

Hi !
Welcome

Wonderful that you got your gift.
And I am glad that you are here!

In the coming minutes I'm going to take you through the

CENTERING SCORE.
It's a very simple tool.

Basically for everybody!
And also very useful for coaches when you meet your client for the first time,
actually for both of you.

BENEFITS
Why is it so useful?

When you arrive at a new place, your mind is often all over the place.
You might be preoccupied with things that happened just before, or with getting to your place of
destination, navigating with travel.

You might be overwhelmed with stuff that's running in your mind.
You might be exhausted, excited, nervous, you name it.

All sorts of emotions can happen.

The centering script is a way to focus yourself in time present, in the present moment.

The results for the interaction afterwards:

- More focus & clarity
 - You can address what actually is important.
 - Often meetings or conversations become shorter.
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Now, before we go into the score itself,
I'm going to give you some additional information, about what happens in your body.

We will refer to three words, or rather states of being:

1) PROPRIOCEPTION

2) INTERIOCEPTION

3) EXTEROCEPTION

1) PROPRIOCEPTION

The awareness of where your body is in space.

There are proprioceptors inside of your body who circle back to your sensory awareness where your body is in space.

Why is that so useful?

You feel your self.

You feel your body and the the space that you occupy, with it and in it.

Wherever you are, you might be seated.

You might be running you might be upside down, -anywhere.

Proprioception is the awareness of where your body is in space.

2) INTEROCEPTION

That is about the awareness
of sensations, emotions and thoughts which happen inside of your body.

Some examples of that might be :

You're aware of your heartbeat, you are aware of the movement of your breathing, you're aware of your organs: if you feel a cramp or a tightness in your stomach - and also emotions and thoughts inside of your body.

3) EXTEROCEPTION

Is the awareness of external stimuli.

That can be visual, acoustic or tactile:

what you see, what you hear or what is touching you

Some examples: Noise, Light, Vibration, Pushing or Pulling, Smells

CONCLUSION & BENEFIT

In both cases, if your interoception and your exteroception are full on, you might be feeling overwhelmed: either by sensations inside of yourself, thoughts, emotions. Or by stuff from outside: noise, people, pings and belongings from all digital devices that are there and demand attention.

Excessive interoception can be experienced as:
a racing mind, worries about what happened or will be, or fear and anxiety.

Here we come now to the conclusion:

The centering script is balancing out what is happening inside of you and what is happening in your response to what is happening outside of you .

It is a self regulation technique.

Proprioception is the anchoring.

Your body is your anchor.

Your breath is your anchor at all times.

THE HOW

Ideally, you can do the CENTERING sitting on a chair.

You will hear now that my neighbor is using his chainsaw.
And we're going to use this because real life is happening all the time!
I'm not in a soundproof cubicle. And the purpose of this script is in fact that you learn to get used to
handling all the stimuli from outside and not get distracted by it.

So here we go:
It's also possible to do this sitting on the ground or standing.
We will refer now to using a chair.

Put your feet on the ground firmly, in the width of your hips.

Feel the ground under your feet.
If you can, lean back, feel the support behind you.

Put your hands on your lower belly.
Let them land.
Feel the texture of the clothes that your hands are touching.

If you wish you can also put your hands on your own skin.
If you do that, you feel the warmth of your body.

If You have your hands on the clothes, feel the warmth of your body through the clothes.
Notice the support in your back, the support under your bum, under your sit bones, and the support
under your feet.

Notice your breathing, notice how it is right now.

Take a breath through the nose and exhale with a sigh.

Again.

Now this time with the inhalation, pick up your shoulders and as you exhale let your shoulders
slowly fall back.

Again.

You can pick up your shoulders and exhale.
Let your shoulders fall down.

Some people drop their shoulders like in one drop.
And you can also let your shoulders slowly move back into place.

But it's up to you how you do that now.
No right or wrong.
It's only an observation.

If you haven't yet closed your eyes, please do close your eyes.

Now imagine the space you are in.
Feel the space that your body is taking up right now on this chair
Feel your feet on the ground
Feel the size size of your body
Feel the space behind your neck ...and the space above your head

I invite you to feel the space around you
and to feel space behind you
and to feel the space under you

Nothing needs to change. Everything's exactly how it needs to be right now.

You are here.
Your body is here.
Your breath is here.
Your body is occupying space.

You are in a space that is safe.
You are here, with all of you,
your body and your breathing, right now.

Now
I invite you to take one more deep breath and observe the exhalation.
I invite you to open the eyes and take a look around you.
See everything that is around.

Notice how you feel right now.