

Coaching Songs

Songs For Your Spirit
Coaching Songs Volume
Guitar version



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Balance

Precisely (♩ = c. 128)
Capo 3

Words and Music by Jeanne Loehnis

Am Em Am Em

Bal - ance. Bal - ance, bal - ance bal - ance. Bal - ance, bal - ance

Mysteriously

Am Am Eaug E

bal - ance. From this point of in - de - ci - sion you'll have

F Eaug E C Am

clar - i - ty and vi - sion. Pause to know life's in - spi - ra -

F#dim7 F Am/E Em Am

tion. Then with ease choose your di - rec - tion!

Am Dm Am Dm

Now. What do you see now? What do you see?

Am/E Eaug Em Am

What's the view from your per - spec - tive now?

Dm Am Dm F G C

Be here now. Be here now.

Excitedly

C Am

O - pen your eyes. O - pen your ears.

FM7 G Am

O - pen your heart and your mind. What are you feel - ing here?

F Dm G

What is the mes - sage clear? Look for the gifts deep in - side:

Dm7 G G#dim7

hid - den from view yet a - live...

Am Dm Am Dm

New. Fresh per - spec - tive now! New per - spec - tive.

Am/E Eaug Em Am

What's the view from this fresh per - spec - tive now?

Em Am Em Am

Be here now. Be here now!

Coaching In My Bones

Playfully (♩ = c. 110)

Words and Music by Jeanne Loehnis

Chorus

D Dsus4 D Dsus4 D Dsus4 D Dsus4 D

Well I've got coach-ing in my bones. Well I've got

GM7 D

coach - ing in my bones. And I can feel it head to toe. And I can

GM7 D G

feel it head to toe. Three prin-ci-ples I hold dear - ly. Three

G D D/C# B7

prin-ci-ples I hold dear - ly. (*) Five con - texts light the way! Five

(*) *Second time, wait for Fulfillment! Balance! Process!*

D D/C# B7 E9

con - texts light the way! (*) Coach - ing, coach - ing,

(*) *Second time, wait for Curiosity – Listening – Self-Management – Intuition – Action/Learning*

A7

1, 2 D	Last time D
-----------	----------------

in my, in my bones. (to verses) bones! (Spoken) One hundred percent!

Verse 1

D G

Now I can throw a - way the rule book! I can

D

throw a - way the rule book! Wing it in ev - ery way!

Coaching In My Bones - page 2

E

Wing it in ev - ery way! And take my cli - ents by the horns

E E7

Take my cli - ents by the horns as long as I keep, as long as I keep, as
(to chorus)

A

long as I keep their Big A! Now I've got

Verse 2

D G

The a - gen - da comes from the cli - ent. The a -

D

gen - da comes from the cli - ent. It ad - dres - ses the cli - ent's whole life! It ad -

E

dres - ses the cli - ent's whole life! The cli - ent is nat - ur - 'ly cre - a - tive, re -

E E

source - ful, and whole! The cli - ent is nat - ur - 'ly cre - a - tive, re -

E

source - ful, and whole! I'm dan - cing, dan - cing, dan - cing in the

E7 A (to chorus)

mo - ment in the mo - ment with my cli - ent! 'Cause I've got

Curious Coaching

Story like (♩ = c. 110)

Words and Music by Jeanne Loehnis
arr.

G11 C Am Dm G

To as - sume is quite a dan - ger that is ver - y plain to see for the

Lightly (♩ = c. 112)

Chorus

Dm Em D7 /E /F# G G7 C Em

ver - y word as - sume can make an ASS of U and ME! So... That's why coach - es are
That's why coach - es are

Dm G Am Em/G Dm/F D G Am C/G

trained to be cur - i - ous, o - pen, so they will see the sto - ry that you're tell - ing is an -
trained to be cur - i - ous, o - pen, so they will see dis - trac - tions that con - sume you are but

Fadd2 E Dm/F A/E

oth - er coat of paint: it's the sev - en - tenth col - or that you've
de - tours where you stay. You'd per - sist in this a - voi - dance if they'd

rit.

Verses (seriously)

D7 G G7 C Dm/F

tried al - read - y this day! And coach - es know you have a truth deep
let you have your way! But coach - es know that your ful - fill - ment and your

G C Am Dm G E

down in - side. It's wait - ing to e - merge when your sto - ry dies. A
pas - sion lie be - neath the dai - ly bus - y - ness you use to hide the

Curious Coaching - page 2

(hurriedly)

Dm/F G C C/E Dm/F G C C/E

coach with cur - i - os - i - ty will won - der what it is he'll see when
truth that there is more for you to see and hear and be and do! And

Dm A A/G D7 G

you have chipped a - way the paint of prop - er et - i - quette - re - straint! And...
you have come to coach - ing to ex

Coda
D7 G Am Em

per - i - ence your dreams come true! So... That's why coach - es are

Dm G Am Em Dm D G

trained to be cur - i - ous, o - pen! And coach - es see be -

F E /F# /G# Am /G Dm/F D#dim/F#

yond your sto - ry through the lay - ers to the truth in - side! Yes

C/G Am Dm9 G11 C

cur - i - ous coach - ing is your mag - ic car - pet ride!

Dancing In The Moment

Dancing (♩ = c. 138)

Words and Music by Jeanne Loehnis

Chorus (use repeats as desired with groups)

C Em FM7 Am

Say good-bye to in-hi-bi - tion. Free-ly play with im - per - fec - tion.
There's no time for hes-i-ta - tion. Hol-ding back: the great temp-ta - tion!

Em Dm G Am C/G F G C

O - pen doors which are ap-pear - ing. See be - yond them, nev-er fear - ing. (back for 2nd
Lis-ten to that res-er - va - tion... you'll have missed the in - vi - ta - tion! chorus)

Verses

Dm Em

Latch-ing on to what's be - hind you is so guar - an - teed to blind you!
It's the cur - rent mo - ment's burn - ing where your cli - ent's sure-ly learn - ing.

D7 G G7 Em Dm7D#dim7

Bring your fo - cus to the pres - ent: wheth - er pain - ful, sad, or pleas - ant!
Be a mir - ror clear and fo - cused and be dan - cing in the mo - ment!

Final chorus

C Em FM7

There's no time for hes - i - ta - tion. Hol - ding back: the

Am Em Dm7 G

great temp - ta - tion! Lis - ten with - out res - er - va - tion!

Am C/G Dm7/F G C

Dance in the mo - ment! Your cli - ent's wai - ting!

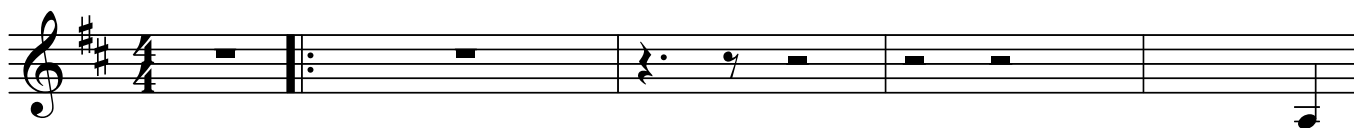
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Give It Your Best Shot - Coaching Style

Words and Music by Jeanne Loehnis
arr. David Ezell

Freely (♩ = c. 130)

D G Gm6/E D/A A7 D



You've
You'll

D

G



Ev - ery - one's a child in this game called life. And
E - ven when you feel a - fraid or lost at sea and
got this pre - cious life to live, one bles - sed chance, yet
find you're up a - gainst a wall and stuck at times. You've
Nev - er need you feel a - lone, dir - ec - tion - less, for

D

A



les - sons in a - bun - dance will un - fold.
when you're hi - ding deep be - hind your block... just
ma - ny bor - ing sto - ries you will tell. Your
strayed for we have ta - ken a wrong turn. Re -
coach - ing gui - dance does per - sist! In

D

D/C

G/B

Gm/Bb



Each day of - fers yet an - oth - er clean white slate and
call your coach and ask her for the mag - ic key: the
coach is sure to bot - tom line and to in - trude for
turn - ing to the coach - ing dance you step in line And
an - y mo - ment, eve - ry mo - ment turn with - in - your

I Listen Well

Lightly (♩ = c. 118)

Words and Music by Jeanne Loehnis
arr.

C Em F C/G

Do you lis-ten to the bod - y, hear the mes-sage in the breath? Do you
af-ter you have heard your cli - ent to the point of pause, it's

A Dm A Dm /A

sense the en - er - gy that ei - ther flows or now is trapped? Do you
time for you from deep with - in to en - gage in your res - ponse. And

B7 E B E Fdim C/G Am

find that deep with-in you know a truth that's not been said? Or do you just to words res-pond and
then be sure to lis - ten to the im - pact! Stay tuned in! For now is not the time to won-der

Dm7 Gsus4 C 2 Dm7 Gsus4 C

lis - ten with your head? And what you'd do in - stead!

Mood change, hurried (♩ = c. 160)

C Em Dm G Em Am

Lis-ten-ing at lev-el one I'm hear-ing ev-ery-thing you've done. And I res-pond, "You won't be-lieve-I've

Dm D G C/G G/B C A

Slowing into next section

done the same and more you see!" I'm lis - ten - ing at lev - el one."

I Listen Well - page 2

Slower (♩ = c. 138)

D F#m Em A F#m Bm

Lis-ten-ing at lev-el two there's real-ly on-ly me and you. We're in a bub-ble and I sense all

Slowing into next section

Em E A D/A A/C# D B

that you say and don't ex-press! I'm lis-ten-ing at lev - el two.

Slowly, listening (♩ = c. 102)

E G#m F#m B G#m C#m

Lis-ten-ing at lev-el three the whole wide world I sense and see. The force field is a-live! My in-tu-

rit.

F#m F# B E/B B/D# E

i - tion knows: I let it guide! I'm lis-ten-ing at lev - el three. I

gradual accelerando

A E F#m E

clar - i - fy, ar - tic - u - late. And met - a - phor - ic - ally I state: sug -

rit.

F C/E Dm7 D7 G

gest a met - a - view and I ack - now - ledge what I see in you! I

Lightly (♩ = c. 118)

C Em F C/G

lis - ten to the bod - y, hear the mes - sage in the breath. I
 af - ter I have heard my cli - ent to the point of pause, I

A Dm A Dm /A

sense the en - er - gy that ei - ther flows or now is trapped. I
 nat - ur - ally from deep with - in en - gage in my res - ponse. A -

B7 E B E Fdim

find that deep with - in I know a truth that's not been said. I
 ware with eyes, ears, mind and heart; with taste and yes, with smell... I

C/G Am Dm7 Gsus4 C

lis - ten now be - yond the words and use more than my head. And
 do not miss the mo - ment; as a

Final ending
 Dm7 Gsus4 C

coach I lis - ten well!

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Intuition

Anxiously (♩ = c. 138)
Capo 3-5

Words and Music by Jeanne Loehnis

G Bm Csus2 Em7

Chorus Do I have in - tu - i - tion? [Do I have in - tu - i - tion?]

Csus2 Bmsus4 Em7 Bm/D

What does it say? [What does it say?] Will I blurt my in - tu - i - tion out?

CM7sus2 Em7

[Will I blurt my in - tu - i - tion out?]

Bm Bm/A G7 /F /E /D (3rd time to Coda)

Will I get out of the way? [Will I get out of the way?]

Verses (leader only)

C Am7 Bm E7

At first I ques - tion ev - ery - thing. I hes - i - tate - don't say a thing.
I have a vis - ion, may I share? An im - pulse of which I'm a - ware.

Am D G G7

And then this wis - dom I start to trust. But...
I could be off but I real - ly can't care! Plus...

Intuition - page 2

C Am7

What if my in - tu - i - tion's wrong?
Per - haps just one small grain of it

Bm E7

What if my vis - ion's not your song?
has your heart strings vi - bra - ting with

(to chorus)

Am7 C A7 D D Am Bm D7

Will you think my coach-ing is a bust? Woe! Woe! Woe! Woe!
re - lea - sing an out - da - ted myth! Yea! Yea! Yea! Yea!

Coda
C Cm7 Am7 C#dim

Yes I have in - tu - i - tion now! [Yes I have in - tu - i - tion now!]

G/D E7 E#dim D/F# E7/G#

Its mes-sage clear-ly I have found! [Its mes-sage clear-ly I have found!]

Am7 Dsus4 D G G

I blurt it out! I have no fear!

My Saboteur

Free and Mysterious (♩ = c. 128)

Words and Music by Jeanne Loehnis
arr.

Gaug Cm Cm/B♭ Abdim

My sab - o - teur like a snake in the wood...

G AbM7 Gsus4

My sab - o - teur leaves me feel - ing no good!

G Am7 Dm7

My sab - o - teur wrig - gling down deep in - side my

Fdim/Ab Cm/G Gaug *rit.*

soul... My sab - o - teur leaves me feel - ing less than

Playful and with drive (♩ = c. 132)

C Dm7 C/E Dm7 C Dm

whole. So get on out you mes - sage of filth!

C/E C Dm7 G

I don't need your shame and your guilt! I've got a new

C F Ab Gaug

life! Now I be - gin. I'm read - y to shed your lim - i - ting skin.

My Saboteur - page 2

C Dm C/E Dm C C/E

I'm read - y to shine, shine, shine, shine, shine! I'm read - y to leave

Dm7 G C F

your mes - sage be - hind. I've got me a new life vis - ion,

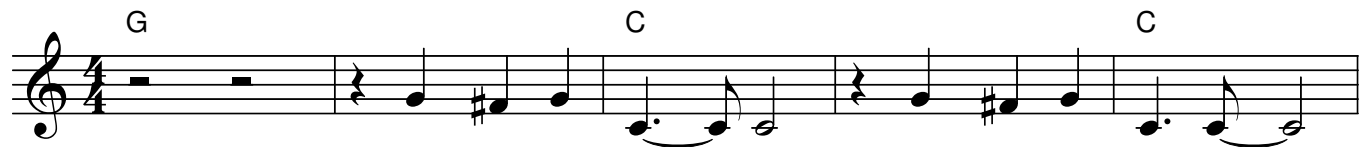
Dm7 G6 Ab Bb C

en - er - gy to win! So get out! Take your skin!

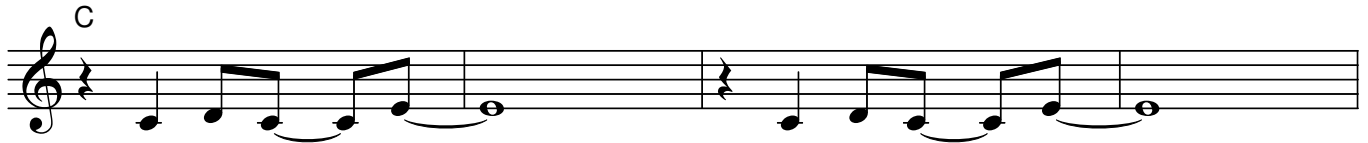
The Client's Agenda

Swing style (♩ = c. 128) (♩♩ = ♩.♩)

Words and Music by Jeanne Loehnis



You've got your Big "A" [You've got your Big "A"]



deep in your soul. [deep in your soul.]



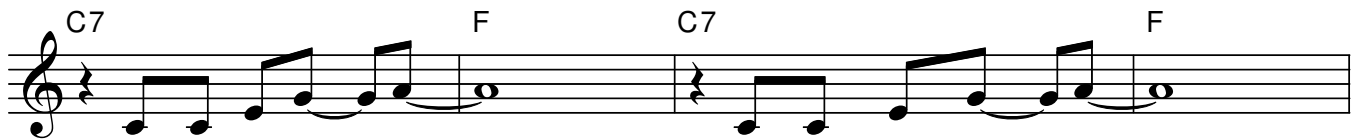
It's the truth that you know a-bout you [It's the truth that you know a-bout you]



when you're feel - ing whole. [when you're feel - ing whole.]



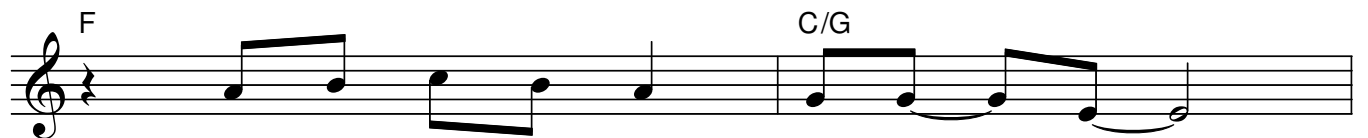
And I've got your Big "A" [I've got your Big "A"]



as my gui ding star. [as my gui - ding star.]



Your mag - ni - fi - cent in - ner self



[Your mag - ni - fi - cent in - ner self]

The Client's Agenda - page 2

G C G C

will take you far!

[will take you far!]

G C C

On a dai - ly ba - sis

[On a dai - ly ba - sis]

C

life ebbs and flows.

[life ebbs and flows.]

Dm

And as top-ics for coach-ing with you

[And as top-ics for coach-ing with you]

G C G C

al-most an-y-thing goes.

[al-most an - y - thing goes.]

G C G C

You've got this lit - tle "a"

[You've got this lit - tle "a"]

C7 F C7 F

and it can be a test.

[it can be a test.]

F C/G /G /F# F C/G

It's the road for your Big "A"

[It's the road for your Big "A"]

G C G

to be man - i - fest!

[to be man - i - fest!]

1, 2, 3 C	Last time C G C C
--------------	---

to be man - i - fest!

Verses

Am	Am/G	FM7	E
----	------	-----	---

When we're coach - ing you may speak as your sab - o - teur!
 Coach - ing yet an - oth - er day, we may take a trip.
 There'll be times when you need to go much deep - er still:

Am	Am/G	FM7	E
----	------	-----	---

I will no - tice and as - sure you - you are safe once more.
 Trav - el for - ward that your fu - ture self can give a tip.
 may - be down in - to the depths, or may - be up the hill!

Am	Em
----	----

I'll in - vite you to see per - spec - tives you
 All the wis - dom deep in - side is
 As you trav - el I'll be there to

F	E	F
---	---	---

may have o - ver - looked. Re - mind you of core
 with you all the time. We'll be sure to
 take you where you are. Life is rich and

E	Am	D7	G <i>rit.</i> G7
---	----	----	------------------

val - ues you claim - your Big "A" mag - ic book.
 learn as we go! So ful - fill - ment you will know!
 les - sons a - bound in this fer - tile in - ner ground!

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True Advice

Swing (♩ = ♪ = c. 110)

Words and Music by Jeanne Loehnis

Capo 3

arr.

Chorus Am Dm

When - ev - er I'm in a quan - dary a - bout the

FM7 E Am

day a - head of me, I seek ad - vice from the

Dm7 FM7 Gsus4

1, 2, 4	3
C	C /B

ones I trust. I look in - side of me. (to verses) (third time to bridge)

Verses

F Em Dm

- | | |
|--|--|
| 1. I see my - self five years down the road. | I see a wo - man ful-filled. |
| 2. Some-times I look to my child-hood self: | one un - en - cum - bered and free. |
| 3. I see a wo - man at nine - ty - three | re - cal - ling sweet - ness and pain, |

G Am Em

I hear her tell me, "Step out in faith:
 For - ev - er smi - ling. Dir - ect with her words.
 Her facts are ha - zy. The de - tails are gone.

D7

1,2 (to chorus)	Final ending
G E7	G E7

There's no more wait - ing un - til!" When
 Re - min - ding me to be me!
 But feel - ings rich still re - main. (to final ending) When

Final ending

Am Dm FM7
 ev - er I'm in a quan - dary a - bout the day a - head of me,
 E Am Dm7
 I seek ad - vice from the ones I trust. I
 F G Am7 Em7 Dm Em Am *Fine*
 look in - side of, I look in - side of, I look in - side of me!

Bridge

Em Am Em
 All the ans - wers that I'll ev - er need are bur - ied deep with - in.
 Am A Dm
 I must be wil - ling to dig deep in - side
 D D7 G E *(to chorus)*
 to find the en - er - gy to be - gin! When -

Yes! And ...

Lightly (♩ = c. 110)

Words and Music by Jeanne Loehnis

Capo 2 (Higher alternate melody for repeats)

G11 C Em7

I'm liv-in' in "Yes! And..." Not stuck in the "No, buts..." Ev-er o-pen-ing

F6 G11 C

my hand. Read-y now to re-ceive much. I'm liv-in' in

G11 C (to verses 1 and 3) (to verses 2,4,5,6) Last time G11 C

ceive much!

2.
4.
5. A
6. With

Verses 1 and 3

C Em7 Fadd9

1. Yes and is the place to be: such pos-si-bil-i-ty! Liv-ing in
3. Yes feels so ex-ci-ting, al-ways in-vi-ting, at speeds like

G C Em7 3

har-mo-ny! Yes there's op-por-tu-ni-ty and glo-ri-ous
light-ning! Each day is ful-fil-ling! Sweet dreams from a

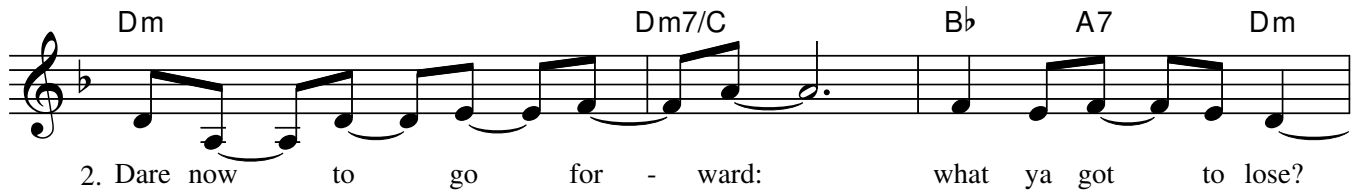
Fadd9 Dm G G11

ma-jes-ty when "Yes! And..." is my plea! I'm liv-in' in
past life now show us bright light! I'm liv-in' in

Yes! And... - page 2

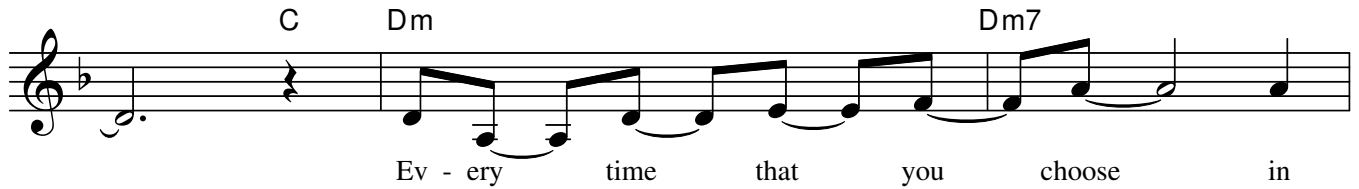
Verse 2

Dm Dm7/C B \flat A7 Dm



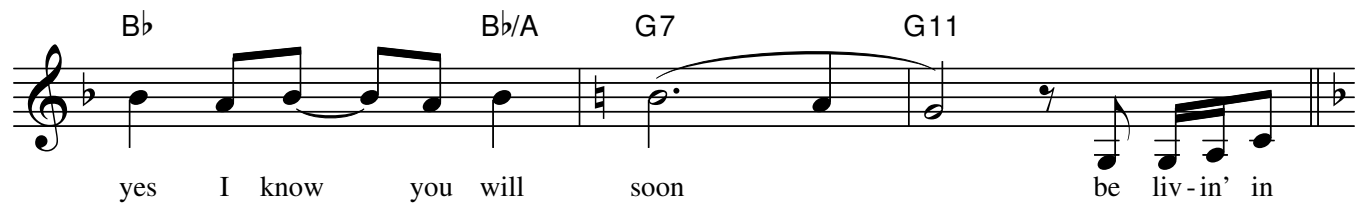
2. Dare now to go for - ward: what ya got to lose?

C Dm Dm7



Ev - ery time that you choose in

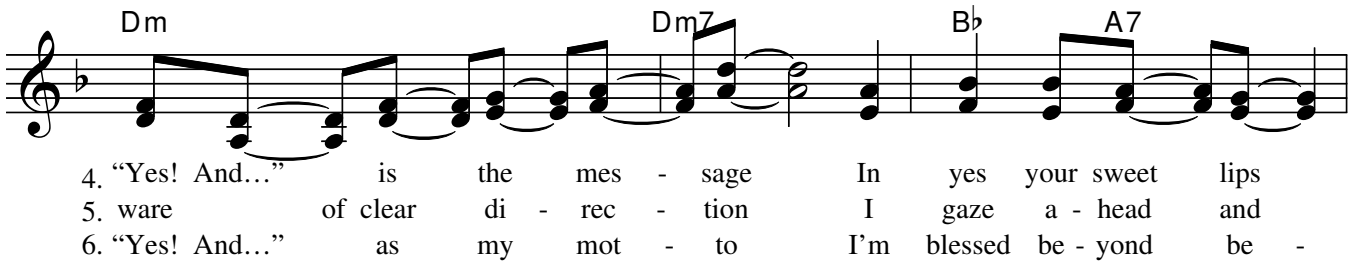
B \flat B \flat /A G7 G11



yes I know you will soon be liv-in' in

Verses 4-6

Dm Dm7 B \flat A7



4. "Yes! And..." is the mes - sage In yes your sweet lips
5. ware of clear di - rec - tion I gaze a - head and
6. "Yes! And..." as my mot - to I'm blessed be - yond be -

Dm C Dm Dm7



move. Make yes your rite of pas - sage. Re -
see. With heav - en - ly pro - tec - tion I
lief! I o - pen wide full throt - tle and

B \flat Gm7 G G11



lease the past. In yes now groove! I'm liv-in' in
step, I fly, I move with ease! I'm liv-in' in
gifts a - bun - dant nev - er cease! I'm liv-in' in