

De-Stress Your Clients in 5 Minutes or Less with these Guided Meditation Scripts

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Meditation calms our mind, relaxes our body and soothes our spirit. For coaches, having a few guided meditation scripts up our sleeve can be really helpful – whether it's to calm down a harried client, start off a workshop or just help clients connect with themselves and slow down.



Here are 3 guided meditation scripts for you to use with your clients for relaxation and calm.

Tip: Make sure to speak slowly and softly. I actually have a different 'voice' I use when I help my clients with guided meditations.

IMPORTANT NOTE: Anything in square brackets [...] is NOT to be said out loud, they are a note for you to do something eg. [pause].

1. Two Minute Meditation to Help Your Clients Find Calm

This guided meditation script uses Ericksonian Hypnosis and NLP techniques to allow the client to imagine for themselves what calm looks like – and how to bring this into their lives.

- I invite you to take a deep breath and when you're comfortable, begin to close your eyes [pause].
- I wonder if you would take a moment to imagine yourself being more calm, peaceful and focused [pause].
- And as you allow your unconscious mind to naturally conjure an image of what that would feel like; consider what you might be seeing [longer pause], hearing [longer pause] and what you might be feeling [longer pause] that shows you are more calm, peaceful and focused [pause].
- And perhaps you are already feeling more calm, peaceful and focused [pause].
- If not, notice that your unconscious mind can reveal how you might do this [longer pause].
- Now, maybe you can think of a simple way to incorporate this feeling of calm into your life in the days and weeks ahead [longer pause].
- And after you have done that, know that it really can be this easy to create a little more peace and calm in your life [pause].
- So, I invite you now to take a breath for a moment, and begin to move your attention back to the room, listening to the sounds around you and begin to open your eyes [pause].

Finally you can ask something like: "So, how was that? What did you learn?"

You can also use this exercise as a basis to coach the client around creating more calm in their lives.

2. Three Minute BREATHING Meditation

This simple guided meditation script helps revitalise AND relax the client. The deep breathing helps to oxygenate their blood while the simple focus on the breath calms them and brings them into the present moment.

- I'd like you to pause , take a deep breath and place your feet flat on the floor. Really FEEL your feet in contact with the ground underneath you.
- Now place your hands on your stomach and take 2-3 deep breaths, noticing your stomach rising and falling with each in and out breath.
- And when you feel comfortable, being to close your eyes.
- Now, as you keep breathing deeply into your stomach, I'd like you to breathe in for a count of 5, then hold your breath for a count of 5, and breathe out slowly for a count of 5. And keep breathing, in for 5, hold for 5, out for 5.[Pause for about 1 minute]
- [Softly] Great. I'd like you to now slowly bring your attention back to the room, noticing the sounds around you and begin to open your eyes [pause].
- So, how are you feeling?

3. Five Minute Meditation for Relaxation and Body Tension Release

This simple guided meditation gets us into the present moment by focusing on, and relaxing our bodies. It helps us to literally connect with our 'selves'.

- I'd like you to get comfortable in your chair and relax. Take a deep breath and place your feet flat on the floor, really FEELING your feet in contact with the ground underneath you.
- And just take a few more deep breaths like this for a moment [pause].
- So, I'd like you to start by focusing on your toes. Scrunch them up, and then release. [pause] Now relax your ankles [pause], calf muscles [pause], knees [pause] and thigh muscles [pause]. Remember, let any thoughts you may have float up and away from you in an air bubble. [pause]. Now relax your buttocks [pause], pelvic area [pause] and begin to notice any tension you may have in your back. Breathe deeply in, and as you breathe out, slowly relax and release any tension you may have in your back. [pause] Now your shoulders. Lift them up and then release completely. Wonderful. [pause] Now it's time to relax your neck and jaw muscles. Take a deep breath in, and as you breathe out let go of any tension you're holding in your neck and jaw [pause]. Finally, the top of your head [pause]. I'd like you to hunch your shoulders up one last time and as you release your shoulders, any remaining tension can sink down and flow out of you [pause].
- Wonderful. Take a few more deep breaths and enjoy this feeling of relaxation and calm for a little while longer. [longer pause about 1 minute]
- [Softly] Hmmmmm. I'd like you to now slowly bring your attention back to the room. Begin noticing the sounds around you and when you're ready, open your eyes [pause].
- So, how are you feeling?

Guided meditation is a great way to both help our clients relax and connect with themselves AND to get them curious about meditation as a practice. Enjoy these guided meditation scripts – and feel free to play with them and add your own personal touches!

BONUS TIP: Once you've taken your clients through the process, both 2) The Breathing Meditation and 3) The Body Tension/Relaxation guided meditation scripts can be given to the clients to use by themselves when they're tense or stressed.

Bio: Emma-Louise Elsey is a professional life coach, NLP practitioner and founder of The Coaching Tools Company.com. Originally a project and relationship manager for Fortune 500 companies she discovered coaching in 2003 and hasn't looked back. She is a passionate and practical leader, writer and entrepreneur in the coaching field. If you love Coaching, you'll love her high-quality, professional Coaching Tools, Forms, Exercises and tips for Coaches, not to mention the FREE Resources (including 549 Powerful Coaching Questions)! Visit www.thecoachingtoolscompany.com and see for yourself.

You can also connect with Emma-Louise on her Facebook Page for Coaches: <https://www.facebook.com/CoachingTools>

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