trainers, mentors and managers can use with clients, or that you can use on your own.

© 2015 Chemory Gunko & Life Coaches Toolbox.
This item may not be freely distributed.

- Affirmations
- Anchoring
- Belief Systems
- BodyTalk Tapping
- Boundary Setting
- Building Trust
- Chakras
- Chinese Medicine
- EFT Tapping
- Eliminating Ego
- Energy Work
- Energetic Protection
- Fear & Anxiety
- Feeling Stuck
- Fighting & Arguments
- Focus & Motivation
- Forgiveness
- Gratitude & Appreciation
- Generating Joy
- Human Strategies
- Inner Voice
- Intuition
- Keeping Your Cool
- Manifestation
- Mental Exercises
- Physical Spaces
- Relationship Rehab
- Shifting Crises
- Shock & Trauma
- Meditations
- Mudras
- Writing Processes