

thank you



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TEAM CONNECTEDNESS

Have you ever noticed how really high performing people aren't always good at relationships, or at least just not good at the general people stuff that makes day-to-day life more bearable?

It's not that they don't understand the concepts, it's more that they are focused on getting the job done and soft and mushy people stuff just somehow seems to take second place to that.

It's a problem you often see with groups of people working together in fact – the better they function practically, the more disconnected they are.

It could have something to do with the brain governing practical functionality and the heart governing connectedness: in BodyTalk, you anchor the subtle and physical senses and sometimes organs to the head for practical functionality and to the heart for connectedness and feelings of connection and bonding.

So it follows that practical, efficient people work well from the head and people-oriented people work more from the heart.

Either way, in order to maintain peace and harmony in any group dynamic, whether professional or personal, it is necessary to keep the team connected and working together, but very importantly seeing each other as good



and human.

The simplest way to achieve this is with a regular morning gathering of the parties involved. Obviously if the group convenes less often, you'd just introduce the exercise at the beginning of each meeting.

Simply begin by saying: before we begin, I'd like us to just take a moment to acknowledge each other and ourselves for something we feel we deserve acknowledgement for. I'll begin.

I'd like to acknowledge myself for all the hard work I've put in to make the big deal happen. I'd also like to acknowledge Sue for all her support over the past two weeks – you were crucial to getting it done.

And then the next person goes and the next, until you complete the circle. Thank everyone for taking the time to be there and then go on with your day.

The nice thing about this exercise is that you will usually see results from day one – day two or three if the people take a bit of time to warm up to the idea.

A caveat here: people not directly in the daily process may feel isolated from the group dynamic that develops, so it's important you make the morning meeting as all encompassing as you possibly can.

Begin by thanking everyone for being there.

If the group is closely bonded or more spiritually aware, you could ask them to hold hands and gaze into each person next to them's eyes and say I see you.

Gratitude & Acknowledgement

Moving from one person to the next, have each person:

1. extend gratitude to the person to their right;
2. extend gratitude to themselves;
3. acknowledge something in the person to their right;
4. acknowledge something in themselves;
5. extend gratitude for or acknowledge something or someone good in their lives;
6. give gratitude for a specific topic on that day.

Check-ins & Shedding

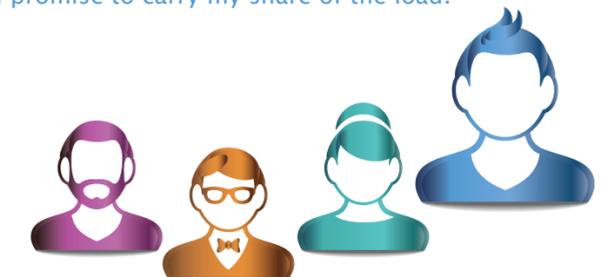
Have regular check ins to determine:

1. what is going on in each other's lives.
2. how everyone is feeling physically, mentally, emotionally.
3. who has major life events coming up.
4. who has other stresses that are worth mentioning.
5. who may need extra help over the next while.
6. who has grievances.
7. who has compliments.
8. who has inspiration.
9. who has something they want to share.
10. who is feeling lonely.

Extended Bonding

For more advanced bonding and connection:

1. Have each person complete the statement: If you really knew me, you'd know that... Do not stop once you've completed the circle, keep going around and around. People get more brave with each round.
2. Have each person state one private bit of information about themselves that no one else in the group will know.
3. Have each person give an elevator speech about themselves or the person next to them – time them and let them speak for 15 to 30 seconds.
4. Do a joint team bonding meditation session every morning using the Global Care Rooms.
5. Have team members welcome each other and say healing sentences:
 - You are welcome here.
 - I welcome you.
 - The work you do is valued.
 - You are a valued member of the team.
 - I accept you.
 - I appreciate you.
 - I value you.
 - I am here to help you.
 - I want to support you.
 - I am grateful for the role you play.
 - I am grateful for the load you bear.
 - I promise to carry my load.
 - I promise to carry my share of the load.



categories



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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.

- 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
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- Intuition
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- Mental Exercises
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- Mudras
- Writing Processes