



## Relaxation

### Index of Items

- [Editor's Letter](#)
- [ECI Benefits for Members](#)
- [Article - The Importance of Taking a Break](#)
- [Top Tips - For Relaxation](#)
- [Members Offers](#)
- [Article - Relaxation in Everyday Life](#)
- [Your Questions Answered](#)
- [International Coaching Register](#)
- [The Business of Coaching - Relaxation in the Workplace](#)
- [Inaugural ECI Australasian Coaching Conference](#)
- [Article - Understanding Meditation](#)
- [A day in the life of .....](#)
- [ECI Sponsored Workshops](#)
- [Accredited Training Courses and Workshops](#)



ECI's  
Coaching Blog

### Editor's Letter

Hello Everyone

Welcome to the November Edition of the ECI Member's Newsletter on 'Relaxation'.

These days everything seems to take precedence over leisure time and relaxation seems to be a luxury many can ill afford. However, relaxing and enjoying time with family and friends is imperative in order to have a healthy and full life.

This week why not take some time to see where this has been lacking in your life and where improvements can be made. You will thank yourself for having done so when you see the benefits and rewards that it offers you.

Happy relaxing!

*"I've learned that the great challenge of life is to decide what's important and to disregard everything else."  
Anon.*



*Anna.*

Anna Cairo, Assoc  
[Newsletter Editor](#)

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*[return to the index](#)*

Index of regular  
at a glance features

[Definition](#)  
[Future Features](#)  
[Newsletter Team](#)  
[Inspirational Quotation](#)  
[Readers Feedback](#)  
[Positive Daily Actions](#)  
[Acronym](#)  
[Thought of the month](#)  
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After taking some time out to watch the Olympic Games in Beijing in August, I came to reflect on how elite athletes can provide us with some wonderful insights and inspiration into how we as coaches can train and compete as sole business owners.

As we go about our coaching business there are many important things that we, like athletes need to consider – building and maintaining our fitness, building our stamina and skills, preparing for the big race, celebrating our successes, reflecting on and learning from our mistakes and importantly refreshing ourselves after our achievements - both mentally and physically.

After a big competition, great athletes understand the importance of recharging, of recuperating, of maintaining clarity and refocusing on the next event (and the gold medal in the case of Olympians). In your business you also need to do this – not only on a yearly basis but also importantly on a daily basis. It is about ensuring that you have the stamina to go the distance to fulfil your goals and be attentive and successful coaches.

In their book *The Power of Full Engagement*, Jim Loehr and Tony Schwartz state that “*the challenge of great performance is to manage energy more effectively in all dimensions to achieve your goals.*”<sup>1</sup> They go on to say that “*... engagement is not simply one-dimensional. The energy that pulses through us is physical, emotional, mental and spiritual. All four dynamics are critical, none is sufficient by itself and each profoundly influences the others. To perform at our best, we must skilfully manage each of these interconnected dimensions of energy.*”

My question to you is: how do you manage your energy, and do you give yourself time to rest, recuperate and recharge across all your four energy dynamics on a daily basis? If the answer is no then it may be time to re-evaluate and refresh. Below are some suggestions I make to clients to help keep energy levels at peak.

- Do at least one thing a day that brings joy into your life. Spend some time identifying things that make you joyful and make a commitment to yourself to do at least one of them daily. It can be a simple thing like brushing your dog or cat, going for a run or walk, reading a book or listening to music of your choice. It is great for your stress management and lifts your soul.
- Make time to play<sup>2</sup>, and feed the creative part of your life. By play I mean having fun, doing something that allows you to listen to what’s going on ‘inside’ for you, to be caught up in living in the moment. It may be cooking a meal for friends, going to a movie, leaving work early to go to a play or book reading, going to a painting class or writing your book, watching sport. Play opens your mind to new possibilities.
- Take time for physical exercise and to move your body. Exercise is a natural stimulant with both proven physical and psychological benefits. On a physical level it increases your aerobic and anaerobic fitness, muscle tone and strength, energy levels, flexibility, sleep quality to name a few. On a psychological level it improves your confidence and self-esteem, reduces your stress levels, and increases your feeling of well-being. In short, it makes you feel good and gets you away from your desk and computer.
- Allow some time in your day to reflect on your successes, on your life, those people who are important to you. Take time to be grateful for all of it. At the end of the busy day it is easy to focus on the negative and where things went wrong. In taking time to reflect on what is right with your life you move to a different mind set, a celebratory place, a happier place. Keeping a gratitude diary is one way to record these aspects of your life. It is a positive way to take a break in a busy day.

And to support yourself daily in the above, develop and maintain a healthy diet and sleep routine. The importance of a healthy diet is well known and documented. Food is fuel for your body and is required at regular intervals to ensure that your energy can be maintained at optimum levels. Too little or too much food at the wrong times can impact on how you perform.

Sleep is the most important time of recovery for the body that we know. The body grows and heals itself during sleep. Too little or too much sleep has been scientifically proven to have a detrimental impact on both physical and psychological health.

Get to know what food is best for your body and when to eat it. Develop supportive rituals around your food and sleep. Take a proper breakfast, lunch or dinner break and allow your body and mind to enjoy your food.

Schedule your work to ensure you get between seven and eight hours sleep a night. Taking care of both these areas will reduce the possibility of you feeling tired or sluggish and allow you to give yourself the best chance of doing your best.

So give yourself a break, you don’t just deserve it - you need it.

#### Definition:

–noun

1. abatement or relief from bodily or mental work, effort, application, etc
2. an activity or recreation that provides such relief; diversion; entertainment
3. a loosening or slackening
4. diminution or remission of strictness or severity
5. *Mathematics.* a numerical procedure for solving systems of equations by successive approximations of the variables
6. *Physics*
  - a) the return of a system undergoing dissipation to an initial state of equilibrium after being displaced from it.
  - b) the approach to steady-state operation of a system that has undergone dissipation and a change in state or has been subjected to an abrupt periodic disturbance.

<http://dictionary.reference.com>

### References:

1. Loehr, Jim and Schwartz, Tony (2005) *The Power of Full Engagement* - The Free Press, New York, page 9
2. National Institute for Play at <http://www.nifplay.org>

Julie Regan is the Director of Creative Coaching Options, specialising in coaching people to assist them to achieve their potential, and bring their creative skills to all aspects of their professional, artistic and private lives. With over 20 years experience as an arts manager and screen arts consultant in the creative arts within both government and non-government organisations, Julie has been responsible for the development and implementation of strategic policy and plans, organisational change management and client service delivery.

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[return to the index](#)

### Future Features:

#### December

- Volunteering

#### 2009:

#### January

- Marketing

#### February

- Leadership

#### March

- Creativity

#### April

- Motivating People

#### May

- Healthy Workplace

#### June

- Support Networks

#### July

- Different Learning Styles

#### August

- Values, Belief Systems & Goal Setting

#### September

- Personal & Professional Relationships

#### October

- Stress, Burnout & Life/Work Balance

#### November

- Wealth Building Creation &

#### December

- Resolving Conflict & Encouraging Teamwork

## Top Tips For Relaxation

Relaxation doesn't have to be costly. Here are some inexpensive suggestions:

- 1) Silence: listen to the peace & calm of stillness. There is no need to switch on the television the minute you get home & have it on until the moment you go to bed
- 2) Make Time for Fun: find an activity that makes you feel good - dancing, walking, hiking in the mountains. It doesn't matter what it is, just do it regularly
- 3) Laugh - laughter is a great way to relieve stress. If you find something funny, have a good belly laugh. Watch funny movies or read funny stories
- 4) Make the Most of Music: listen to a CD while lying down. Ambient music may be easier to relax with but if that is not your thing, listen to whatever helps you unwind
- 5) Guided Meditation: there are plenty of tapes and CDs available to use & listen to. Put one on before going to bed to unwind, increasing the chances of restful sleep
- 6) Lie Down & Relax: Have a shower & wrap yourself in comfortable clothing. Stretch out on the bed, and relax. Close your eyes and focus, but do not fall asleep; relax
- 7) Candles: using them at home can create an atmosphere of relaxation, calmness & spirituality. Candles with scents can be refreshing and are ideal for serenity
- 8) Express Feelings and Thoughts - Call a friend or write out your feelings. If you feel these avenues are not helping talk to your doctor, seek out a counsellor
- 9) Exercise - simply walking is enough otherwise find something you enjoy. Listen to your iPod as you walk - it is therapeutic & invigorating
- 10) Catch up with friends & family & enjoy spending time together. You will feel better for it & you will connect & enhance your relationships

Anna Cairo

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[return to the index](#)

## Relaxation in Everyday Life

Anna Cairo

In our rapidly changing society, with so many responsibilities, increasingly challenging work and family demands most people struggle with having some sort of relaxation in their lives consequently leisure time may take a back seat. If this is the case for you, you may be missing out on the health benefits that enjoyment brings.

Different people have different meanings of relaxation or what relaxes them. Basically, though, relaxation is a process or state where the aim is recreation through leisure activities or idling. Relaxation is a feeling of calmness in body and mind. It is a learned technique that improves and becomes easier with regular practice. If used in stressful situations (or in everyday life) it can reduce tension. Using relaxation methods regularly and building them into your lifestyle is the key to successfully reducing anxiety and stress in your everyday life. When you relax, your body has an opportunity to unwind and restore itself. With a number of different relaxation practices available, the aim is to find one that works for you.

There has been much research carried out into the benefits of relaxation and assessing the many benefits. The main points are that relaxation:

- allows the immune system to recover and so function more effectively
- improves your body's efficiency by decreasing heart rate, blood pressure, and breathing rate
- increases blood flow to the muscles, reducing muscle tension
- allows you to think better and have improved concentration and better problem-solving abilities

- makes you feel calmer, happier and more energetic
- allows you to experience less discomfort, smoother emotions (less anger, crying, anxiety, frustration)
- allows you to enjoy more restful sleep

Relaxation has no side effects, feels great and depending what you do costs nothing. That is why it is so imperative that you incorporate it into your daily life. Even 15 minutes each day will assist you in feeling much calmer and balanced reducing negative responses to stress and helping you enjoy a better quality of life. It is a process that decreases the wear and tear caused by life's challenges on your mind and body, allowing the body to repair and restore itself. Whether you have a lot of stress in your life or you have it under control, you can benefit from learning relaxation techniques. Doing so isn't hard or demanding.

Although health professionals can teach relaxation techniques, you can also learn some on your own. They usually involve refocusing your attention to something calming and increasing awareness of your body. It doesn't matter which technique you choose. What matters is that you try to practice relaxation regularly.

Here are three you can try:

- **Autogenic relaxation.** Autogenic means something that comes from within you. In this technique, you use both visual imagery and body awareness to reduce stress. You repeat words or suggestions in your mind to help you relax and reduce muscle tension.
- **Progressive muscle relaxation.** In this technique, you focus on slowly tensing and then relaxing each muscle group. You become more aware of physical sensations and you focus on the difference between muscle tension and relaxation.
- **Visualisation.** In this technique, you form mental images and take a visual journey to a peaceful, calming place or environment. Using as many senses as you can (smells, sounds, so on) aids with creating the image and therefore the relaxation.

If you are unsure about how to go about using the above relaxation techniques seek advice from a health professional.

Other relaxation techniques which you may be more familiar are:

- Yoga
- Tai chi
- Meditation
- Massage
- Exercise
- Laughing
- Listening to music
- Breathing deeply
- Reading a Good Book
- Dancing
- Walking/hiking
- Working in the garden

As you become more familiar with relaxation techniques, you'll become more aware of physical sensations of stress. Once you know what stress responses feels like, you can become more conscious in practicing a relaxation technique the moment your muscles start to tense. This in turn can prevent stress from progressing out of control.

Remember that relaxation techniques are skills. And as with any skill, your ability to relax improves with practice, so be patient with yourself and stay motivated.

Relaxation is perhaps the single most important key to health and well-being. It is the antidote to stress which is known to contribute to the development of disease. Therefore everyone should consider making it part of their life. You will have fun, feel better for it and the health benefits are endless.

Anna Cairo is an established life coach, editor and writer who support clients with tailored programs to suit their individual needs and requirements. Her focus is on balance for the individual and communicating this clearly.

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*return to the index*

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## Members Offers

### [Build a Booming Business](#)

Betska K-Burr, MECI

### [Get Known Fast](#)

Tessa Stowe, Assoc

Your 'Get Known Fast' programme was super value for money and I want to thank you so much for changing my life in many ways Tessa! – [click here](#) for the testimonial written by a member of the ECI

### [The Science of Getting Rich](#)

Barbara J. Dalpra, FECI

#### **How would you benefit if you were to promote your own business offers to the ECI's membership?**

Take this opportunity to promote your business offers to ECI members. Please [email](#) the following details:

- Offer title
- Organisation name
- Organisation location (country in which you are based)
- Short description of your offer (no more than 250 words) please note - where this description is longer than 250 words, the display posted onto the web-page will end at the 250th word.
- Price and currency (please explain whether this includes or excludes VAT, Sales Tax, or any additional costs)
- Offer contact details - i.e. web-link or email address
- If applicable, offer end date

[Click here](#) for more information.

[return to the index](#)

## Your Questions Answered

### **Q. Why is Relaxation important?**

**A:** It sounds so indulgent. You turn to your friends or family and say, "I am going to take half an hour to relax." How can you possibly do that when there are so many tasks and responsibilities? Sometimes you even say, "I haven't done much, so why do I need to relax?"

The human body was designed to deal with only a couple of distinct stressors. The major two were predation (trying not to be eaten by a lion), and starvation. Starvation and lion attack were not continuous stressors (unless you lived at a very unfortunate time in a very unfortunate place.) So our stress cycled through alarm, maintenance (for longer stressors) and, either into recovery or exhaustion.

Stress can come from the physical environment in the form of toxic exposure or illnesses; it can come from home and family, personal and social interactions, or financial worries. Even happy and positive events, such as getting married can cause a stress response. The wide range of causes means that the time to recover is greatly reduced and the exhaustion phase is much more common. The most important thing to remember is that stress is totally personal. It is individual perceptions that trigger the stress response.

Modern stress can be continuous. What is missing in modern life is recovery time, and that is where relaxation can come in.

There are three main aims of relaxation practice. The first is to protect the body from unnecessary wear on organs affected by the stress response. The second is to help relieve physical symptoms of stress and stress related conditions. The third is to calm the mind, allowing clearer and more effective thinking. To achieve these aims, we need to develop both deep and brief relaxation skills.

Thank you to Rachel McDonald ([rachmmmcd@hotmail.com](mailto:rachmmmcd@hotmail.com)) for sharing this explanation with us.

Submit your questions to the ECI's panel of experts by sending your questions to [Kirsty O'Callaghan](#).

[return to the index](#)

## International Coaching Register

The International Coaching Register is for any individual who trades as a coach, who help individuals and/or organisations for example, establish a work life balance, manage stress levels and build communication skills amongst many other specialist areas.



Everyone who has qualified as a coach with a recognised coach training company should now take the opportunity to register. This will dramatically cut down on any misrepresentation that goes on within the industry. Many people have websites and call themselves a coach but have no actual qualifications. The register will stop these people and raise the profile of genuine coaching and how it can transform people's lives.

C.E.O. of the ECI Gerard O'Donovan said "the register has been administered by the ECI for the benefit of the world of coaching and coaching clients. It is also a great way for coaches to get business as members of the public can search for registered coaches in their area. It brings coaching transparency at last."

#### Inspirational Quotation:

"This art of resting the mind and the power of dismissing from it all care and worry is probably one of the secrets of energy in our great men"

Captain J. A Hadfield

"The time to relax is when you don't have time for it"

Jim Goodwin  
and  
Sydney J. Harris

As members of the ECI Have you published your details on the International Coaching Register? To do so:

- Select the 'ICR Register Edits' menu option on the left hand side of this screen.
- Create your entry by selecting:
  - [Insurance](#) - enter your Professional Indemnity Insurance details here.
  - [Training](#) - enter the details of all the training courses you've completed here.
  - [Workshops](#) - enter the details of all the workshops you've attended here.
  - [Accreditation](#) - your ECI Accreditation details will automatically be included here. You also have the opportunity to enter the details of all the accreditations/credentials you've been awarded, as an independent verification of your coach training and experience.
  - [Business Details](#) - select or enter all types of coaching you include in your Coaching Business/Practice.
  - [Organisation Membership Details](#) - enter the details of all Business Organisations in which you hold a membership - these could be other Coaching Bodies, Chamber of Commerce, or any type of organisation that is appropriate to your business.
  - [Display](#) - don't forget to DISPLAY your details. Selecting 'yes' your details will be displayed on the International Coaching Register. For ECI Accredited Coaches, your details will also be displayed on the ECI's Coaching Referral programme.

We look forward to seeing you on the International Coaching Register.

To display your details on the ECI's Coach Referral Service, if you are not an accredited coach [email](#) Cherry Claus, Intl. Head of Accreditation for details on how to become accredited.

[return to the index](#)

## Relaxation in the Workplace

4th R

There is one truth that holds for anywhere you might happen to work: most of the time they have to pay you to be there! You might be doing work you absolutely love, and you might think yourself the luckiest person on earth nine days out of ten, but there will always be days--rainy days, hung-over mornings, days when you just want to read a good book--when going in to work seems like the last thing in the world you want to do. And even on a good day, the pace of work can become overwhelming: the lunch rush at a restaurant, the first day of a new sale, the last paperwork-filled weeks of the fiscal year. Combine a general bad mood with a fast-paced, high-volume work environment, and you've just discovered one of the best recipes for stress imaginable.

There are a number of solutions to workplace stress out there: desk toys, casual work environments, complicated therapy or company counsellors. However, there is only one truly simple, effective remedy for stress, in one word only: Relax. According to the research of Herbert Benson's Mind Body Medical Institute, anywhere from sixty to ninety percent of visits to a physician involve stress-related disorders, most of the affects of which can be substantially reduced by just learning how to relax.

If you're stressed out enough to suffer from these complaints, chances are that advice to "just relax!" in a workplace setting may seem at best difficult, at worst outright foolhardy. But that's just not so. According to Dr. Benson and also to Charles Moore, one of the UK's leading advocates and practitioners of stress-management exercises and therapy, the relaxation response isn't just a response to a relaxing environment: it is an internal process, similar to the physiological effects of stress that can be activated any time you like. All you have to do is learn how to activate it.

You can do this in your office. Get to a point in your work when you can take a break for ten or fifteen minutes, or just make yourself take a break for ten or fifteen minutes; you do your best work when you're relaxed, so don't worry about the work waiting for you when you get back. Find a calm place to sit down. Get away from any phones, faxes or talkative co-workers for a while--if you have to, just sit down in your car. Take a deep breath and close your eyes.

The two keys to effective relaxation are physical response and mental calmness. Luckily, the two of them go hand in hand. Start out your workplace relaxation by taking long, deep breaths from the bottom of your lungs up to the diaphragm. Try, as best you can, to empty your head of all thoughts, plans, and worries: right now, all you need to do is relax. To help you with this, try saying something simple to yourself while you breathe: count up to four and back down again, think of the name of a favourite pet, child, or friend, repeat a mantra, prayer, or even a line from a favourite song. That is all there is to it. Just breathe in, repeat your mantra, breathe out, and repeat.

### Positive Daily Actions:

- Exercise
- Have a nice relaxing shower or bath
- Decorate your space to support your creativity, energy and workflow
- Have a good night's sleep
- Actually schedule time for yourself
- Start your day off right with thinking positive thoughts in the morning
- Spend some time doing activities that will energize you & keep you focused
- Take a few minutes each day & toss out whenever you can

Don't worry if you find it difficult at first to clear your head: you can't force relaxation, you can only guide it. Just keep breathing and doing your best to let go. It may help to visualise something simple: imagine a hand grasping all of your worries, and imagine each finger slowly relaxing its grip and opening to its full length until the hand is open, and all of your worries are slipping away.

Keep going for as long as you feel the stress. Once you feel relaxed and ready to go back to work, slowly return your breathing to normal and let go of whatever you've been repeating. Leave your eyes closed for a minute before opening them, and remain in whatever comfortable place you're in for as long as you need to, slowly allowing your workplace thoughts and concerns to return.

You'll find, when you get back to work, that what seemed unmanageable just fifteen short minutes ago suddenly seems fresh, new, and able to be dealt with. You'll find, in fact, that what you may have thought of, as an indulgent extra break is one of the best assets you have in the workplace, both for yourself and for your employer, allowing you freedom from the sometimes crippling thoughts and bodily pains that prevented you from concentrating before.

Whenever you find the pressures of work getting too much for you, keep this exercise in mind. Work can be stressful, but there is no reason to let it get the better of you. We sometimes believe that tight control and strict attention to all of the little details is the only way to be effective in a work environment, but in that, we're wrong. The only way to truly be effective is to stay healthy, calm--and relaxed.

The 4th R is a resource and training center for learning how to relax based in South West London. It was founded by Charles Moore, whose health flourished under his own innovative application of relaxation techniques based upon the MythoSelf® Process.

For more articles or information visit

[www.the4thr.co.uk](http://www.the4thr.co.uk)

[info@the4thr.co.uk](mailto:info@the4thr.co.uk)

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*[return to the index](#)*

## Inaugural ECI Australasian Coaching Conference

An amazing event is happening in the world of coaching and you're invited!

The Inaugural ECI Australasian Coaching Conference – **The Future of Coaching – Embracing the Opportunities of the 2010s** - Sydney Australia November 20-22.

The pre-conference event on the 20<sup>th</sup> is the "Thought Leaders Brainstorm" which brings individuals from all across the world of coaching to identify the opportunities and challenges to come and brainstorm solutions together. Findings from this workshop will be presented in the final keynote address of the Conference Day on the 21<sup>st</sup>.

There will also be a Welcome Dinner on the 20<sup>th</sup>, which will be a great opportunity to engage with colleagues and make new friends in a light and relaxed atmosphere.

The Conference Day itself is packed full of speakers from across the globe on a variety of topics related to the opportunities we can celebrate as individuals, new coaching techniques and strategies, business development and driving our industry to new heights.

And the post-conference event is the "Mastery of Self, Coaching, Business and Industry" workshop for each of us to develop specific and relevant action plans for our personal and professional growth.

For more information and to book your spot -

[http://www.europancoachinginstitute.org/conference\\_2008](http://www.europancoachinginstitute.org/conference_2008)

*[return to the index](#)*

## Understanding Meditation

Kirsty O'Callaghan

### What is Meditation?

Meditation is a powerful tool for relaxing, healing the body, mind and spirit and gaining clarity and direction. It has its roots in ancient eastern cultures, but is not reserved just for a spiritual practice.

You can use meditation to consciously focus your minds on positive and beneficial outcomes. In this way you can develop your potential as a person, mentally, physically and spiritually.

### Readers Feedback:

We would appreciate your feedback on any aspect on the newsletter.

Email the editor!  
[anna@the-eci.org](mailto:anna@the-eci.org)

Please don't forget to promote the ECI to like-minded friends and clients by forwarding them a copy.

### Why Meditate?

Meditating is often used as a practice for a happier life. Generally it allows you to focus your mind and breathe (a great de-stressor), create positive thoughts, visualise or create pictures in your mind and experience a range of feelings, emotions, situations or self awareness activities.

Meditation is known to ease suffering and create a better life. Not only can it be used as a very effective spiritual tool (as many have known meditation to be: e.g. prayer or contemplation of the mysteries of life); it has been documented extensively to assist in better health, sharpening your mind, self-awareness, and emotional stability.

### How do I Meditate?

There are many different types of meditations, such as guided, music, breathing, crystals, visualisation, programming thought processes, hypnotherapy, to name a few. You can experience meditations in different forms: CD's, tapes, groups (facilitated by an accredited and/or experienced leader), in a group of friends, books or just sitting back and having time out. Usually starting with relaxation and breathing and then finding what is right for you is a good idea. There is no right or wrong, only finding one that works for you.

When beginning meditation there are some things that are helpful to remember:

- Prepare yourself by having an open mind and being open to new experiences
- Be willing to let meditation change you. At first these changes may make you feel uncomfortable but stay with it
- Before any meditation take time to stretch and relax, in whatever way is suitable to you
- Minimise distractions or interruptions, whether you are meditating for 10 minutes or half an hour
- Make sure you are in a comfortable position, whether you are sitting or lying
- Be consistent with your chosen meditation practice. Small meditations each day are very beneficial
- Create a safe space for your meditation that you use often.

Here is one simple mediation technique that you can try:

#### Watching your Breath Meditation

**Benefits:** Reduces anxiety, lowers blood pressure and heart rate, reduces mental chatter, and promotes ability to focus the mind, helps you concentrate on whatever you choose.

#### Practice:

1. Sit either on a chair or lie on the floor. Keep your back straight, shoulders relaxed and if sitting chin parallel to the floor. Close your eyes or lower them and focus about a meter in front of you. Rest your hands gently.
2. Breathe in through your nose, using your abdomen rather than your chest (feeling your lungs and stomach filling with air). Check your posture and relax any part of your body that is tense.
3. Begin counting your breath in and out for four. e.g. in for four...hold for four...then out for four. Thoughts may intervene and when they do, simply let them go and return to counting your breath.

To start with do this for 5 to 10 minutes, building, as you are ready. You will not only find your stress levels drop but your muscle tone will also benefit.

Meditation has been widely credited with many benefits in adults. What you may not be aware of is that regular meditation with children also provides benefits such as:

- Increases attention span
- Aids concentration
- Has show a marked improvement in studies
- Better use of imagination and creativity
- A sense of peace, calm and safety
- Enhanced problem solving abilities and allowing their minds to be free and active.

Meditation can ensure your children have the necessary tools to cope with what life is going to present to them. To teach children to have a solitary space within them will give them a confident sense of who they are.

#### Acronym:

- R – Rest
- E – Exercise
- L – Laugh
- A – Activity
- X – Xanadu
- A – Aromatherapy
- T – Travel
- I – Idle
- O – Outdoors
- N – Nurture

## Understanding Meditation (continued)

Try either a guided meditation with your children or playing some soft music. You only need 10 - 20 minutes with a child a couple of times a week to see great results.

You can use meditation in so many different ways. You can calm and centre, live mindfully, heal, get moving, generate love and compassion, solve problems, manifest dreams and connect to whatever your 'universe or divine' is.

Meditation will ultimately teach you to slow down, practice mindfulness, allow you to fully live in the moment and enrich your life and be more productive. Happy Meditating!

Kirsty O'Callaghan is the Proprietor of Unity-Qld, which offers a wide range of services which compliment each other, so consultations and/or training are tailored to the individual needs. The techniques and strategies Kirsty uses help clarify what you want from life, set effective goals, stay focused and challenged and promote success, health and well-being.

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[return to the index](#)

## A day in the life of ...

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[return to the index](#)

## ECI Sponsored Workshops

The ECI offers their Members with the opportunity to promote their own workshops and short courses. It is important to note that these short courses and workshops are **not verified** by the ECI, and therefore they are not subject to the same scrutiny as the ECI Accredited Courses and Workshops.

[Click here](#) for more information.

<b>Abundance Retreat</b> "Being beyond Technique"	Resolution for Life - Margit Jones-Hochstrasser, Assoc
"Destination Coach" Short Course	IC International Ltd. - Aileen A Gibb, Assoc
"Cosmic Soul Women" Workshop	LCSi – Education - Dr. PaTrisha Anne Todd, FECI
"Give Yourself the Gift of Health" Short Course	Rainbow Promise Health - Dawn Campbell, CECI
"Putting Ageing into Perspective" Workshop	Mowat Research Ltd. - Dr Harriet Mowat, Assoc
"The Positive Parenting Made Easy" Workshop	Positive Parents – Confident Kids Coaching Ltd. - Sue Atkins, Assoc
"Transition Retreat"	Resolution for Life - Margit Jones-Hochstrasser, Assoc
"Wisdom at Work"	Incredible Awareness - Noel Posus, MECI

**Take this opportunity to promote your short courses and workshops.**  
Complete the attached form and [email](#) the details of your workshops or short courses.

[return to the index](#)

### Thought of the Month:

"When was the last time you spent a quiet moment just doing nothing - just sitting and looking at the sea, or watching the wind blowing the tree limbs, or waves rippling on a pond, a flickering candle or children playing in the park?"

Ralph Marston

### Full Coach Training Courses

- Diploma in Life & Business Coaching  
Mindstream  
[info@mindstream.ie](mailto:info@mindstream.ie)
- Diploma in Life & Business Coaching  
Life & Executive Coaching Institute  
[info@leci.ie](mailto:info@leci.ie)
- Diploma in Management and Executive Coaching  
International Coaching and Training Institute  
[info@icti.ie](mailto:info@icti.ie)
- Diploma in Personal and Executive Coaching  
Executive Coaching Solutions Limited  
[info@ecsl.eu](mailto:info@ecsl.eu)
- LCH Diploma in Life Coaching (The)  
Achievement Specialists  
[enquiries@achievementspecialists.co.uk](mailto:enquiries@achievementspecialists.co.uk)
- Life & Executive Practitioner Coach Diploma (DipNMC)  
Noble Manhattan Coaching  
[info@noble-manhattan.com](mailto:info@noble-manhattan.com)
- Life & Executive Practitioner Senior Diploma (SNMC)  
Noble Manhattan Coaching  
[info@noble-manhattan.com](mailto:info@noble-manhattan.com)
- Life & Executive Master Coach (MNMCC)  
Noble Manhattan Coaching  
[info@noble-manhattan.com](mailto:info@noble-manhattan.com)
- Professional Certified Power Coach® Program  
Coaching and Leadership Intl. Inc.  
[Betska@CoachingAndLeadership.com](mailto:Betska@CoachingAndLeadership.com)



Further details on all these courses and workshops can be found at

[http://www.europecoachinginstitute.org/coach\\_training/programme.php?Level=CTECI](http://www.europecoachinginstitute.org/coach_training/programme.php?Level=CTECI)

### Short Course Training Courses

- Coaching Skills for Managers  
Reed Learning plc  
[Eleanor.Maimane@reed.co.uk](mailto:Eleanor.Maimane@reed.co.uk)
- Putting Ageing into Perspective  
Mowat Research Ltd  
*accreditation applied for*
- Quantum Goal Achievement  
Noble Manhattan Coaching  
[info@noble-manhattan.com](mailto:info@noble-manhattan.com)



Further details on all these courses and workshops can be found at

[http://www.europecoachinginstitute.org/coach\\_training/programme.php?Level=SCECI](http://www.europecoachinginstitute.org/coach_training/programme.php?Level=SCECI)

### Workshops

- Results Coaching  
Noble Manhattan Coaching  
[info@noble-manhattan.com](mailto:info@noble-manhattan.com)



Further details on all these courses and workshops can be found at

[http://www.europecoachinginstitute.org/coach\\_training/programme.php?Level=WSECI](http://www.europecoachinginstitute.org/coach_training/programme.php?Level=WSECI)

[return to the index](#)

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