



*Inspiration for the Dance of Life*

### **Are you Coach-able?**

In the world of Wellness Coaching we have a common question for clients. “Are you coach-able?”

I was having a bit of a ‘victim attack’ (fear) recently and a friend listened and provided a few reasonable ideas for possible solutions. Was I coach-able in those moments...NO! I wasn’t going to have any part of thinking outside my comfort zone, thank you very much.

What brought me out of my fear? **Conscious breathing**. When I allowed myself to take longer inhalations and exhalations, my ego filter began to wane, and I could clearly see that my friend’s ideas were very do-able. Thank you!

Where on the journey, that is your life, are you coach-able? Where are you not?

**Your invitation:** in this moment...inhale to a count of four...hold your breath for a count of four...exhale to a count of four...and no breath for a count of four. Do this four times.

Possible results:

- You may lower your blood pressure
- You may receive insight
- You may sense and feel peace in your body-mind

Take good care,

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