



## Job Aide for Coaches: Breath Awareness Meditation

### Purpose

#### *A 10-Minute Guided Mindfulness Exercise for Coaches*

Breath Awareness Meditation helps clients:

- Anchor Attention – Focus on the natural rhythm of the breath, rooting themselves in the present.
- Reduce Reactivity – Observe thoughts as they arise, without becoming entangled in them.
- Cultivate Observation – See thoughts as transient experiences rather than absolute truths.

### Guiding the Exercise

[Introducing the Practice]

*"Beginning this practice by acknowledging that you are in control of your experience. Allowing yourself to explore with curiosity and gentleness, knowing there is no right or wrong way to engage."*

[Settling In]

*"Finding a comfortable position, allowing your body to feel supported. Choosing whether to close your eyes or soften your gaze, letting yourself settle into the present."*

[Observing the Breath]

*"Noticing the natural rhythm of your breath, feeling the gentle expansion of your chest or the rise and fall of your belly. Allowing your breath to move freely without needing to change or control it."*

[Creating Safety Through Choice]

*"Recognizing that at any point, if discomfort arises, shifting your focus to another sensation—perhaps feeling your feet on the ground or the texture of your clothing against your skin. Trusting yourself to choose what feels most supportive."*

[Acknowledging Thoughts]

*"Allowing thoughts to come and go, observing them like clouds drifting across the sky. Not engaging with them or pushing them away—simply noticing and letting them pass."*

[Reframing Thoughts as Experiences]

*"Recognizing that thoughts do not define you, instead seeing them as passing experiences. Offering yourself kindness when difficult thoughts emerge, reminding yourself that you do not need to fix or solve anything in this moment."*



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### [Grounding in the Present]

*"Returning to the breath as an anchor, using its steady presence to bring yourself back to the moment. Silently reminding yourself: 'I am safe in this moment. I am present.'"*

### [Closing the Practice]

*"Gently bringing awareness back to your surroundings, slowly introducing movement—perhaps wiggling your fingers or stretching lightly. Appreciating yourself for showing up, no matter how this practice felt today. Opening your eyes when ready, returning fully to the space around you."*

### Powerful Coaching Prompts

Use these reflective prompts to deepen the client's experience:

- *"What do you notice when you simply observe your breath without controlling it?"*
- *"How does slowing down your breath affect the way your thoughts feel?"*
- *"If your breath could represent a sense of steadiness, how might that support you in moments of uncertainty?"*

### Key Takeaway for Clients

*"Your breath is always present, even in moments of uncertainty. Peace doesn't come from silencing thoughts, but from recognizing them as fleeting clouds in a vast, calm sky."*