

## Five Ways to Get Physical with Your Client...and Change the Geography of the Coaching Session

### Assume the Position

If your client is trapped in negative conversation or a limiting belief, try having them give that conversation a persona.

- Ask: What is the name of that persona? How would he or she sit? Walk? Talk? Dress?

Have the client step into the body of that persona and act it out. Have them exaggerate the experience. Then ask the client to make whatever changes they wish to feel more at ease and alive in their body.

- Ask: What do you see from this new perspective?

### Change Body Position

When the coaching feels like it is getting bogged down or hard, change your body position and request the client do the same. If you are sitting in a chair, get up and look out the window. If you are walking around, sit down with both feet on the floor. Stand on a chair, lay on the floor, crawl around... the possibilities are endless.

### Examine the Situation from a Variety of Angles

Have your client draw or symbolize a goal and stick it on a wall somewhere. Then have the client move around it playing with distances and angles — close-up, super close-up, and as far away as possible. Have your client move towards it fast, move away from it slowly, move towards it with their eyes closed, etc.

Ask the client to note what comes up for them emotionally as they experience the different angles. Do they get feelings of comfort? Sadness? Joy? Ambivalence? What new information does this give them about their goal?

### Spell It Out With Your Body

Have your client use his body to express every word he is saying. Think charades, only he may use the words as he goes. This has a very powerful impact on the client's ability to own what he is saying.

### Let Your Feet Do the Talking

Have your client take off her shoes and go outside and stand barefoot in the grass (or on the carpet). Ask her to really scrunch her toes down in the grass and wiggle her feet around. What information does she pick up with her feet?