Coaching Songs

Songs For Your Spirit
Coaching Songs Volume
Keyboard version

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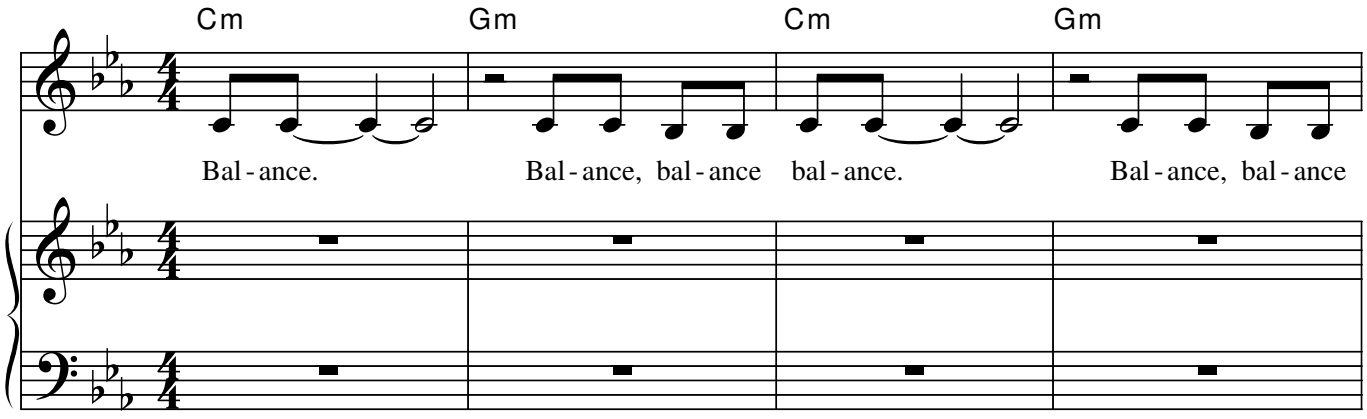
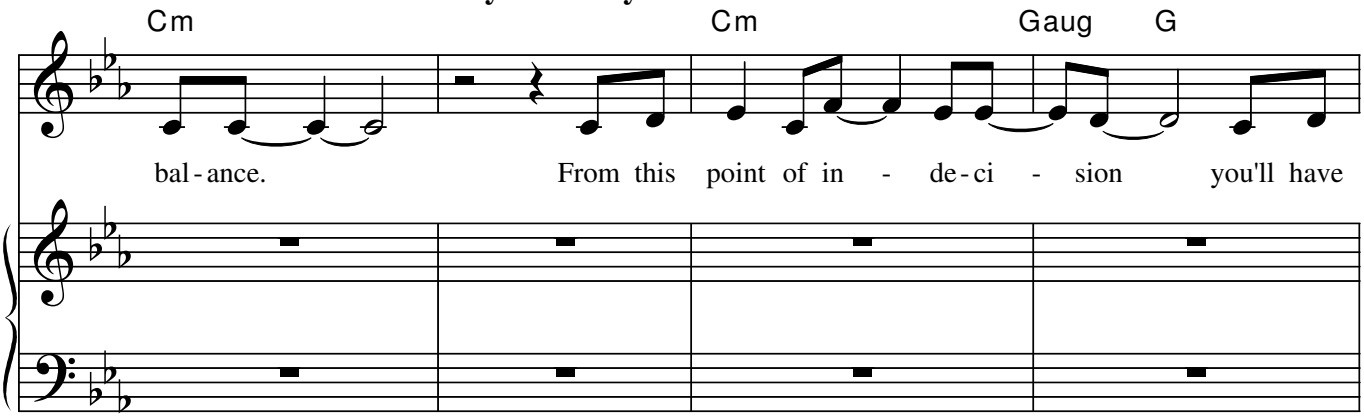
Balance

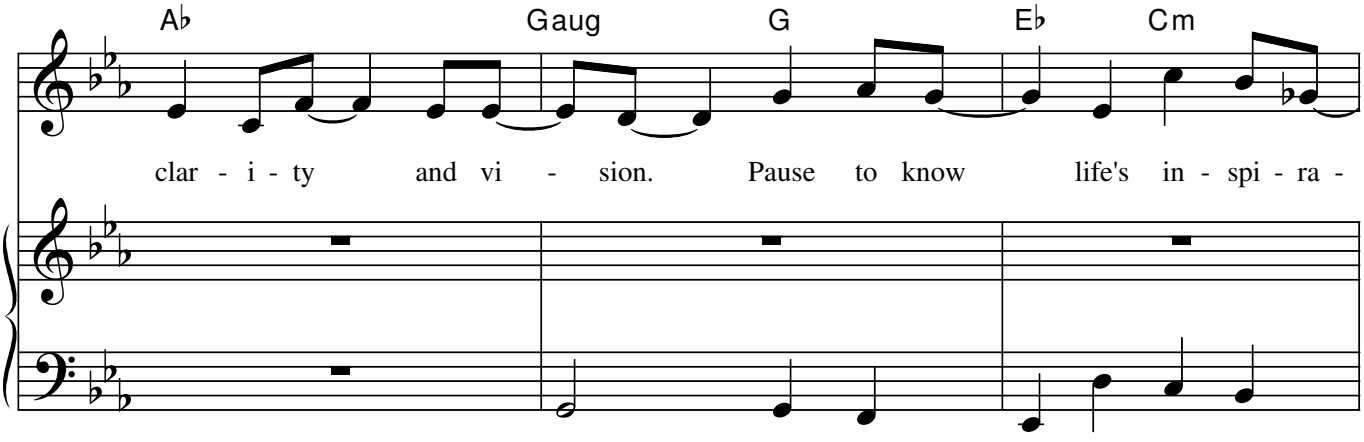
Precisely (♩ = c. 128)

Words and Music by Jeanne Loehnis.



Mysteriously





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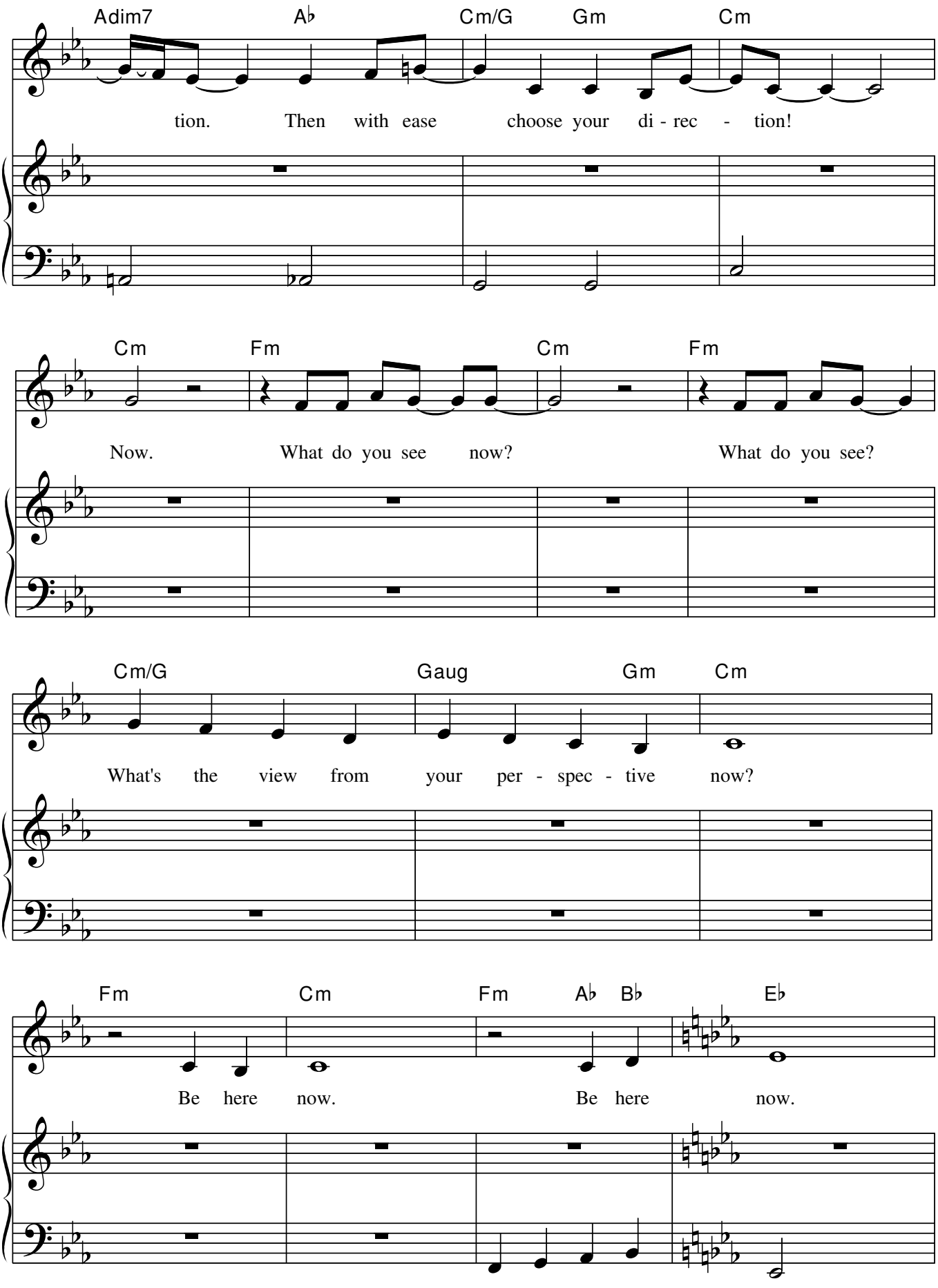
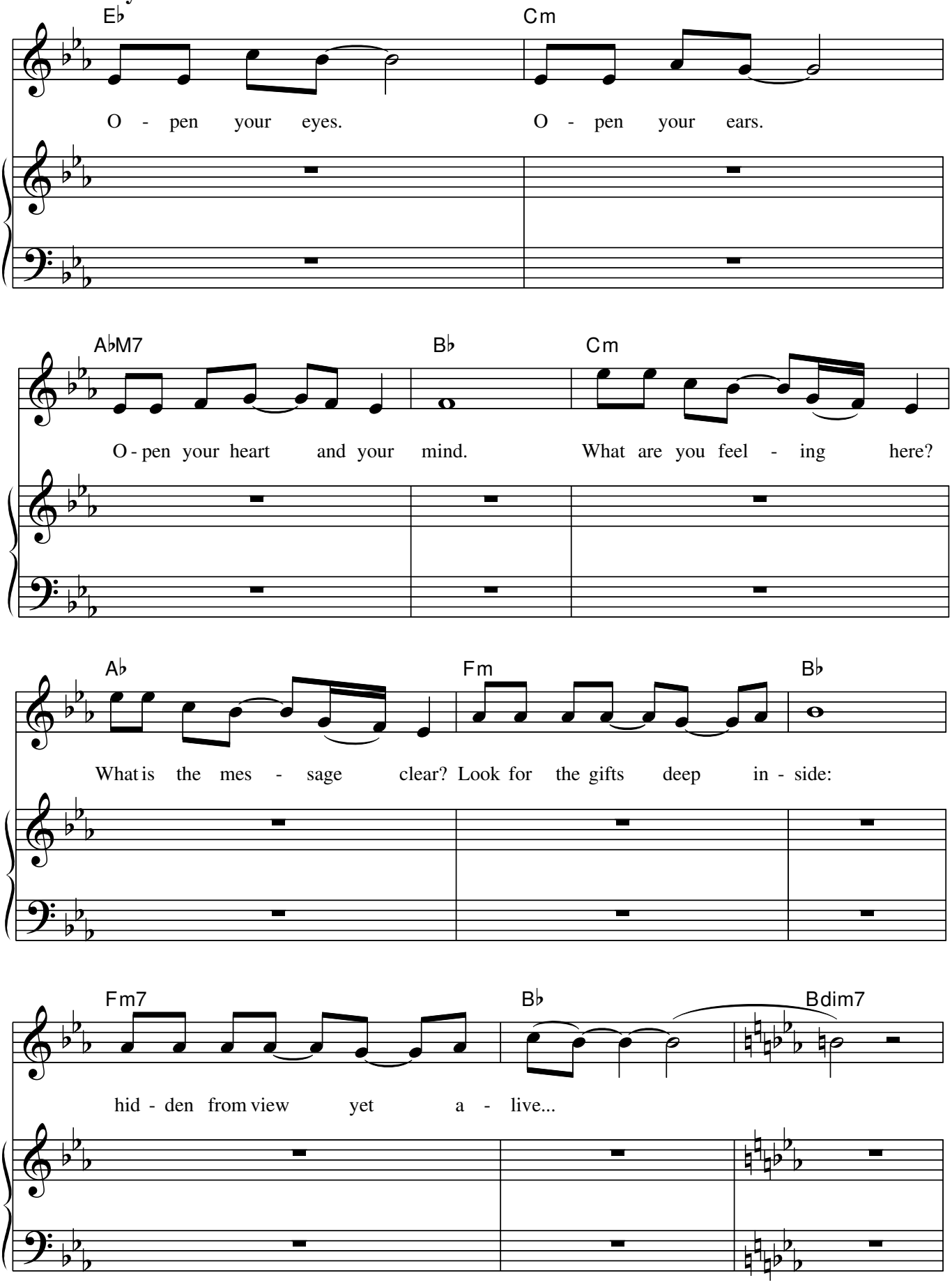
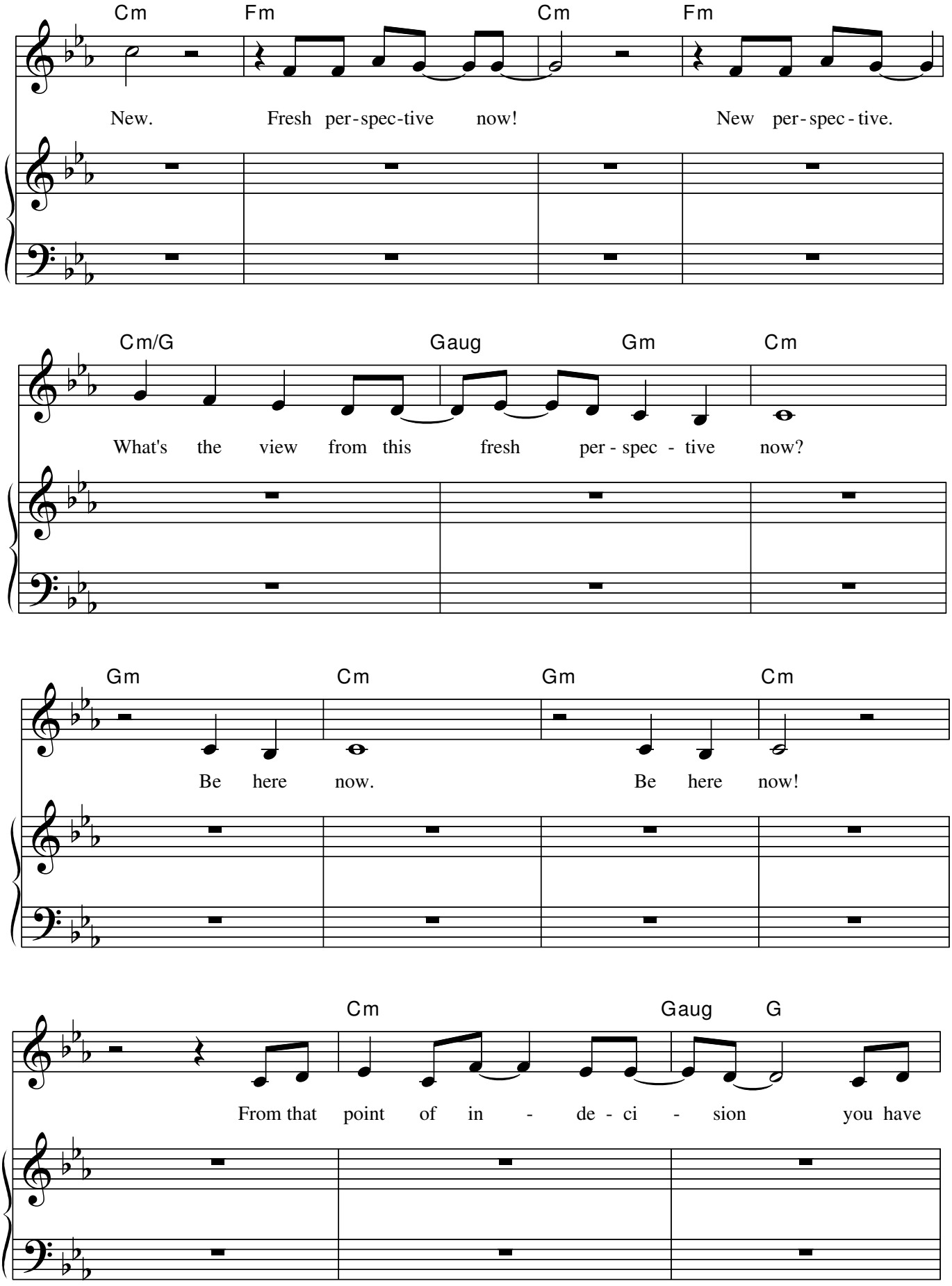
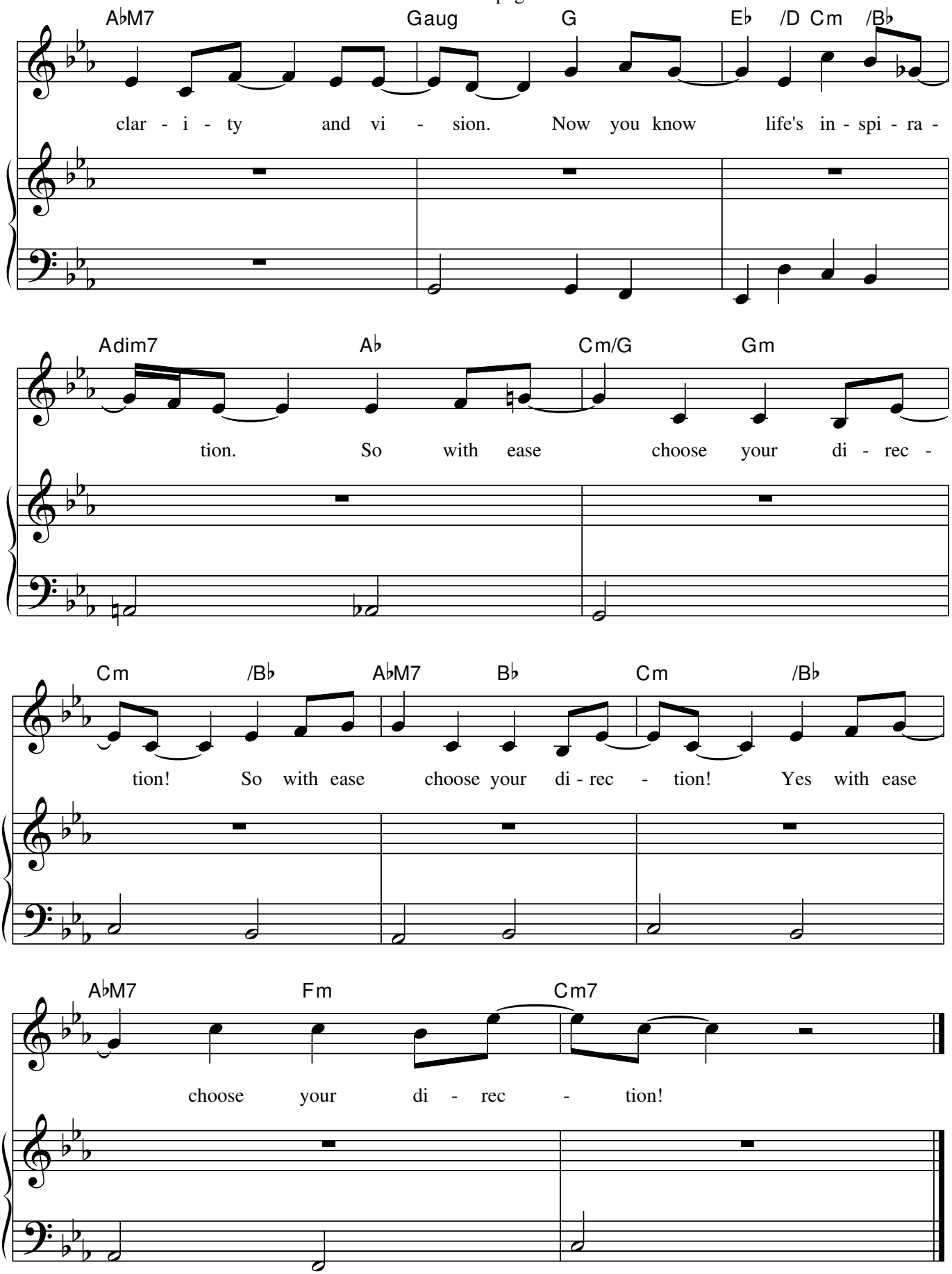

Adim7 A♭ Cm/G Gm Cm
tion. Then with ease choose your di - rec - tion!
Cm Fm Cm Fm
Now. What do you see now? What do you see?
Cm/G Gaug Gm Cm
What's the view from your per - spec - tive now?
Fm Cm Fm A♭ B♭ E♭
Be here now. Be here now.

Excitedly


E♭
Cm
O - pen your eyes.
O - pen your ears.
A♭M7
B♭
Cm
O - pen your heart and your mind.
What are you feel - ing here?
A♭
Fm
B♭
What is the mes - sage clear? Look for the gifts deep in - side:
Fm7
B♭
Bdim7
hid - den from view yet a - live...


Cm Fm Cm Fm
New. Fresh per-spec-tive now! New per-spec-tive.
Cm/G Gaug Gm Cm
What's the view from this fresh per-spec-tive now?
Gm Cm Gm Cm
Be here now. Be here now!
Cm Gaug G
From that point of in-de-ci-sion you have

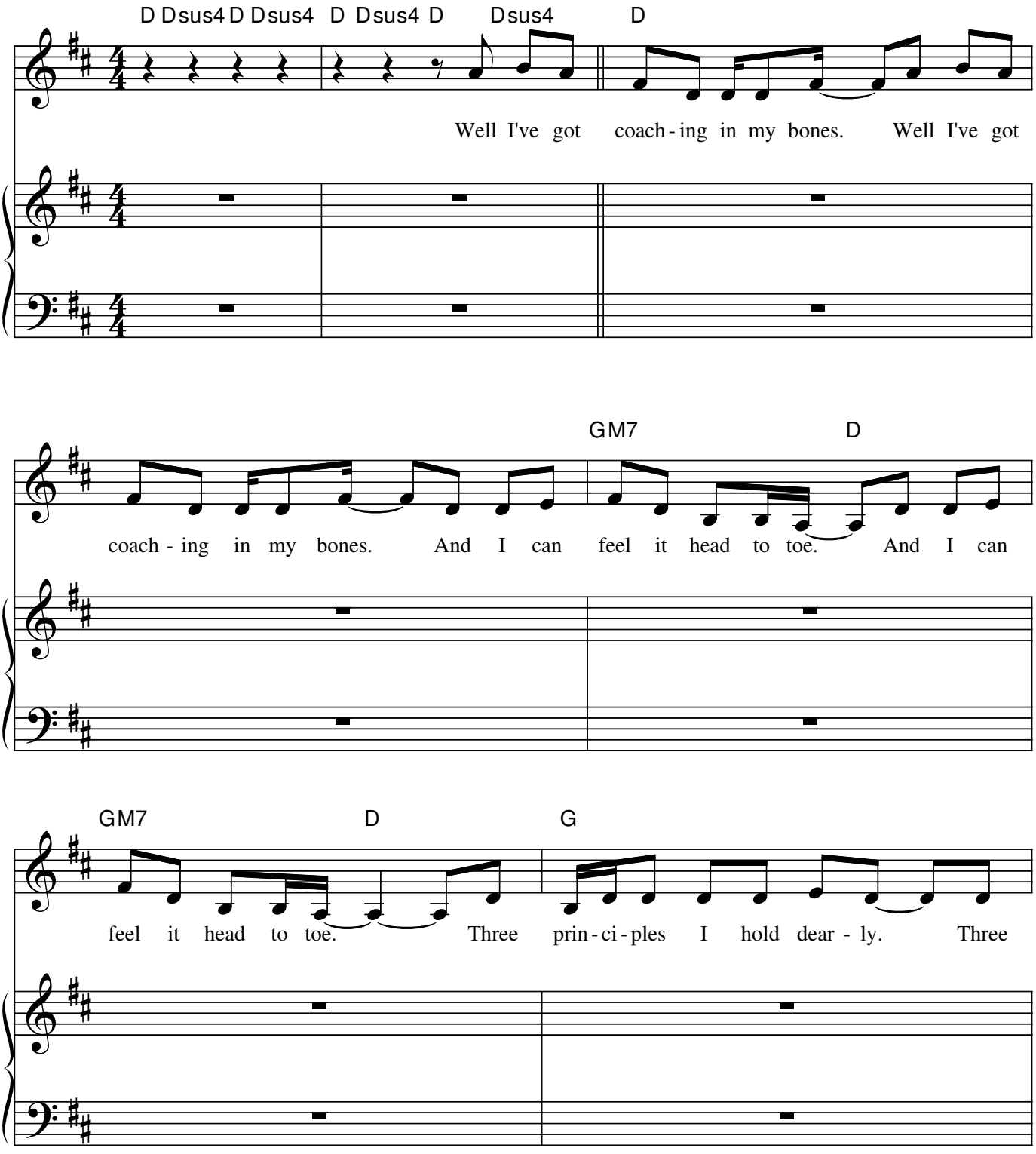

A♭M7 Gaug G E♭ /D Cm /B♭
clar - i - ty and vi - sion. Now you know life's in - spi - ra -
Adim7 A♭ Cm/G Gm
tion. So with ease choose your di - rec -
Cm /B♭ A♭M7 B♭ Cm /B♭
tion! So with ease choose your di - rec - tion! Yes with ease
A♭M7 Fm Cm7
choose your di - rec - tion!

Coaching In My Bones

Playfully (♩ = **c. 110**)

Words and Music by Jeanne Loehnis

Chorus



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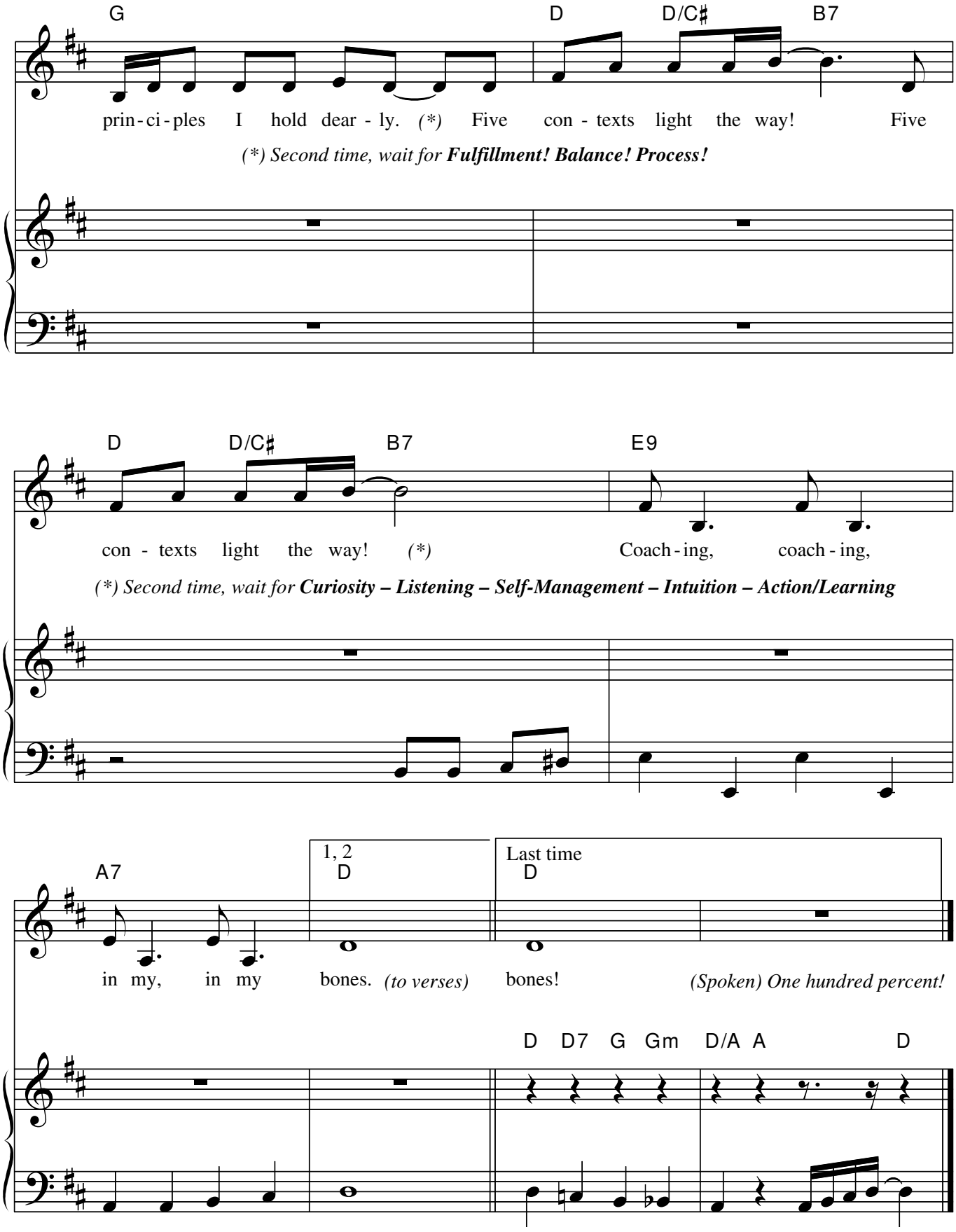
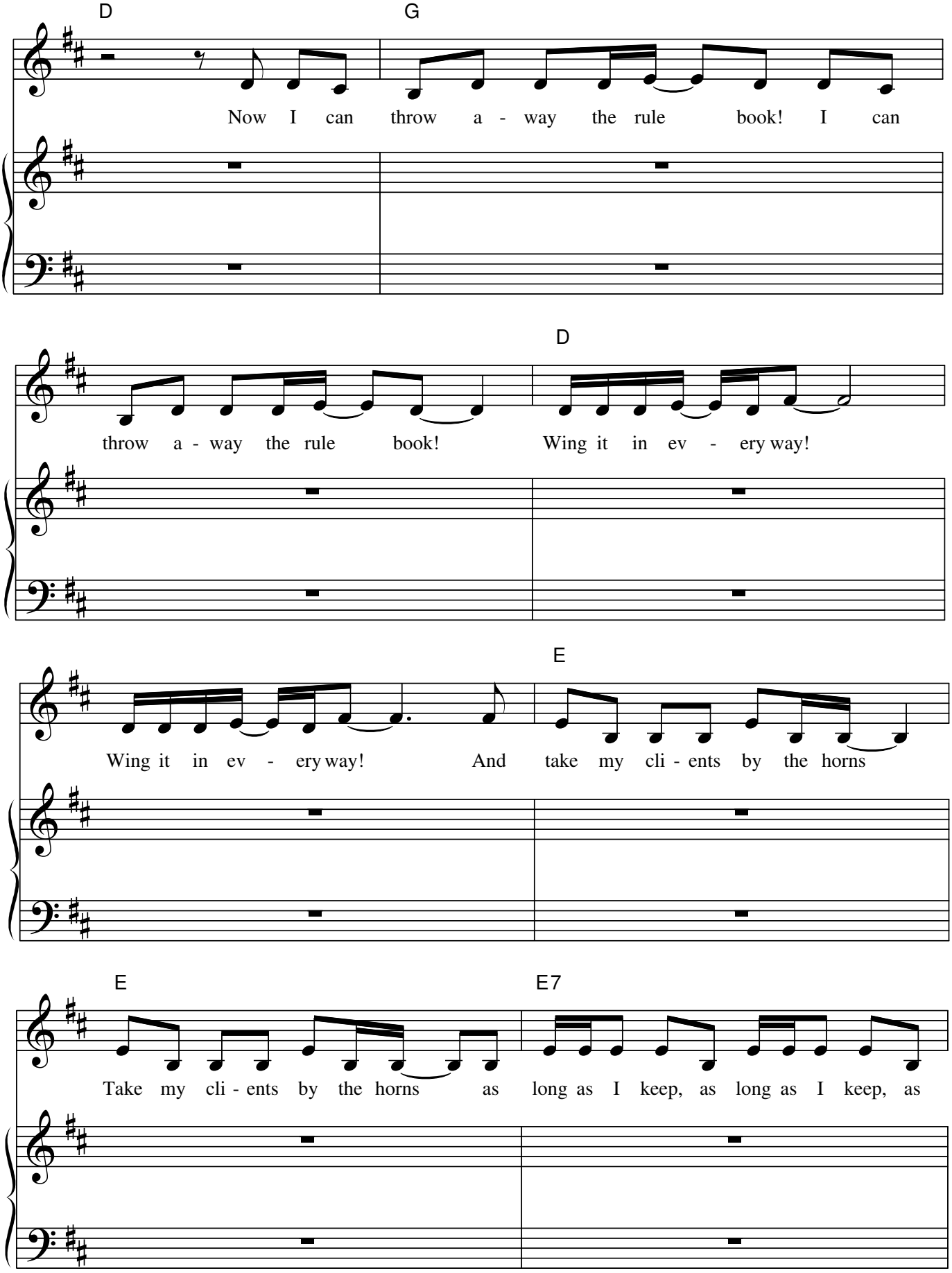
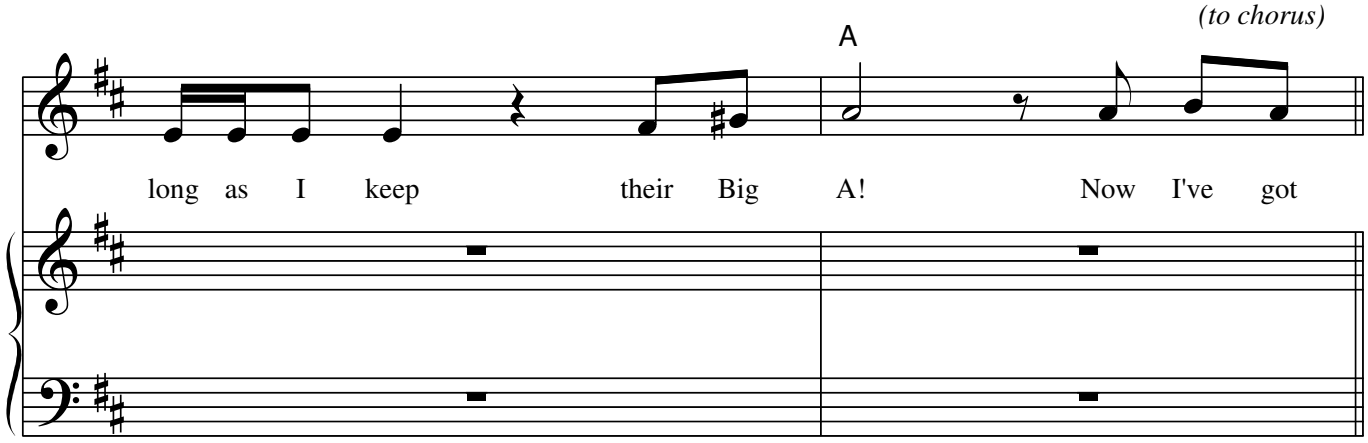

G
D
D/C♯
B7
prin - ci - ples I hold dear - ly. (*) Five con - texts light the way! Five
(*) Second time, wait for Fulfillment! Balance! Process!
D
D/C♯
B7
E9
con - texts light the way! (*) Coach - ing, coach - ing,
(*) Second time, wait for Curiosity – Listening – Self-Management – Intuition – Action/Learning
A7
1, 2
D
Last time
D
in my, in my bones. (to verses) bones!
(Spoken) One hundred percent!
D D7 G Gm D/A A D

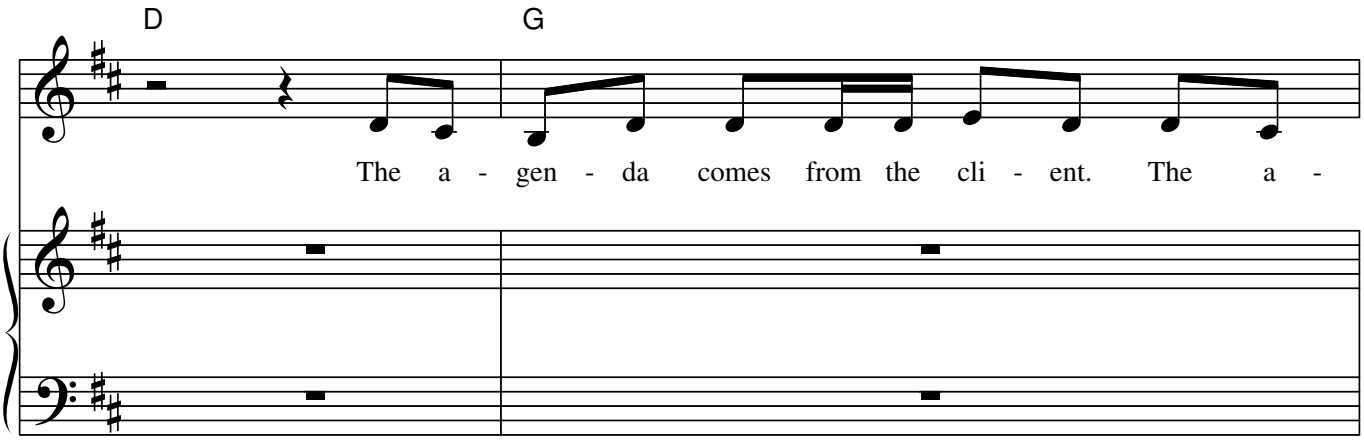
Verse 1

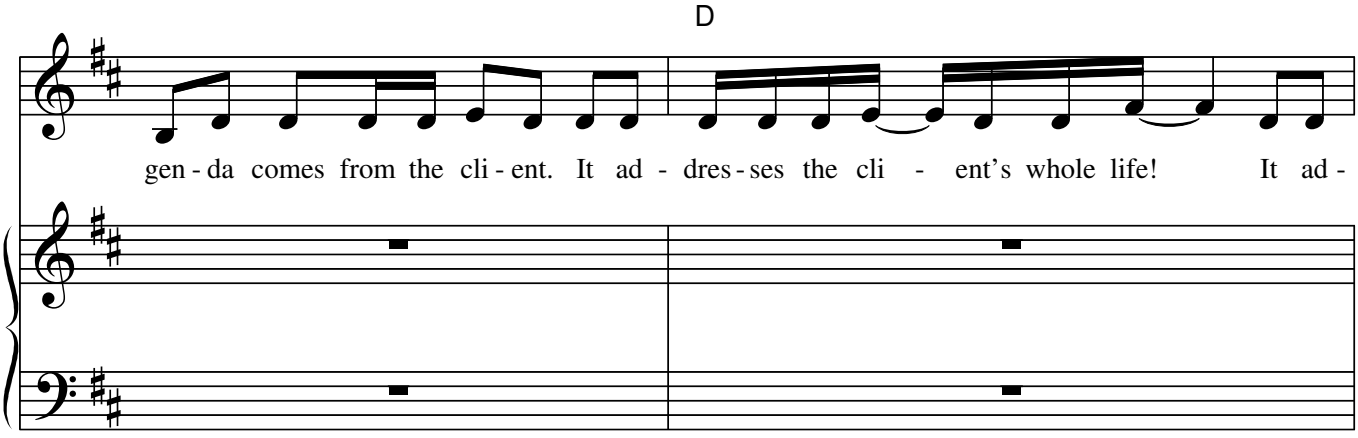

D
G
Now I can throw a - way the rule book! I can
D
throw a - way the rule book! Wing it in ev - ery way!
E
Wing it in ev - ery way! And take my cli - ents by the horns
E
E7
Take my cli - ents by the horns as long as I keep, as long as I keep, as

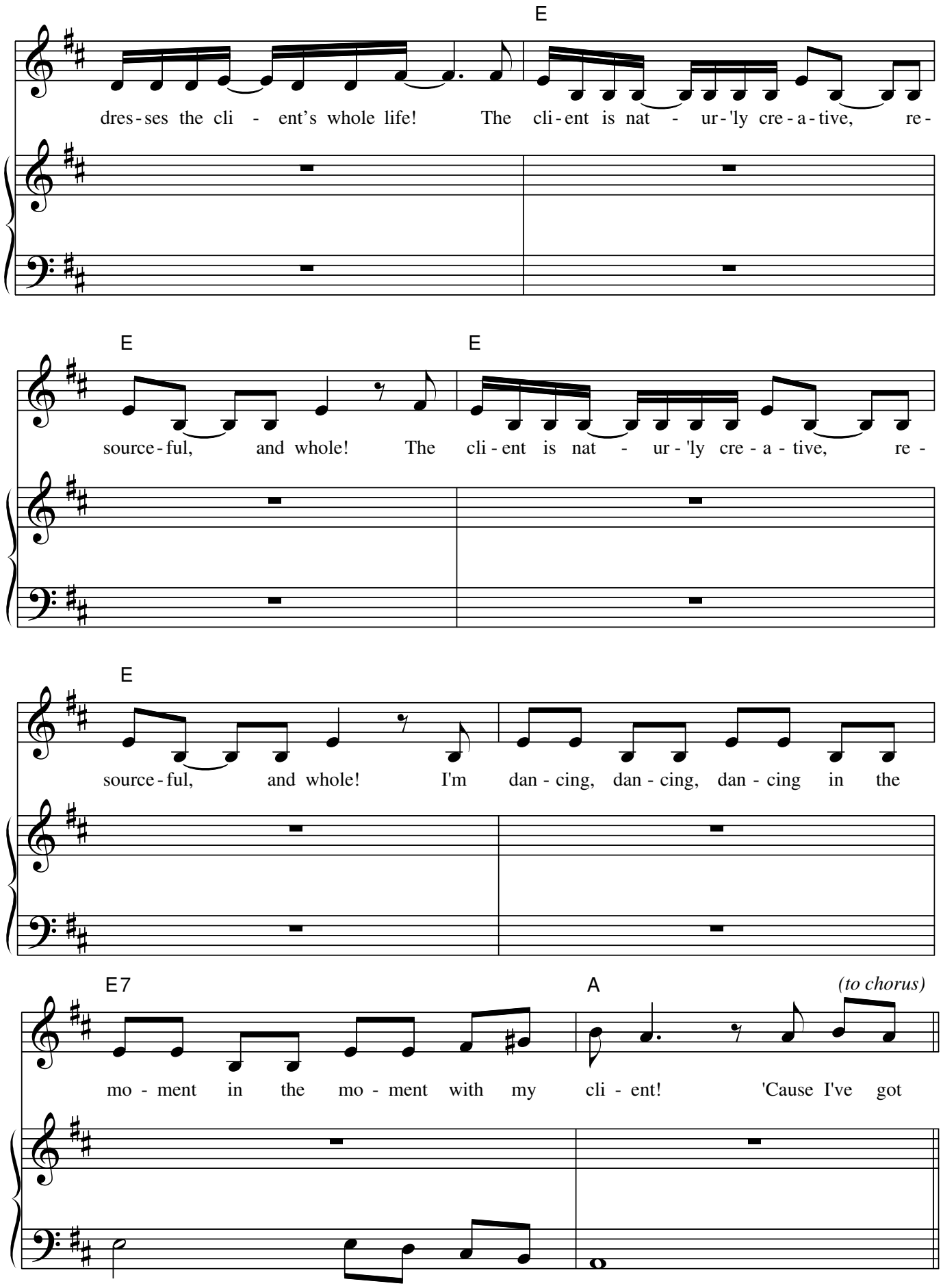
(to chorus)



Verse 2






E
dres-ses the cli - ent's whole life! The cli-ent is nat - ur-'ly cre-a-tive, re-
E
source-ful, and whole! The
E
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
mo-ment in the mo-ment with my
A
(to chorus)
cli-ent! 'Cause I've got

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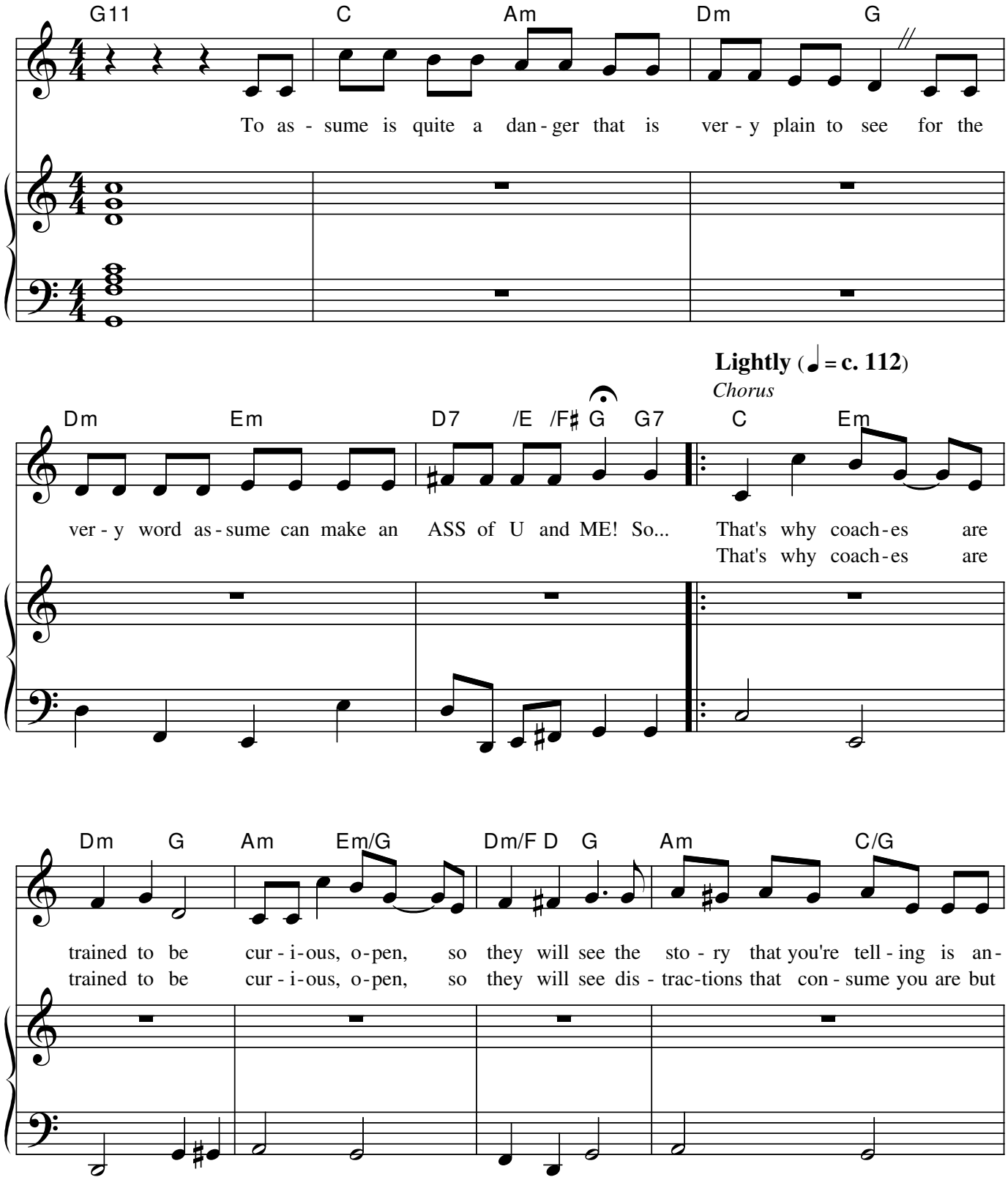
Curious Coaching

Story like (♩ = c. 110)

Words and Music by Jeanne Loehnis
arr.



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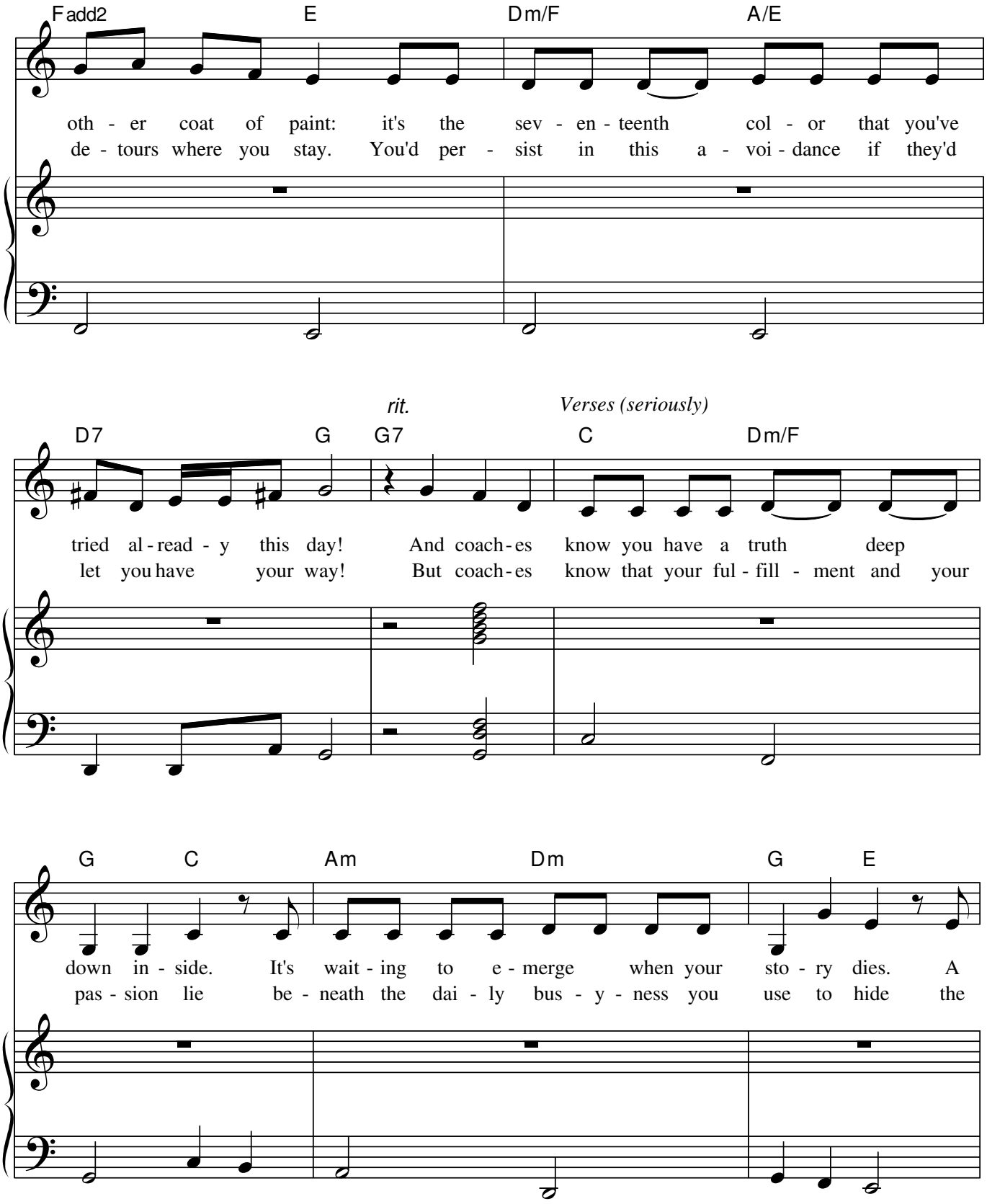
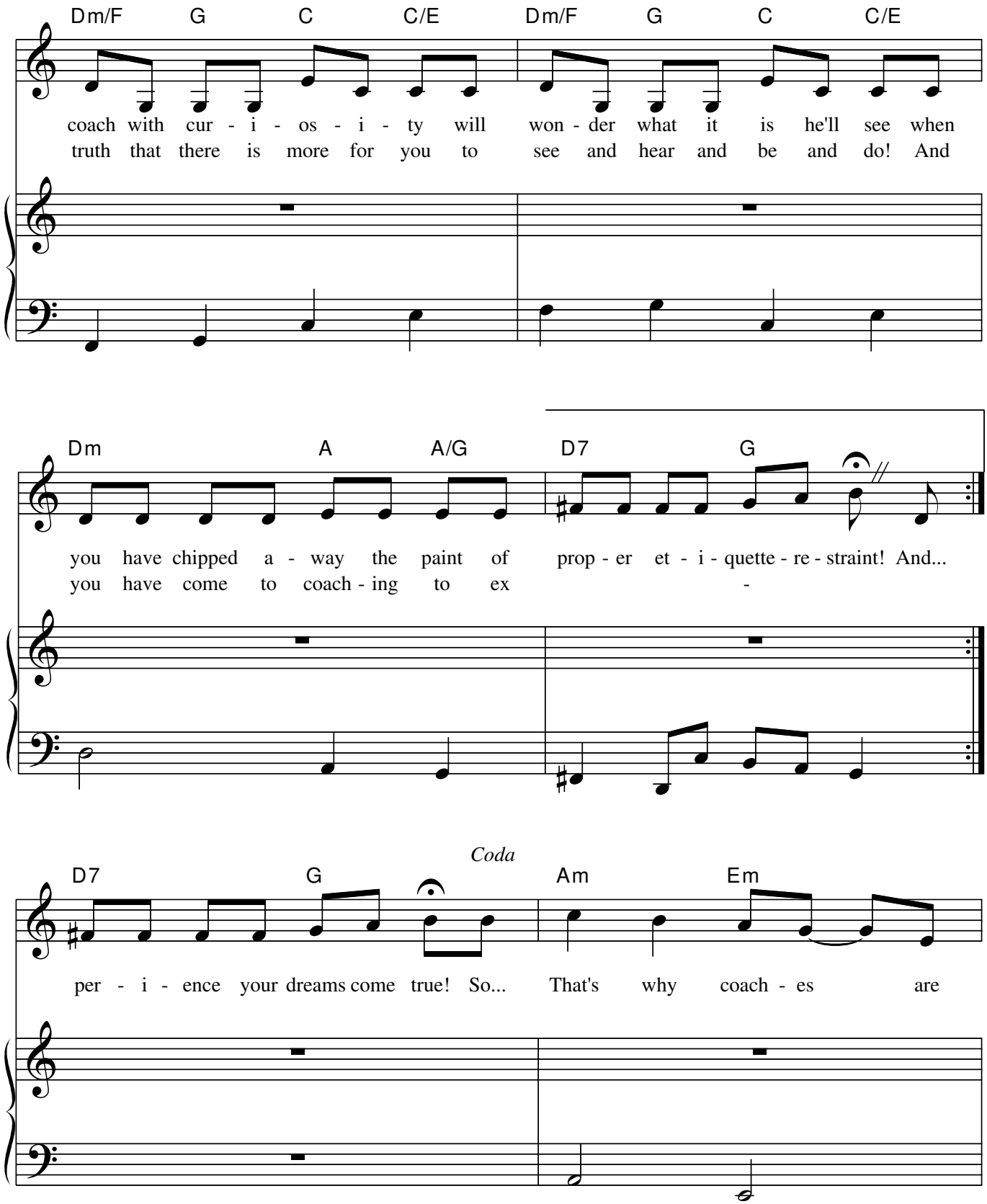
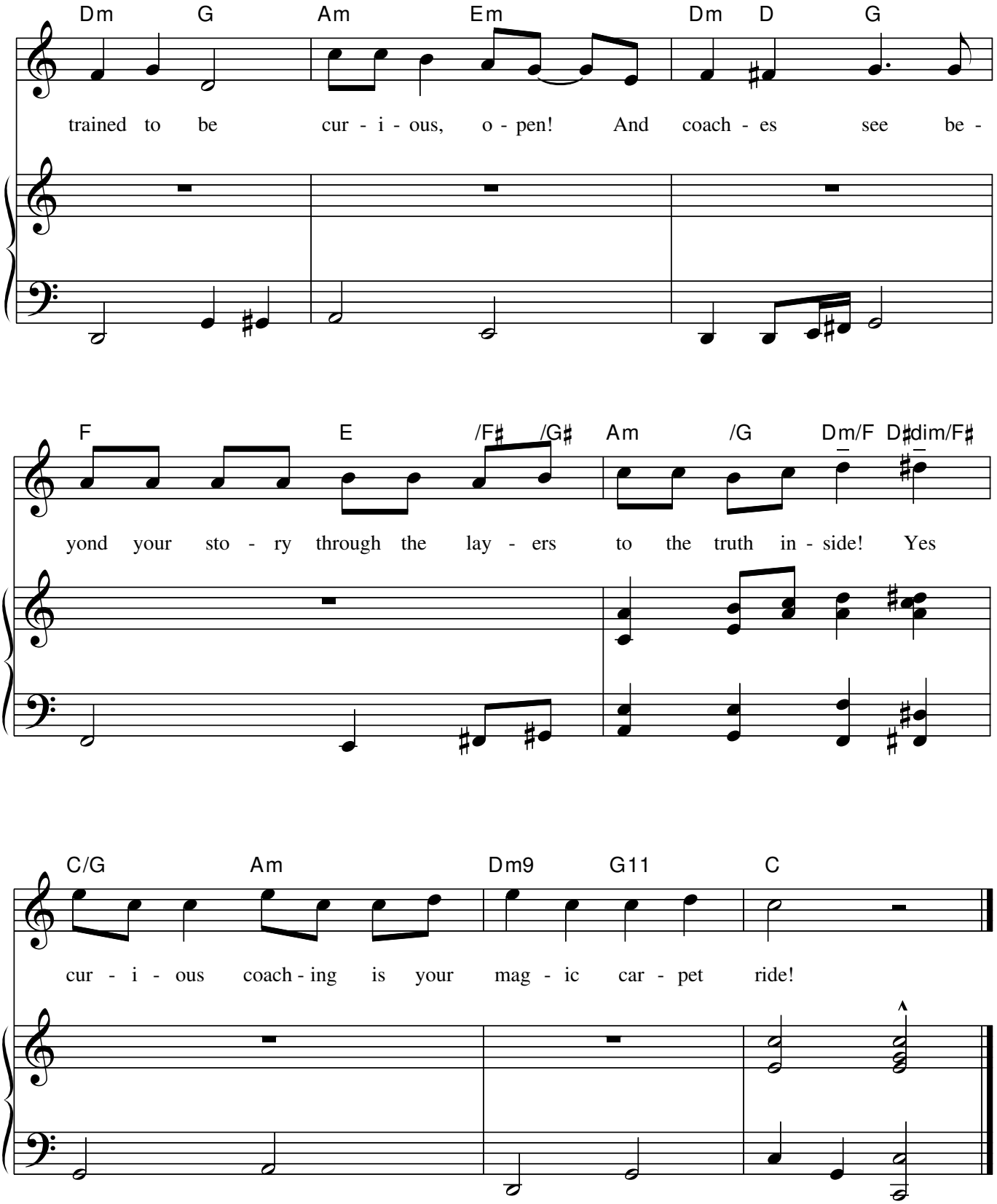

Fadd2
E
Dm/F
A/E
oth - er coat of paint: it's the sev - en - teenth col - or that you've
de - tours where you stay. You'd per - sist in this a - voi - dance if they'd
rit.
Verses (seriously)
D7
G
G7
C
Dm/F
tried al - read - y this day! And coach - es know you have a truth deep
let you have your way! 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

(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!

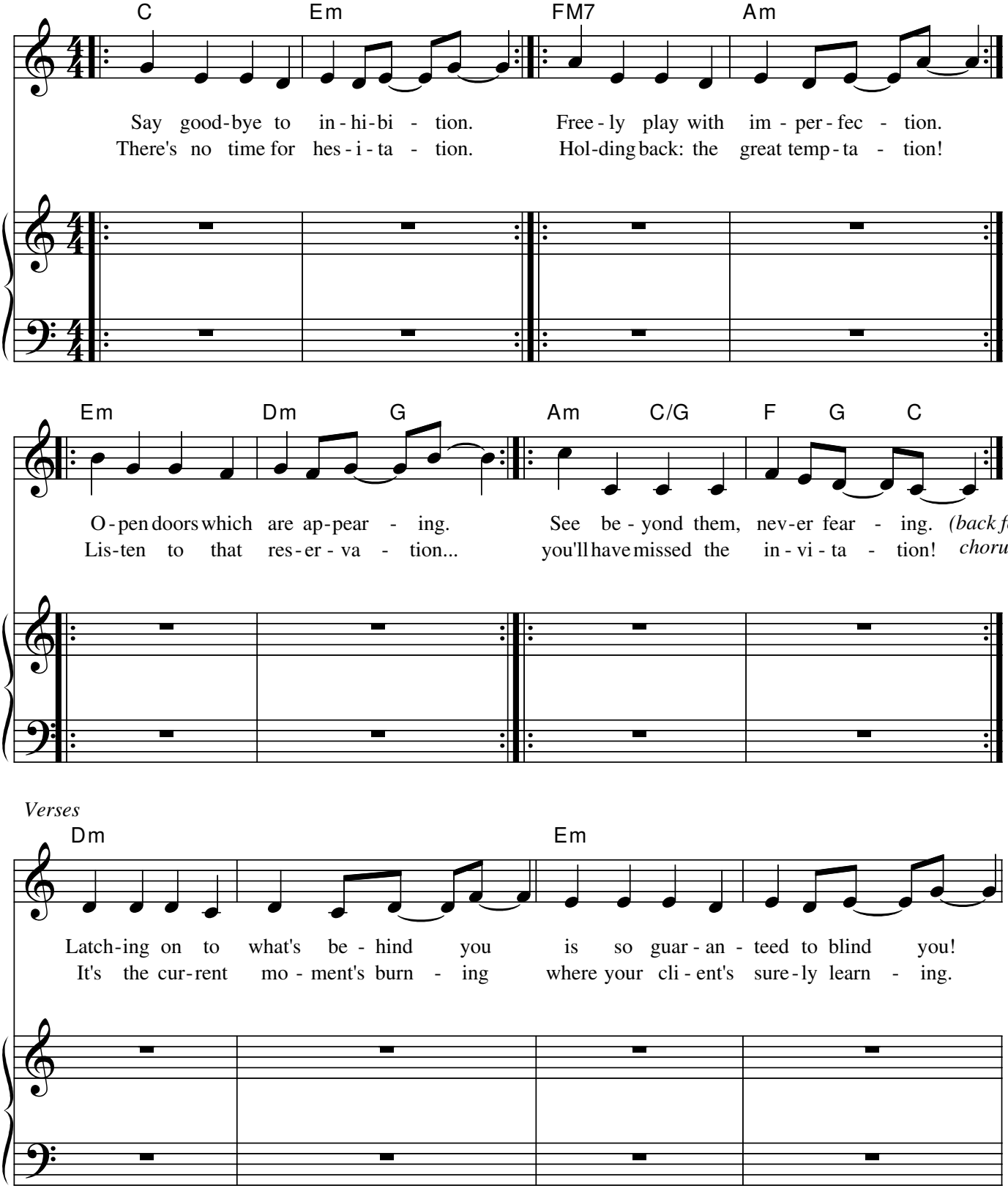
Dancing In The Moment

Dancing (♩ = c. 138)

Words and Music by Jeanne Loehnis

arr.

Chorus (use repeats as desired with groups)



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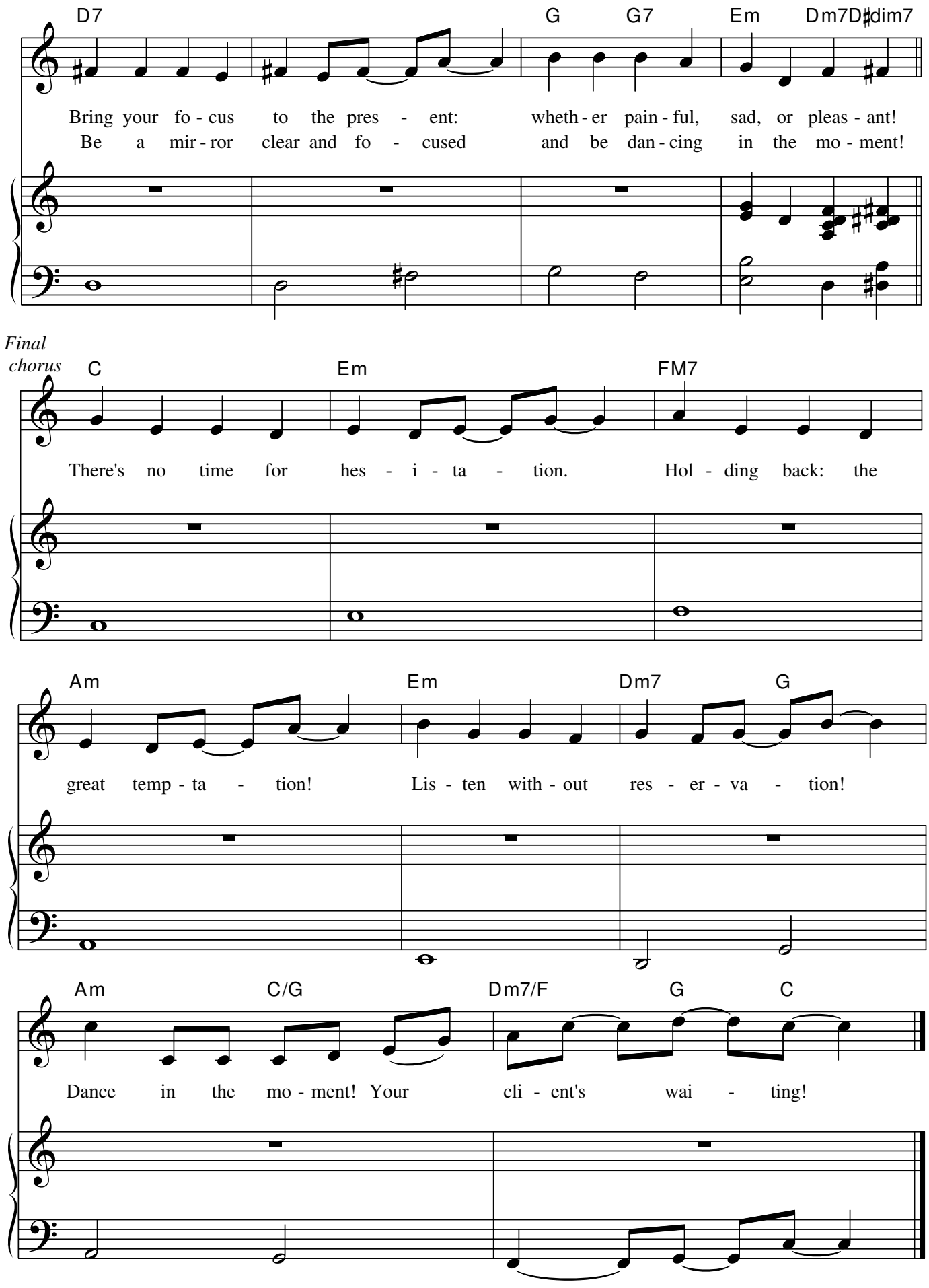
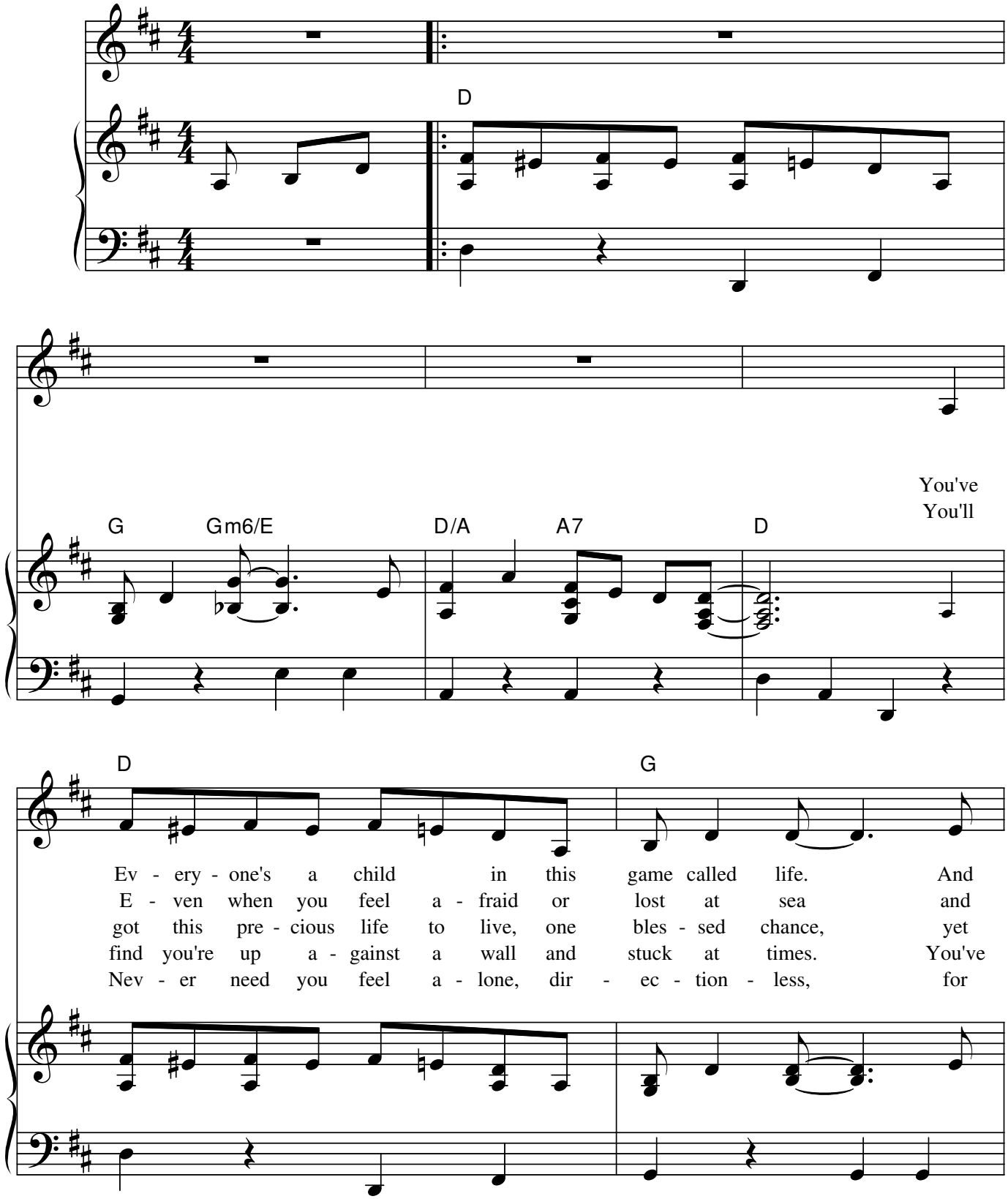

D7
G
G7
Em
Dm7D♯dim7
Bring your fo - cus to the pres - ent: wheth - er pain - ful, sad, or pleas - ant!
Be a mir - ror clear and fo - cused and be dan - cing in the mo - ment!
Final chorus
C
Em
FM7
There's no time for hes - i - ta - tion. Hol - ding back: the
Am
Em
Dm7
G
great temp - ta - tion! Lis - 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!

Give It Your Best Shot - Coaching Style

Words and Music by Jeanne Loehnis
arr. David Ezell

Freely (♩ = c. 130)



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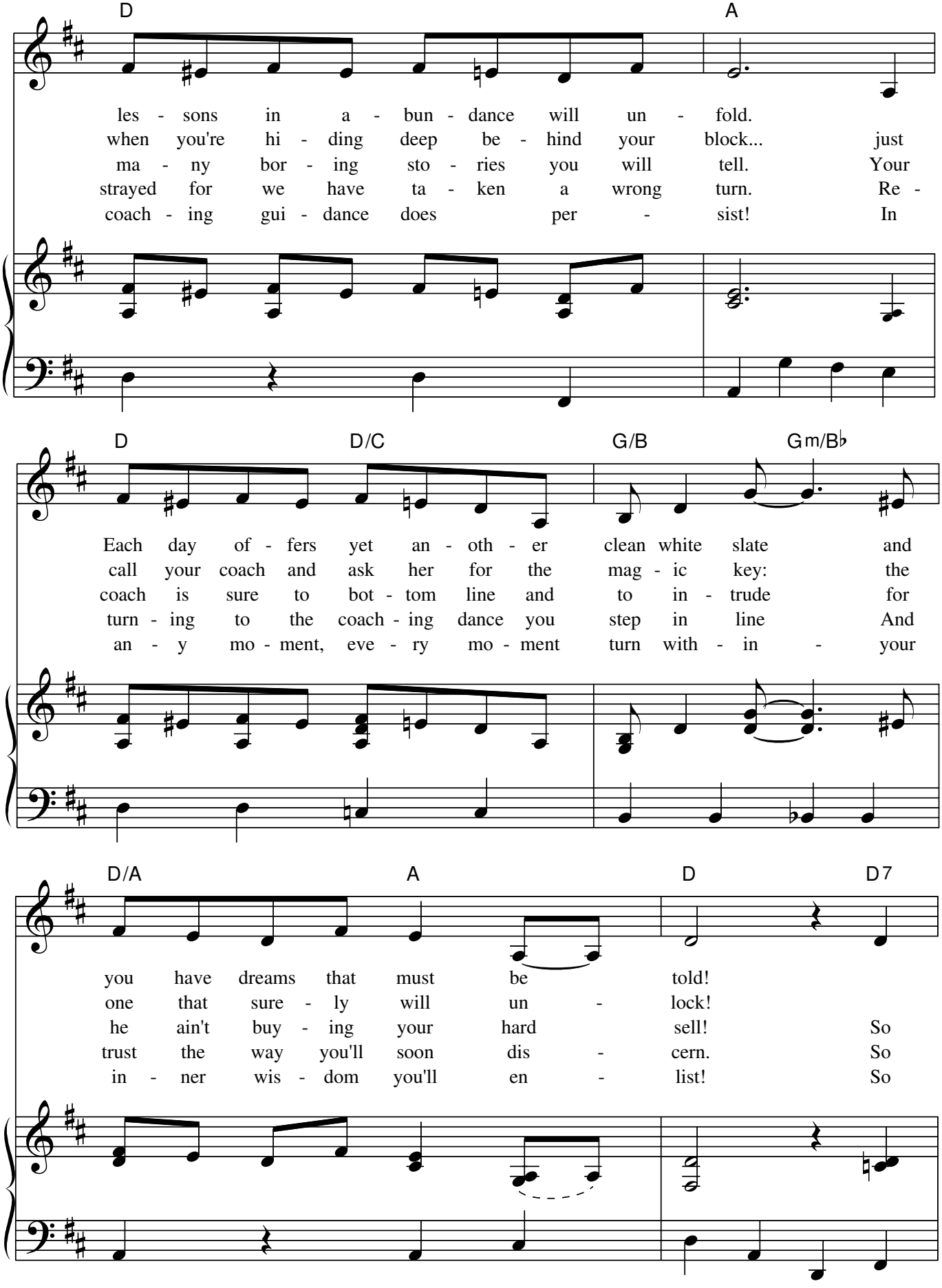
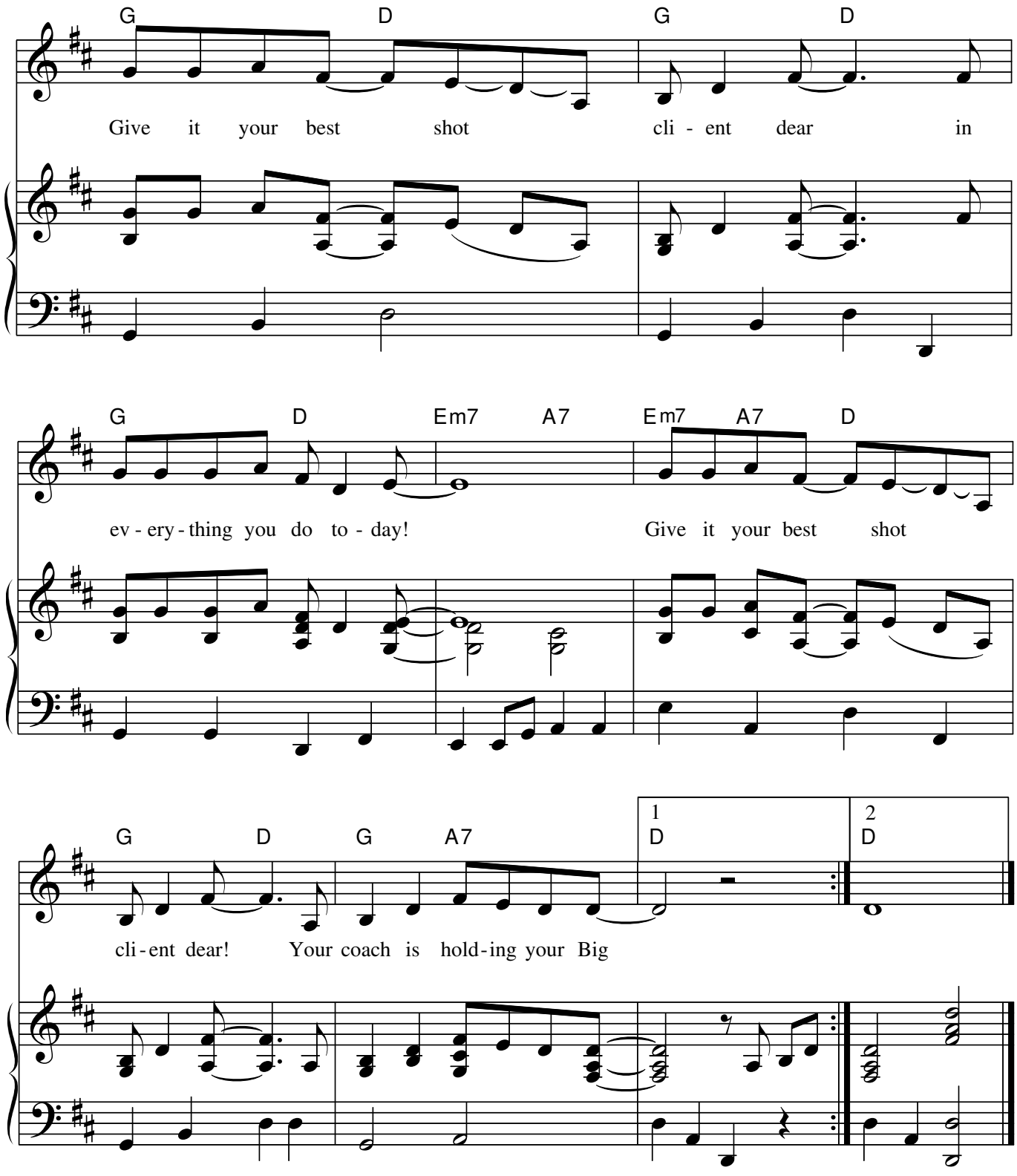

D
A
les - sons in a - bun - dance will un - fold.
when you're hi - ding deep be - hind your block... just
ma - ny bor - ing sto - ries you will tell. Your
strayed for we have ta - ken a wrong turn. Re -
coach - ing gui - dance does per - sist! In
D
D/C
G/B
Gm/B♭
Each day of - fers yet an - oth - er clean 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
D/A
A
D
D7
you have dreams that must be told!
one that sure - ly will un - lock!
he ain't buy - ing your hard sell! So
trust the way you'll soon dis - cern. So
in - ner wis - dom you'll en - list! So


G D G D
Give it your best shot cli - ent dear in
G D Em7 A7 Em7 A7 D
ev - ery - thing you do to - day! Give it your best shot
G D G A7 1 D 2 D
cli - ent dear! Your coach is hold - ing your Big

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Intuition

Anxiously (♩ = **c. 138**)

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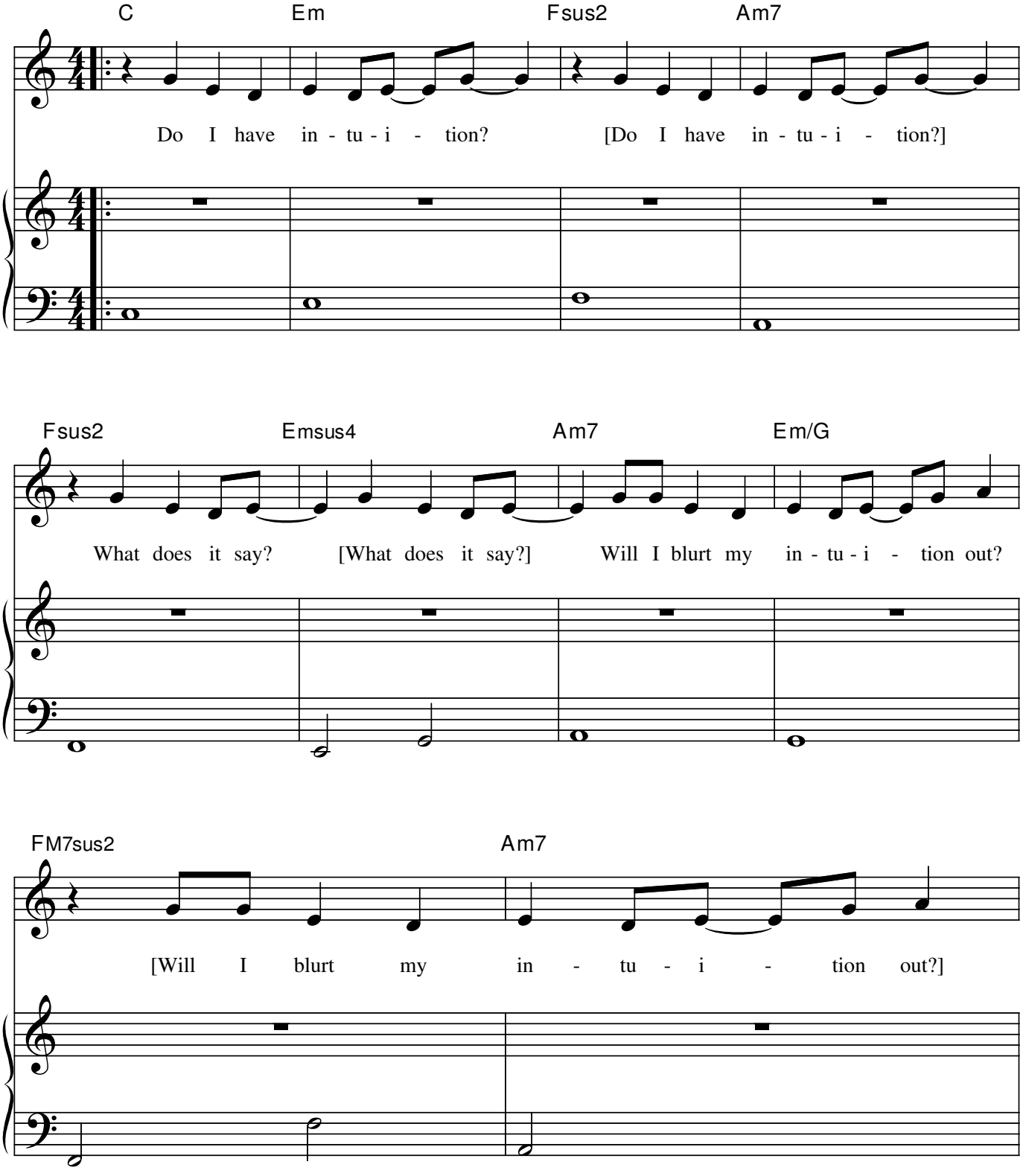
Chorus



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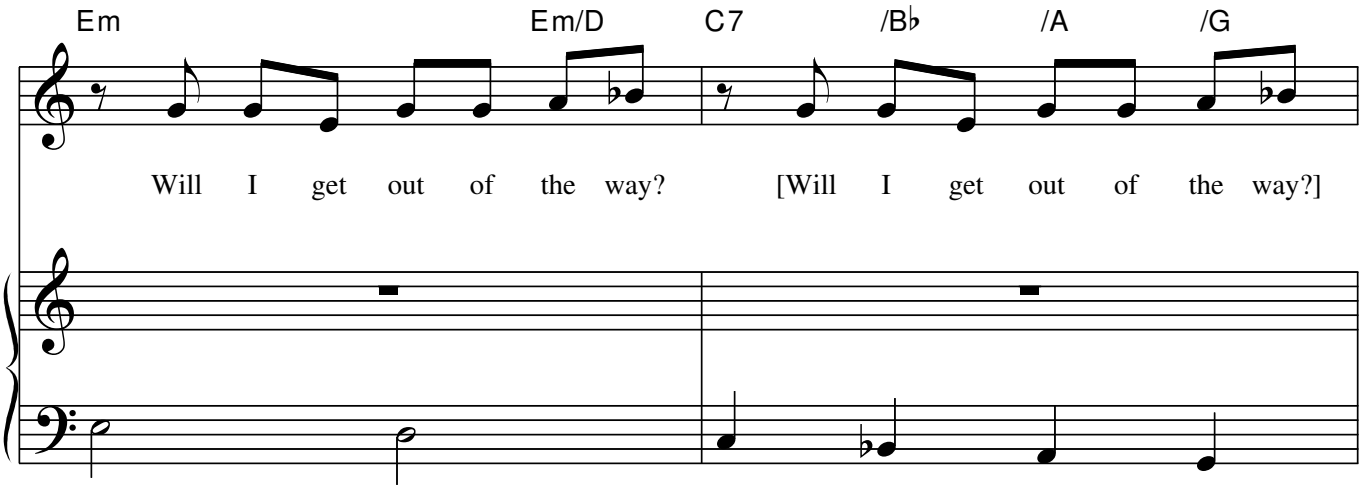
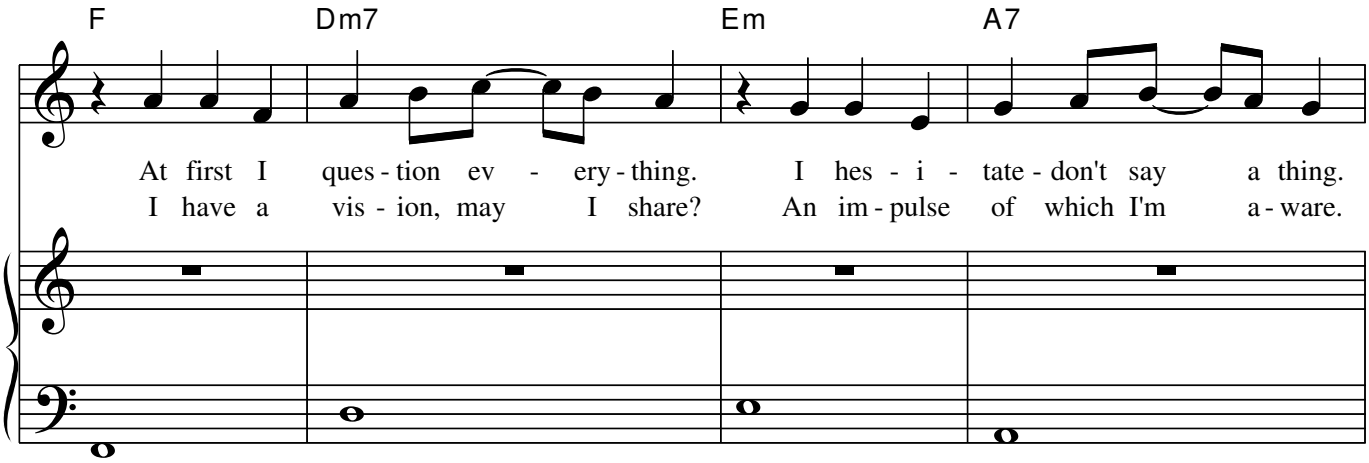
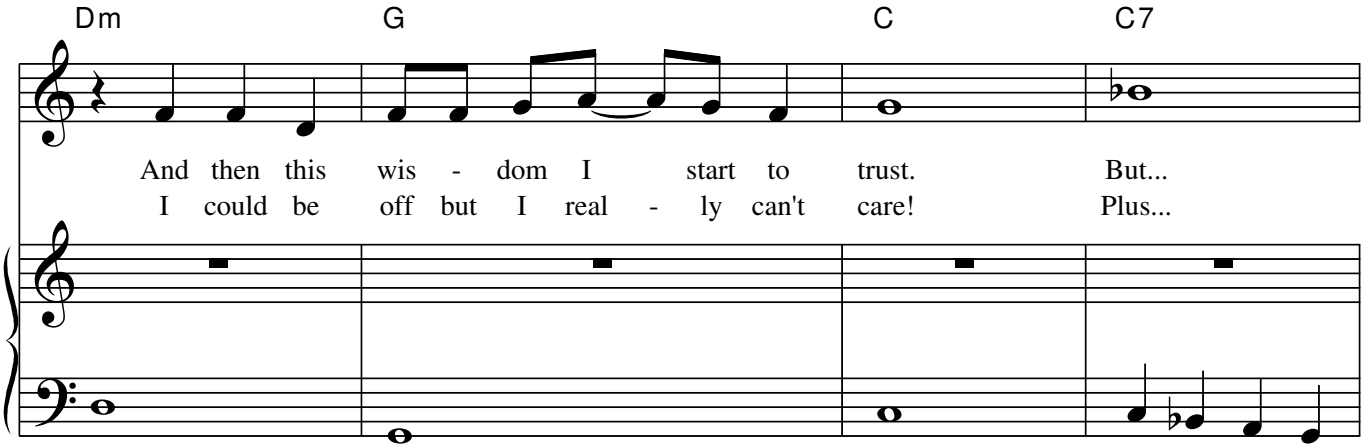
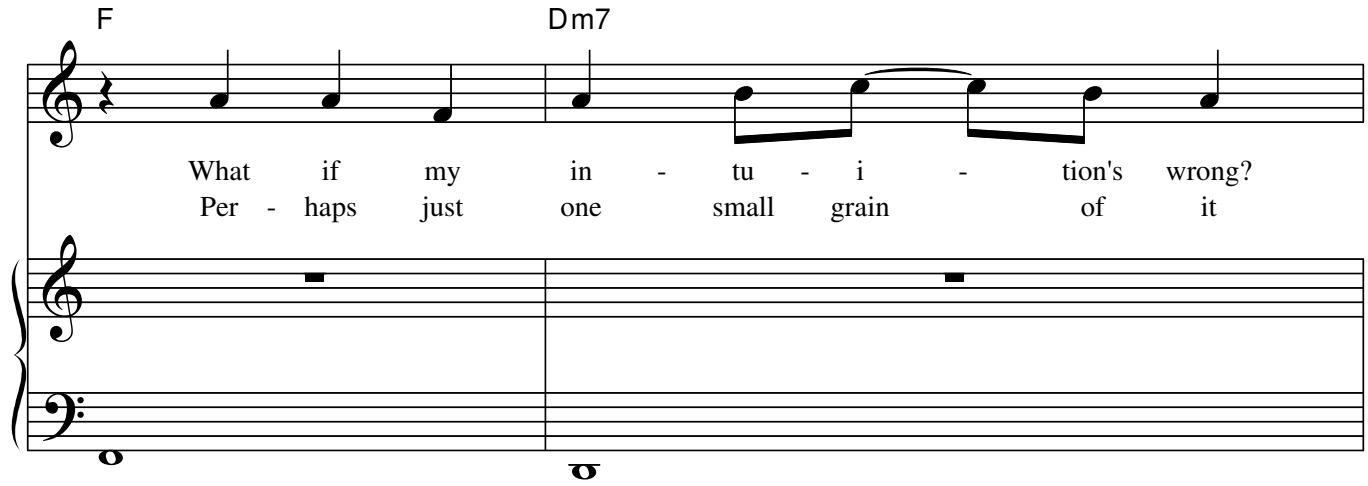
(3rd time to Coda)

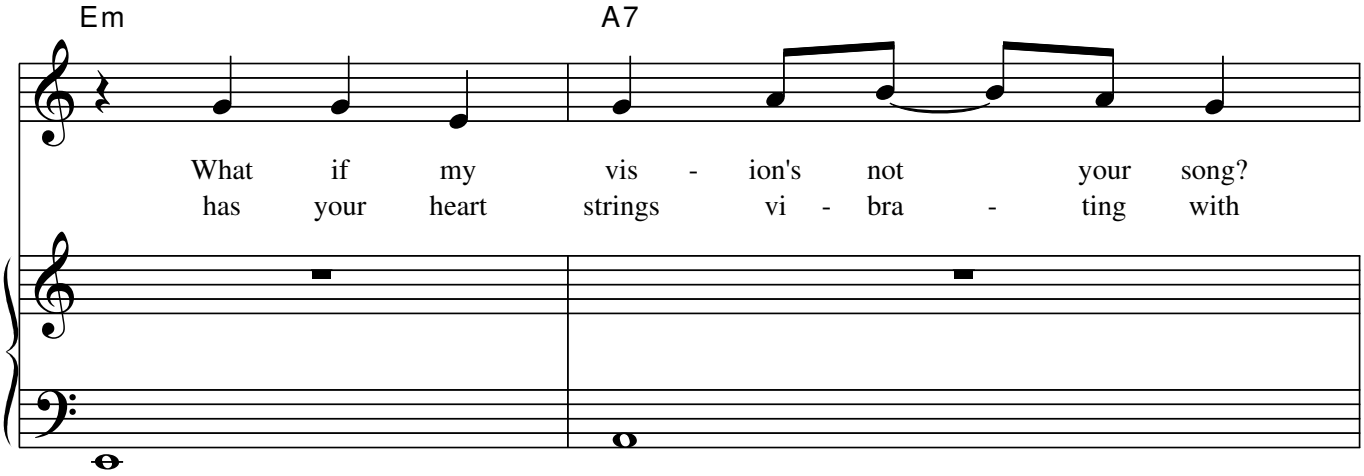


Verses (leader only)

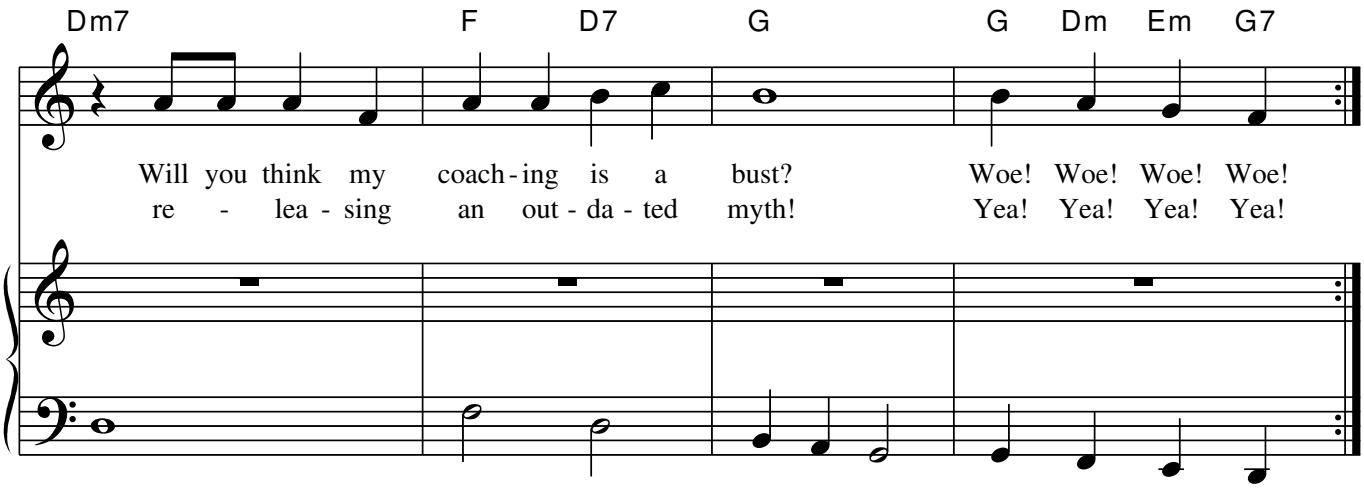


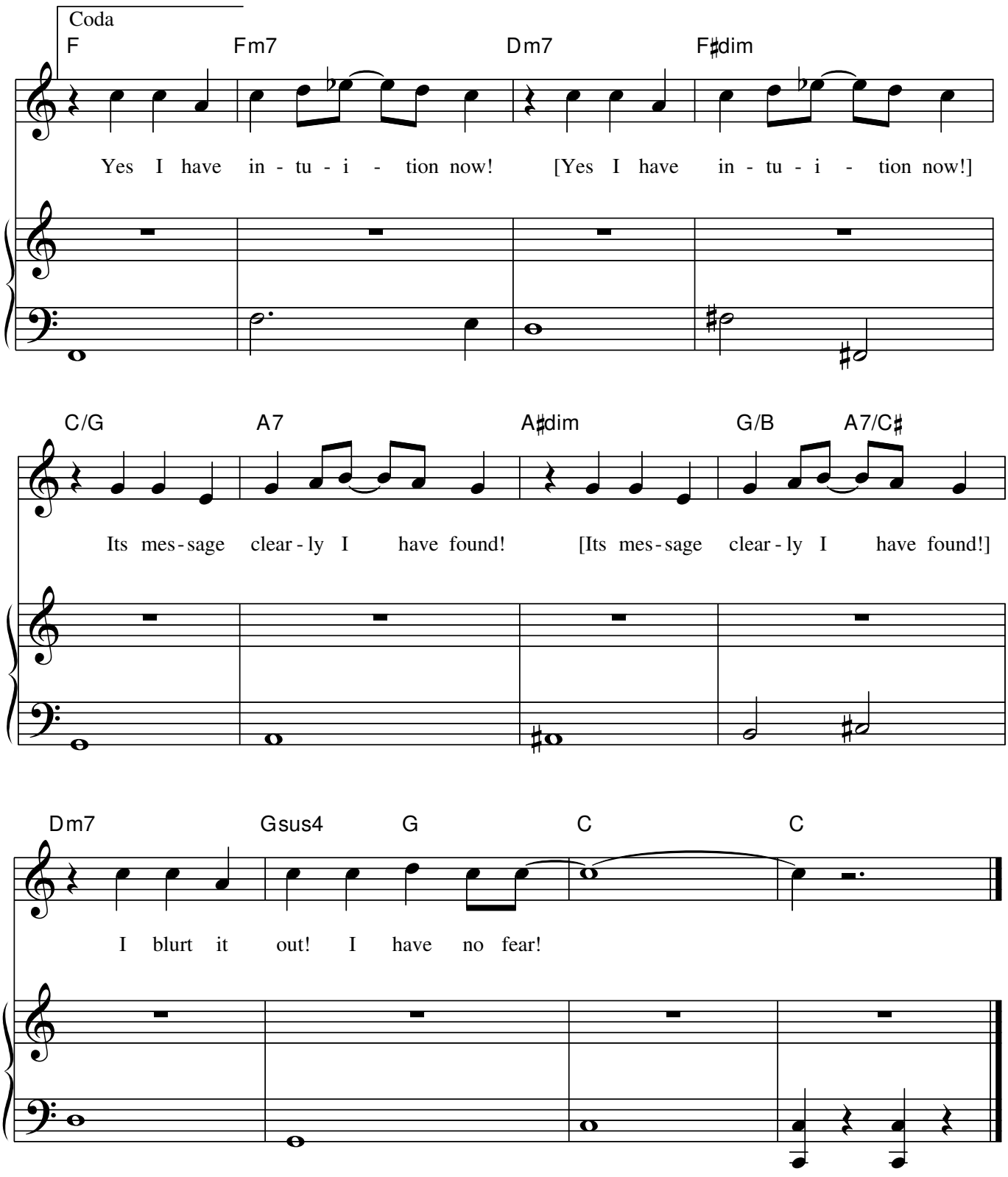



F
Dm7
What if my in - tu - i - tion's wrong?
Per - haps just one small grain of it


Em
A7
What if my vis - ion's not your song?
has your heart strings vi - bra - ting with

(to chorus)


Dm7
F
D7
G
G
Dm
Em
G7
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!

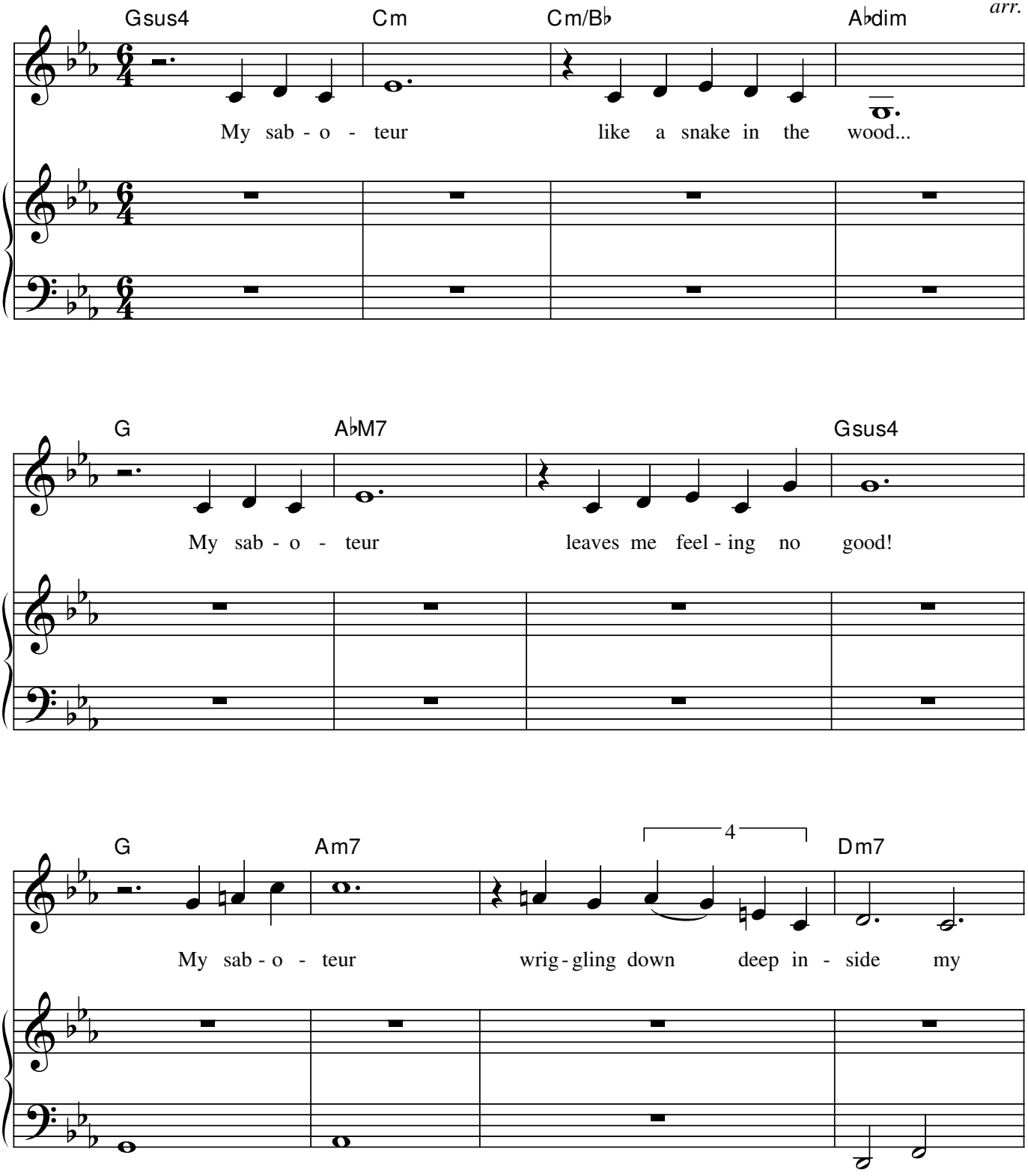

Coda
F
Fm7
Dm7
F♯dim
Yes I have in - tu - i - tion now! [Yes I have in - tu - i - tion now!]
C/G
A7
A♯dim
G/B
A7/C♯
Its mes - sage clear - ly I have found! [Its mes - sage clear - ly I have found!]
Dm7
Gsus4
G
C
C
I blurt it out! I have no fear!

My Saboteur

Free and Mysterious (♩ = **c. 128**)

Words and Music by Jeanne Loehnis

arr.



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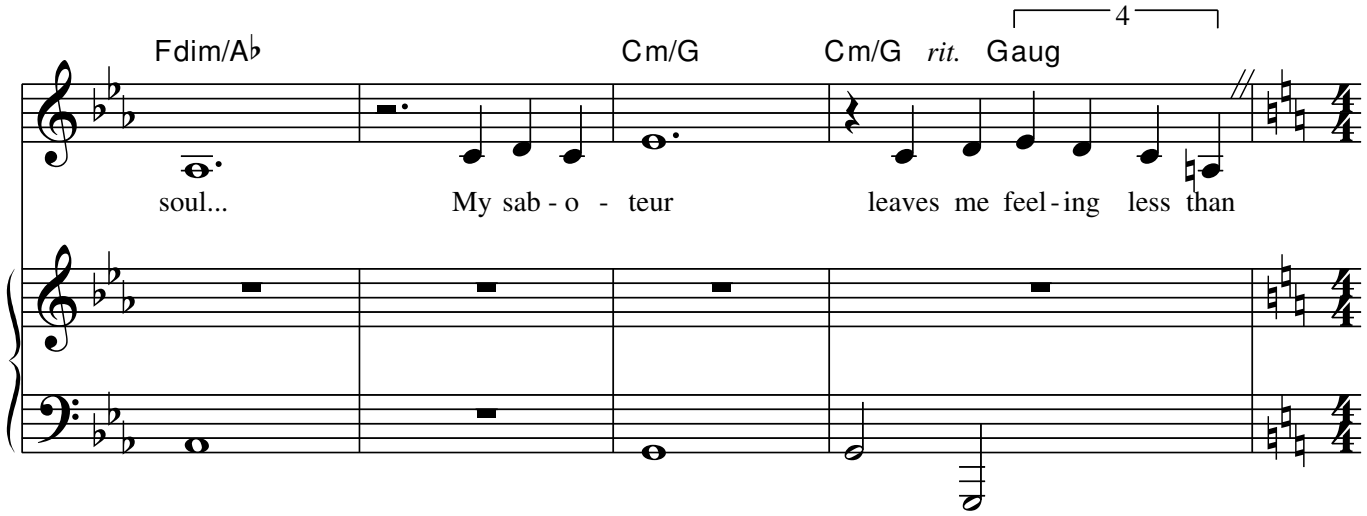
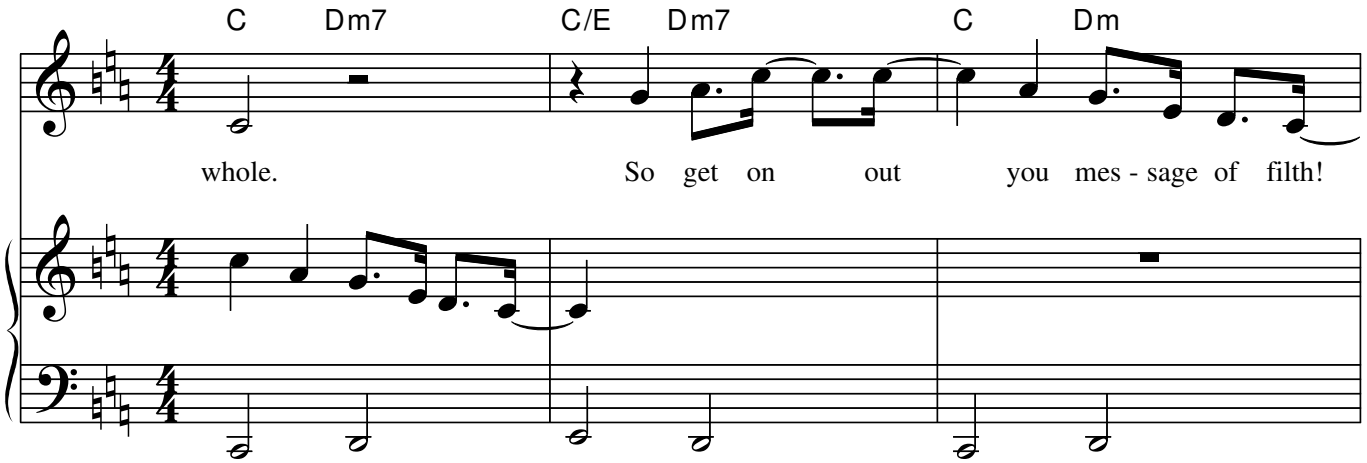
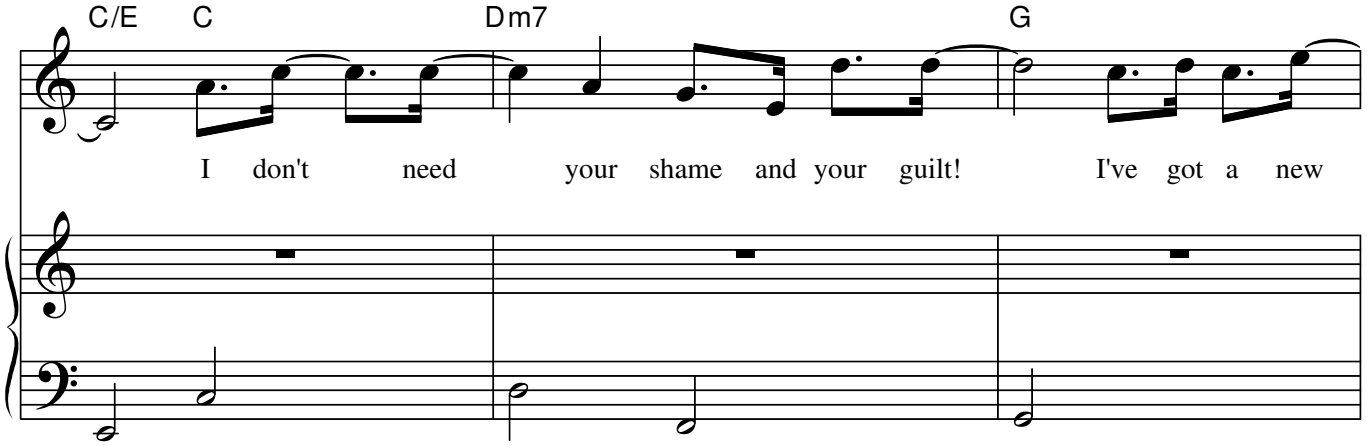
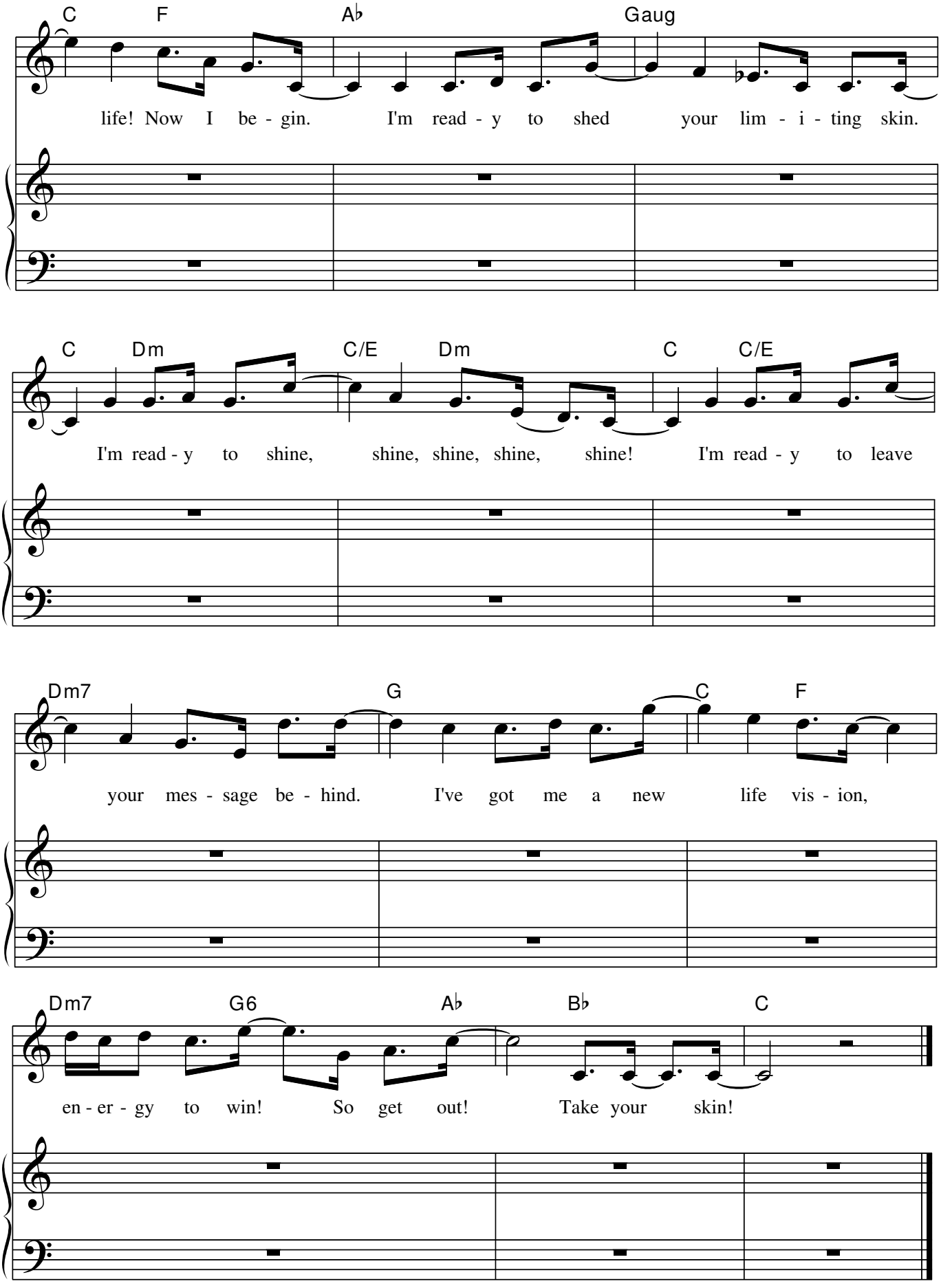


Playful and with drive (♩ = c. 132)






C F A♭ Gaug
life! Now I be - gin. I'm read - y to shed your lim - i - ting skin.
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 A♭ B♭ C
en - er - gy to win! So get out! Take your skin!

The Client's Agenda

Swing style (♩ = **c. 128**) (♪♪ = ♪.♬)

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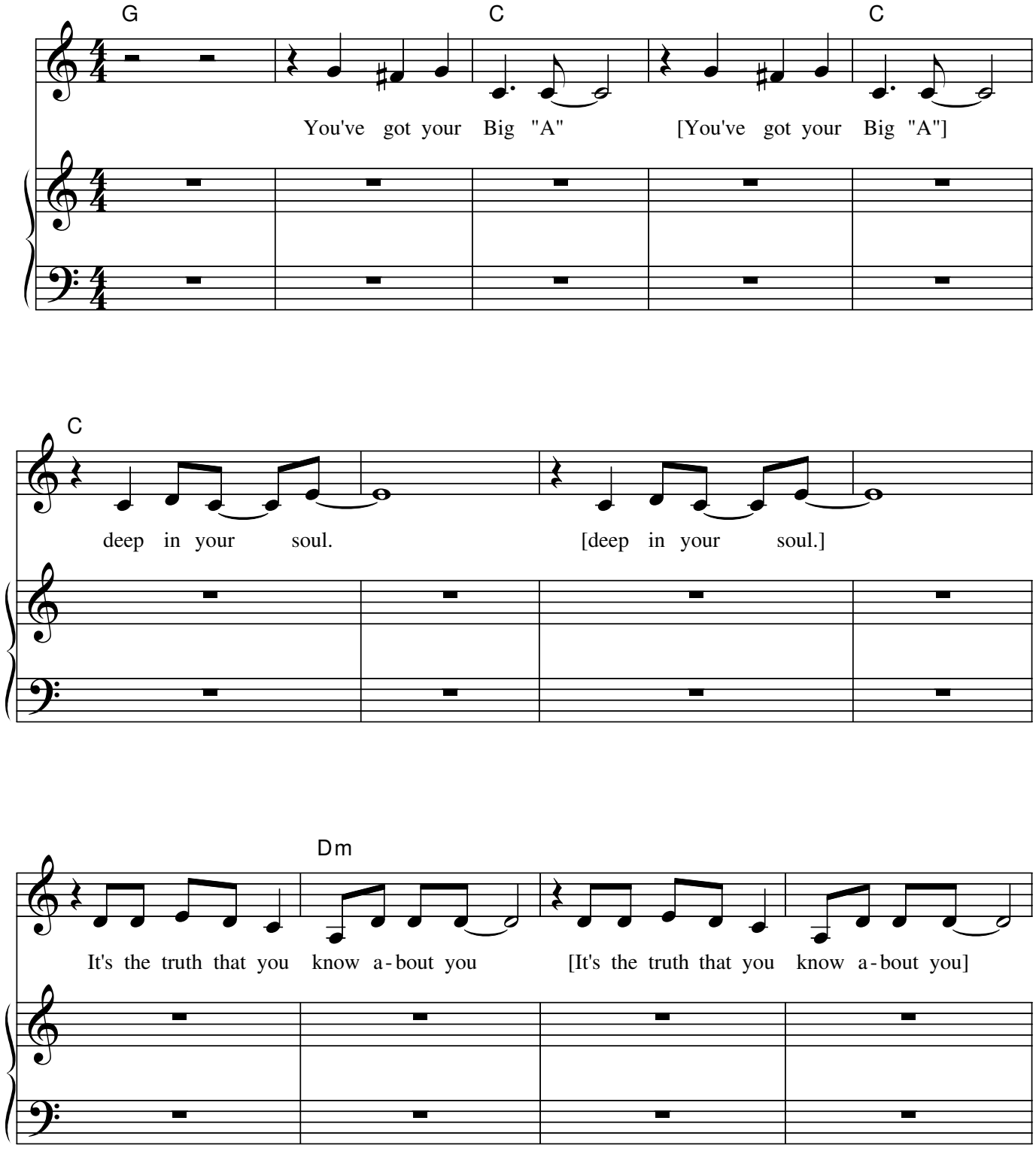

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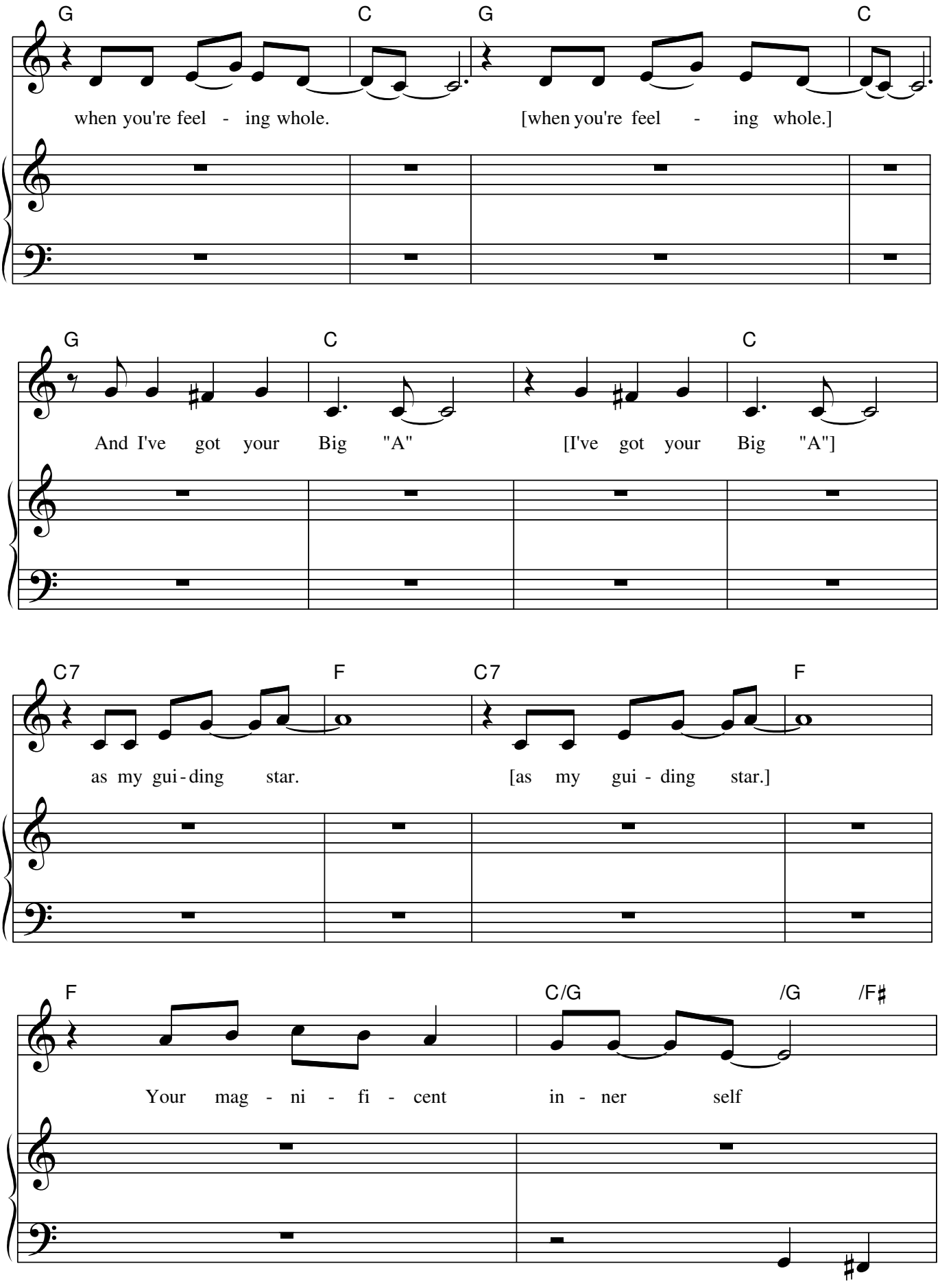
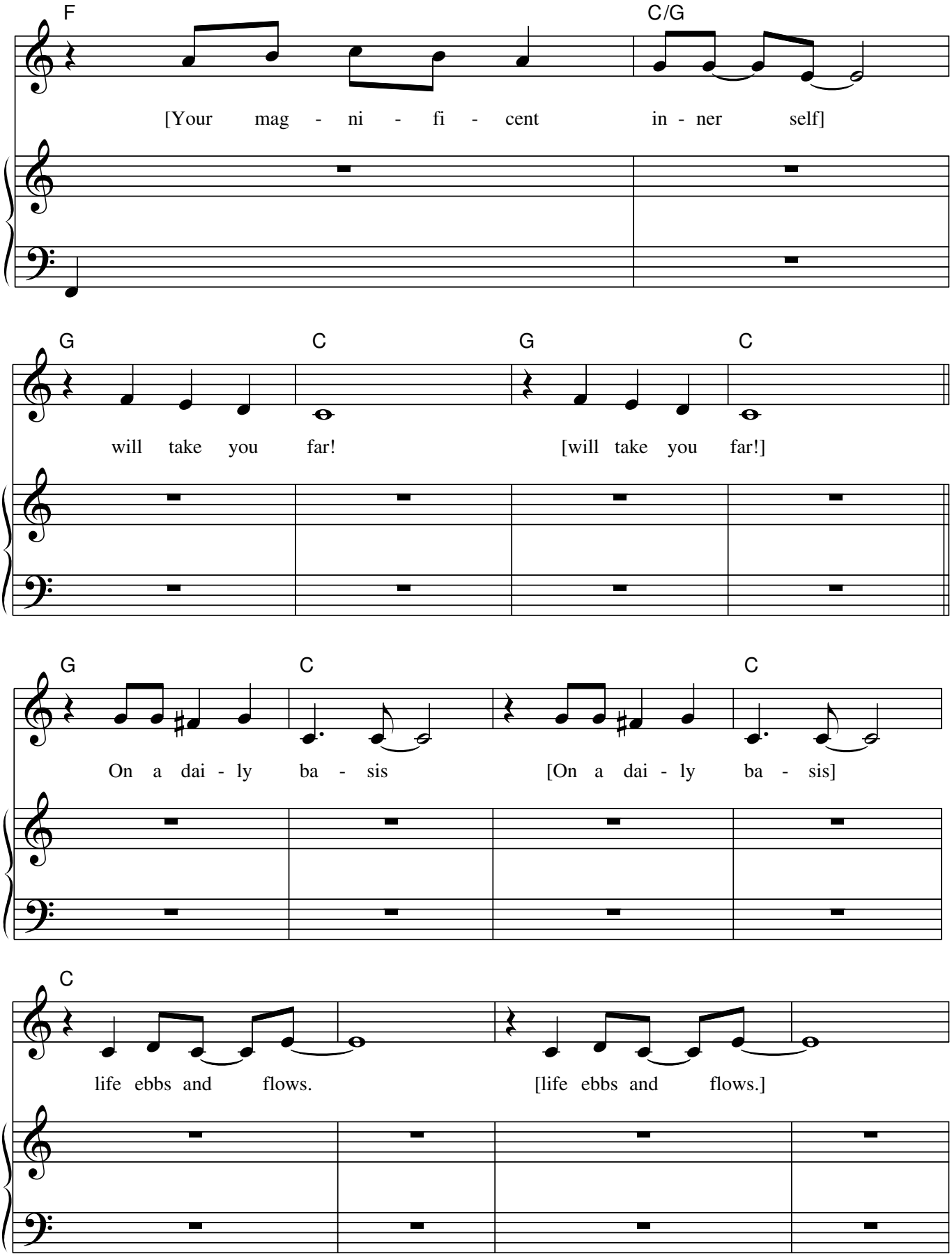
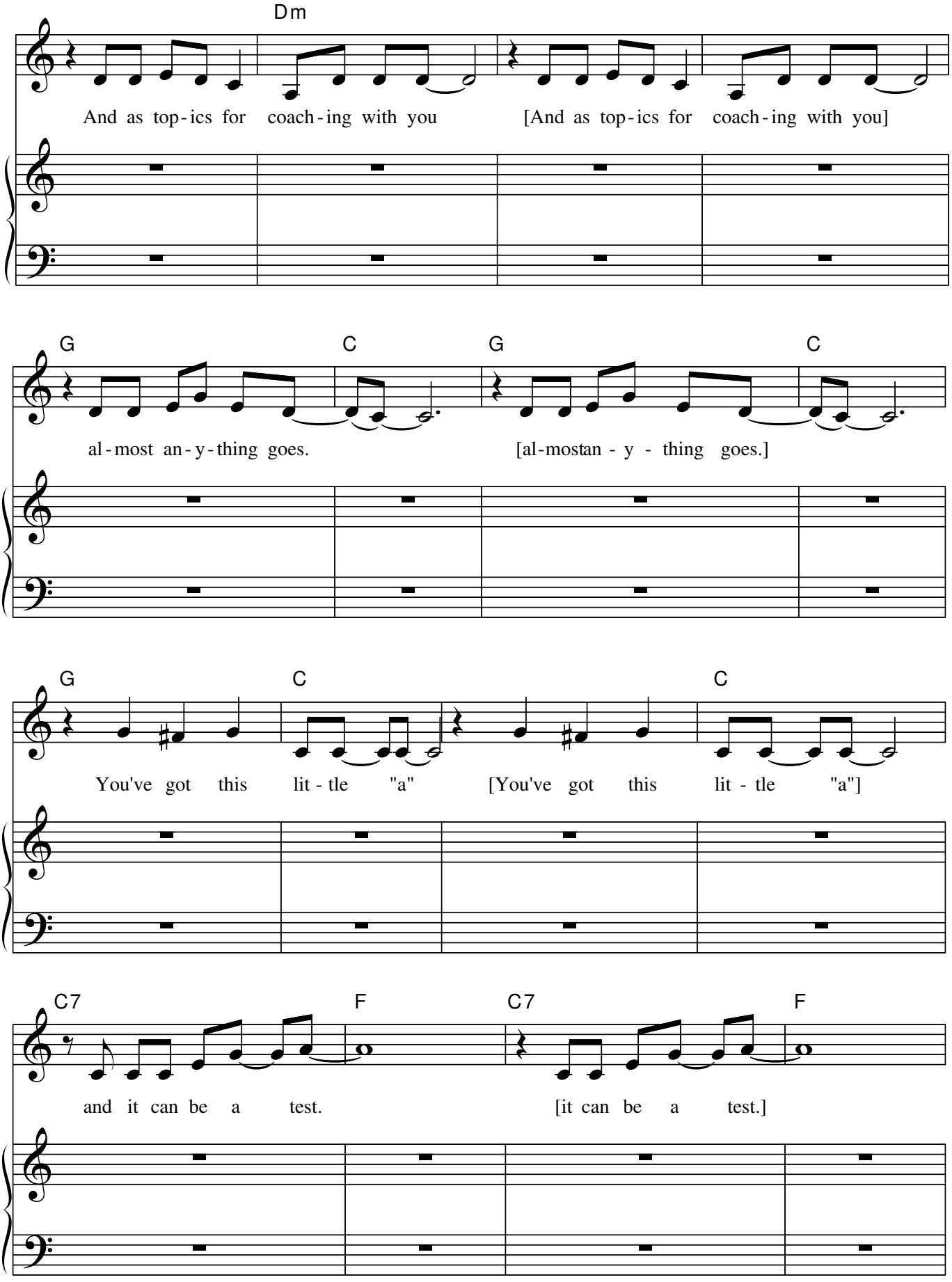
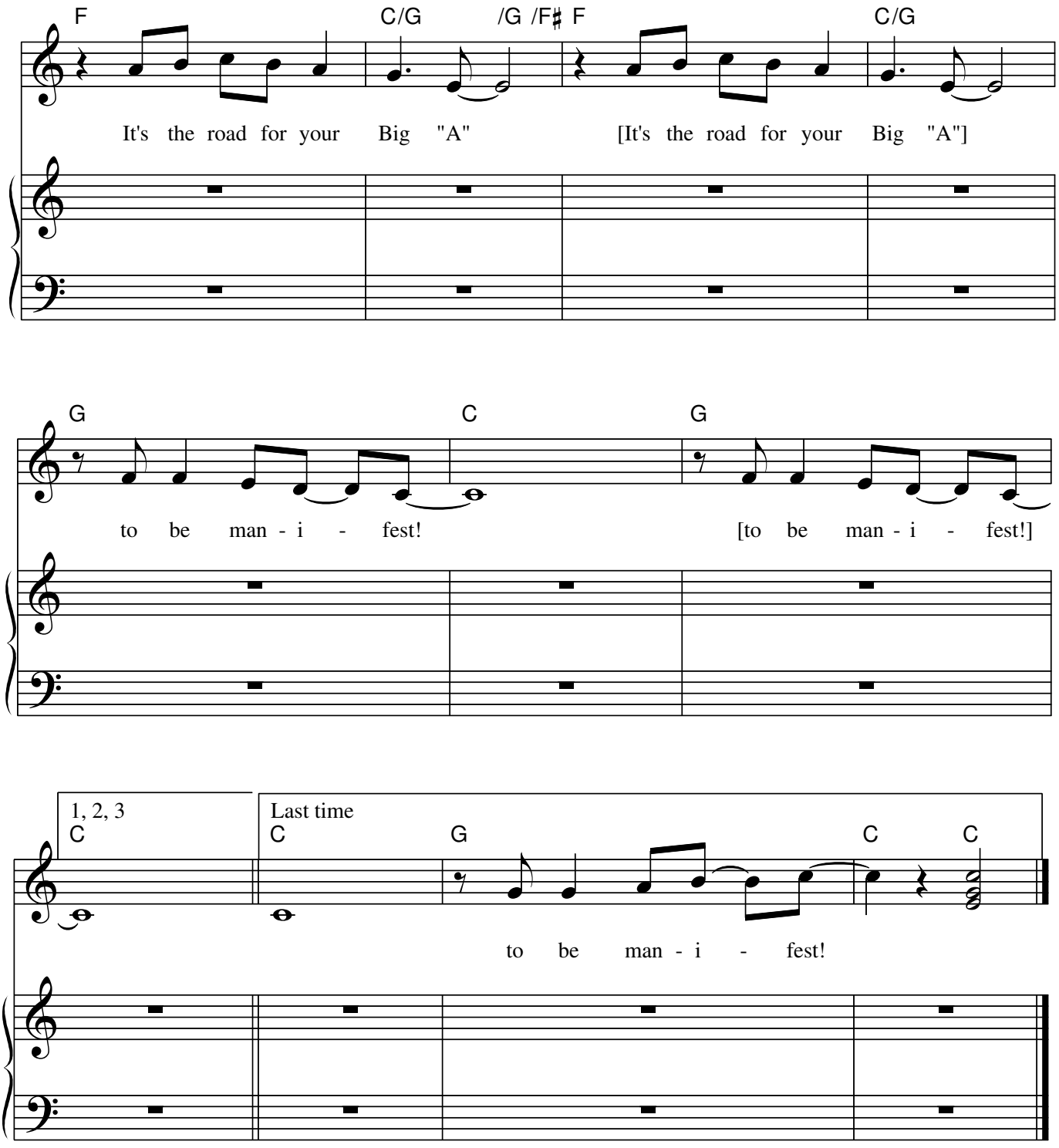
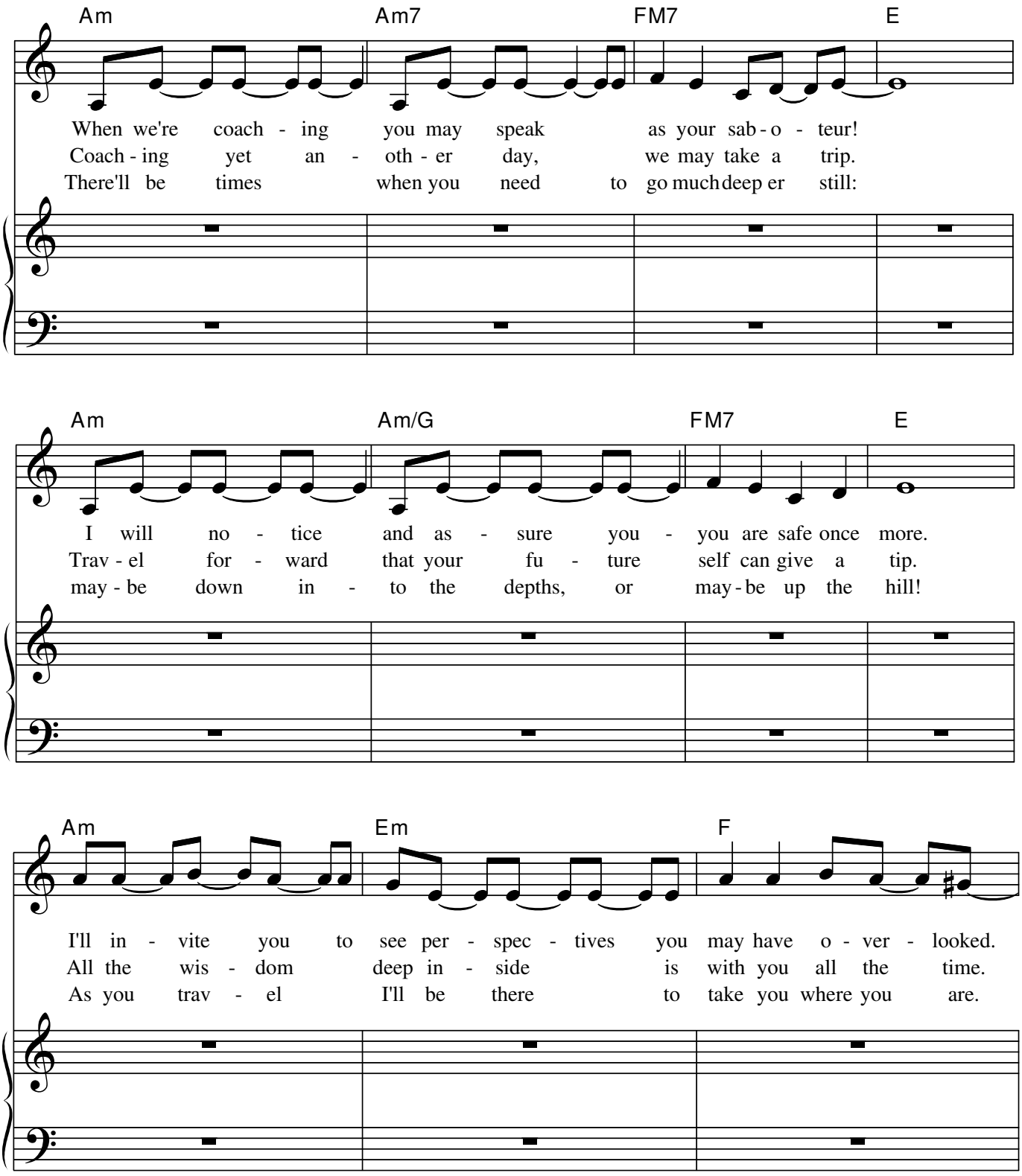

G C G C
when you're feel - ing whole. [when you're feel - ing whole.]
G C C
And I've got your Big "A" [I've got your Big "A"]
C7 F C7 F
as my gui-ding star. [as my gui - ding star.]
F C/G /G /F♯
Your mag - ni - fi - cent in - ner self

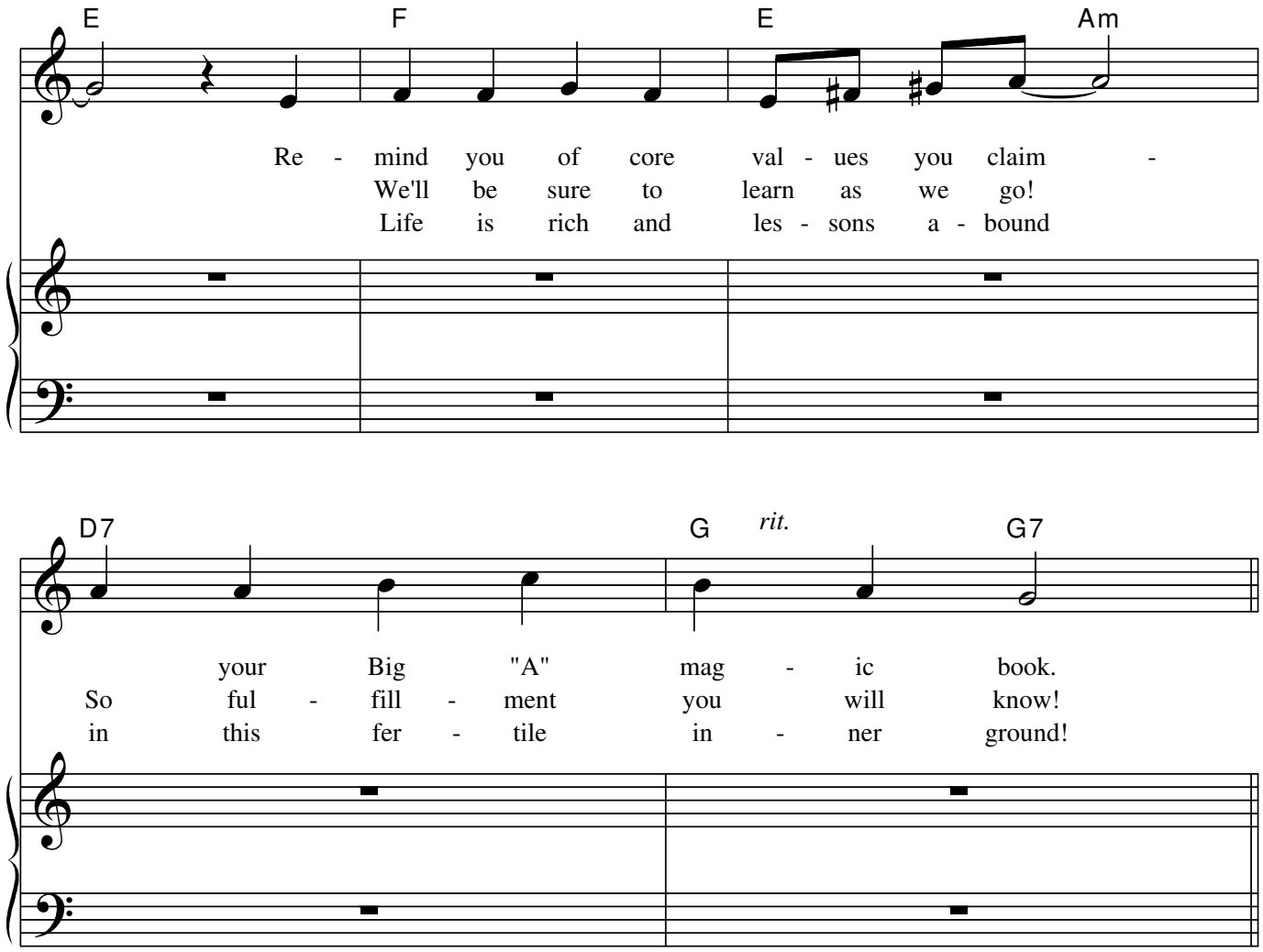

F
C/G
[Your mag - ni - fi - cent in - ner self]
G
C
G
C
will take you far! [will take you far!]
G
C
C
On a dai - ly ba - sis [On a dai - ly ba - sis]
C
life ebbs and flows. [life ebbs and flows.]


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-mostan - y - thing goes.]
G
C
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
Am7
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
F
I'll in - vite you to see per - spec - tives you may have o - ver - looked.
All the wis - dom deep in - side is with you all the time.
As you trav - el I'll be there to take you where you are.


E
F
E
Am
Re - mind you of core val - ues you claim -
We'll be sure to learn as we go!
Life is rich and les - sons a - bound
D7
G
rit.
G7
your Big "A" mag - ic book.
So ful - fill - ment you will know!
in this fer - tile in - ner ground!

True Advice

Swing (♪♪ = ♩♪ = **c. 110**)

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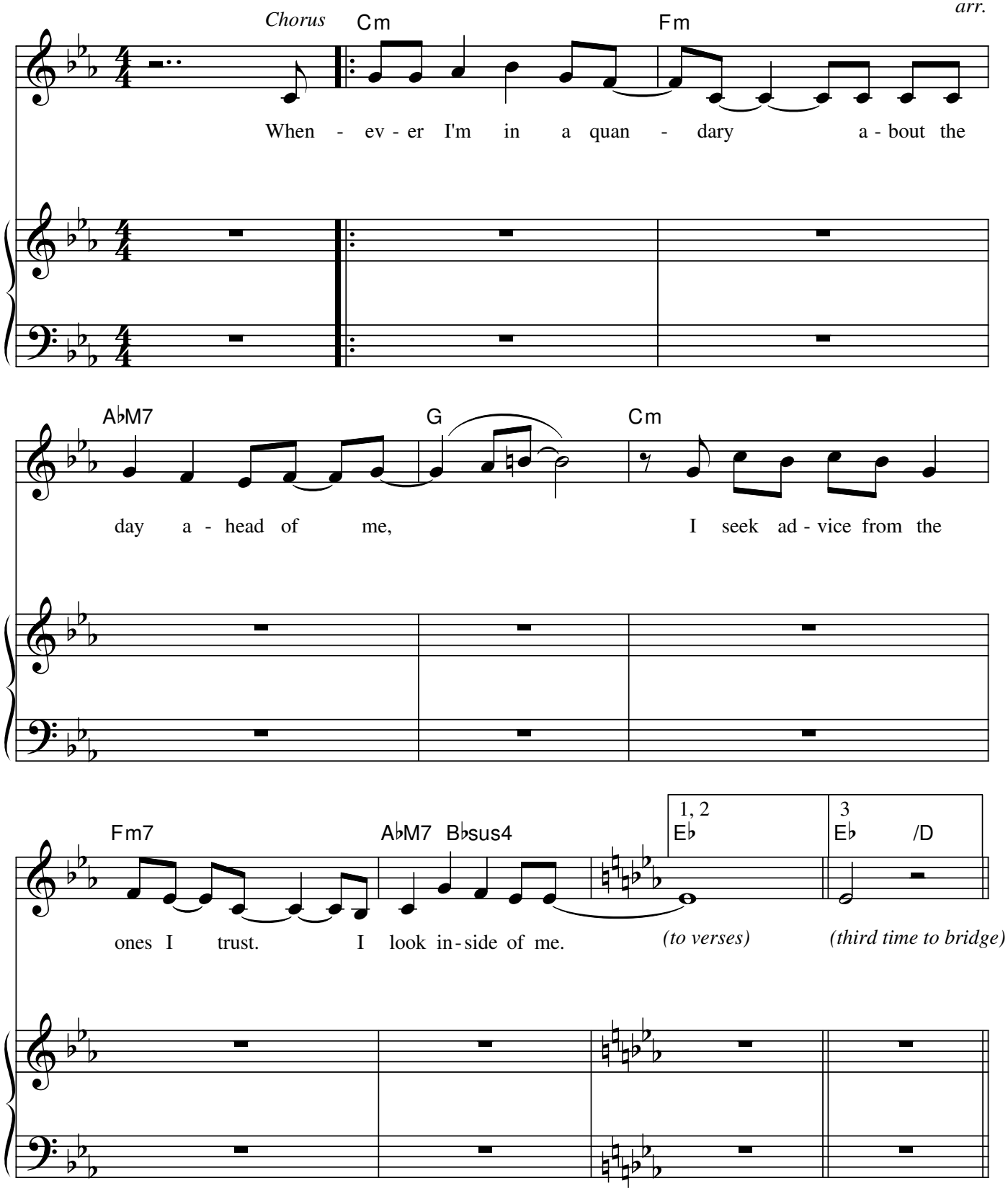
arr.



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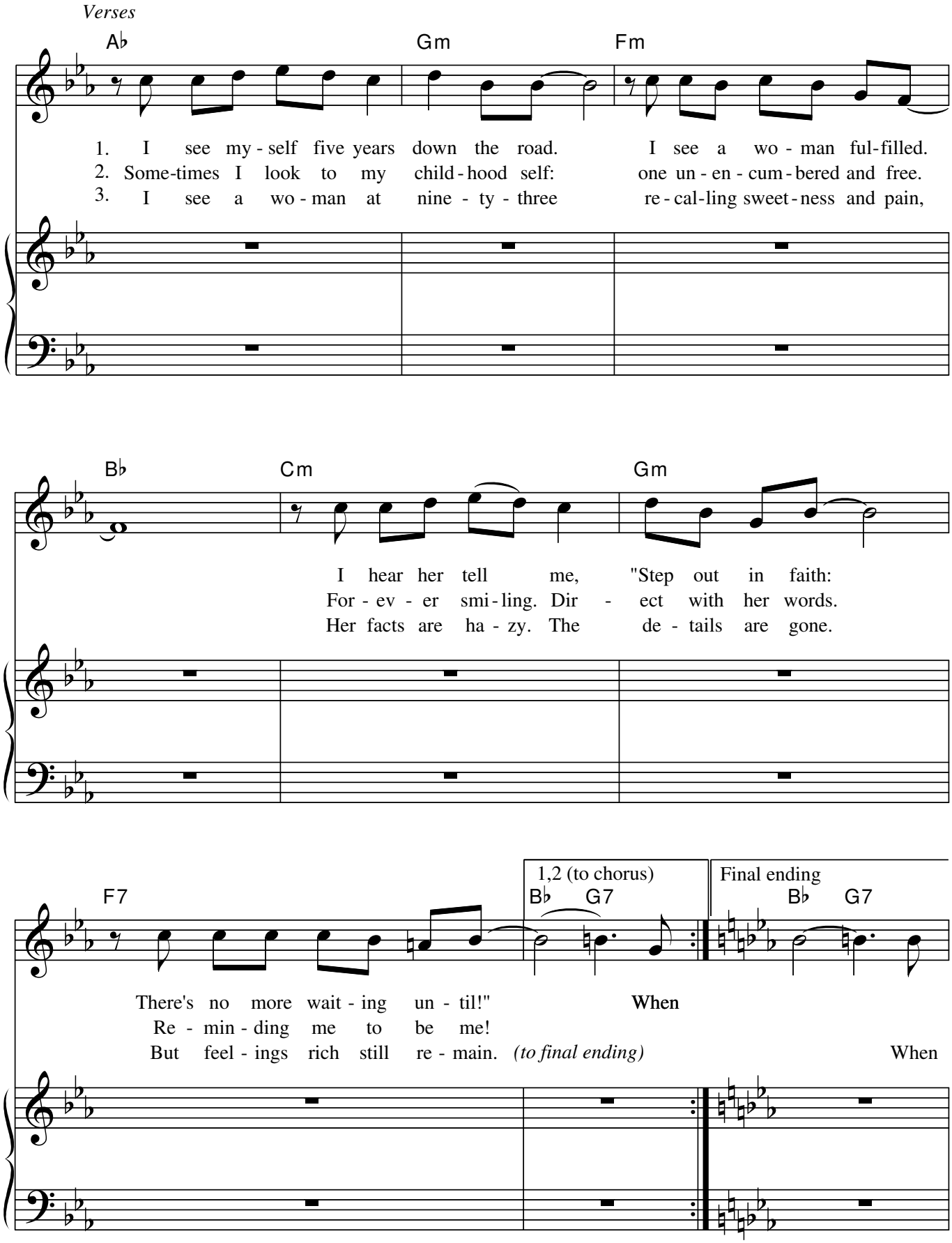
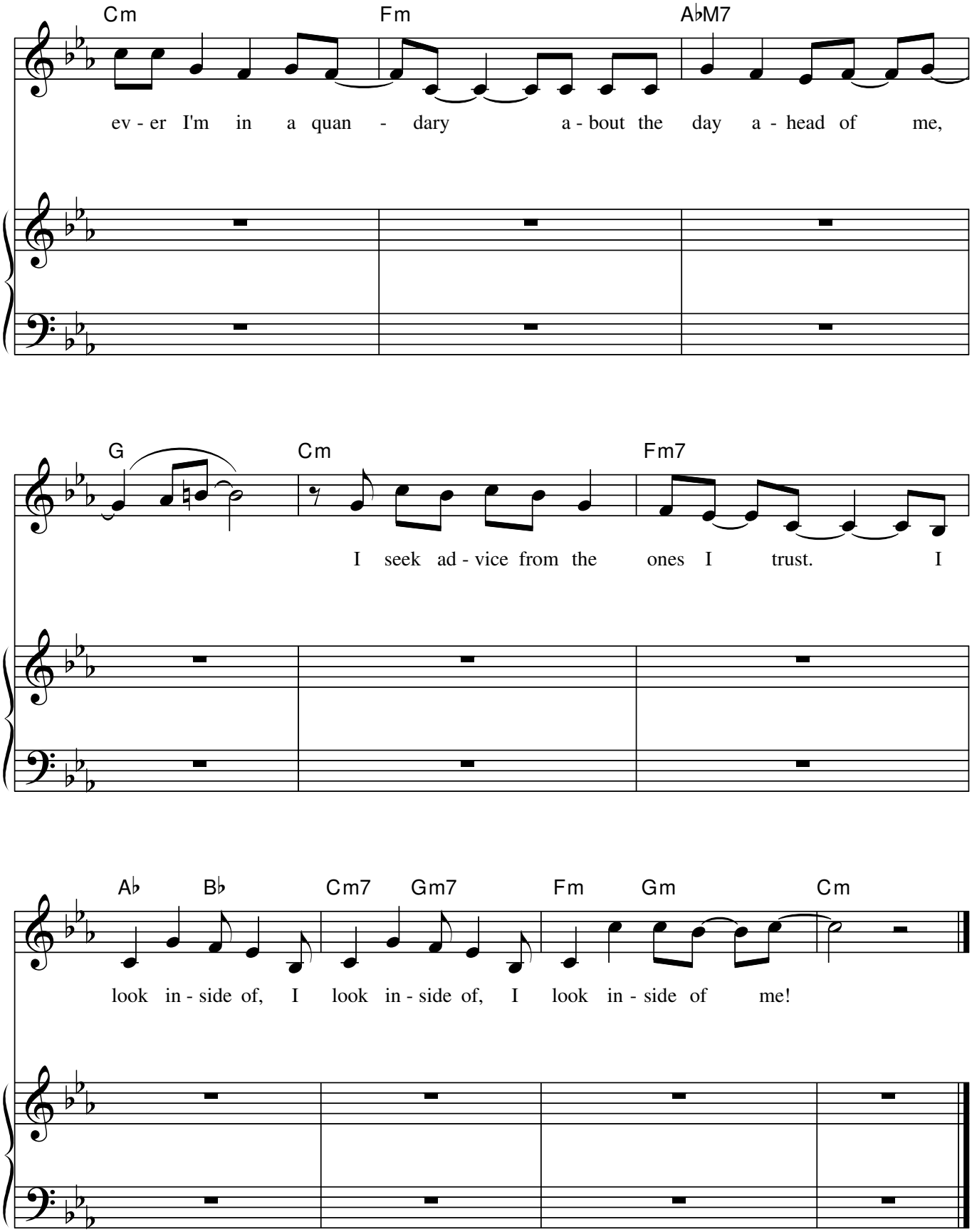
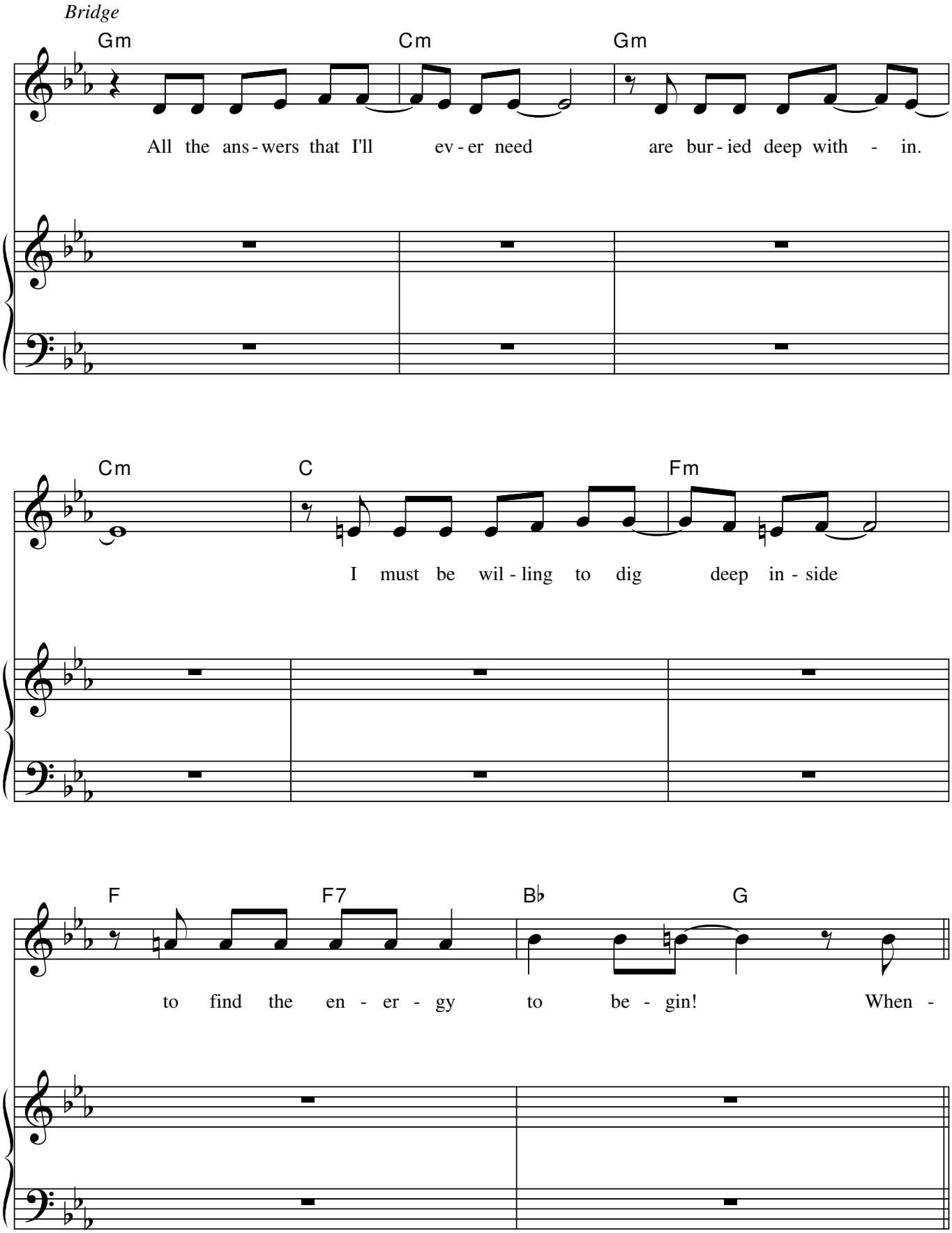

Verses
A♭
Gm
Fm
1. I see my - self five years down the road. I see a wo - man ful-filled.
2. Some-times I look to my child - hood self: one un - en - cum - bered and free.
3. I see a wo - man at nine - ty - three re - cal-ling sweet - ness and pain,
B♭
Cm
Gm
I hear her tell me, "Step out in faith:
For - ev - er smi - ling. Dir - ect with her words.
Her facts are ha - zy. The de - tails are gone.
F7
1,2 (to chorus)
B♭ G7
Final ending
B♭ G7
There's no more wait - ing un - til!"
Re - min - ding me to be me!
But feel - ings rich still re - main. (to final ending)
When
When

Final ending




Bridge
Gm
Cm
Gm
All the ans - wers that I'll ev - er need are bur - ied deep with - in.
Cm
C
Fm
I must be wil - ling to dig deep in - side
F
F7
B♭
G
to find the en - er - gy to be - gin! When -

Yes! And ...

Lightly (♩ = c. 110)

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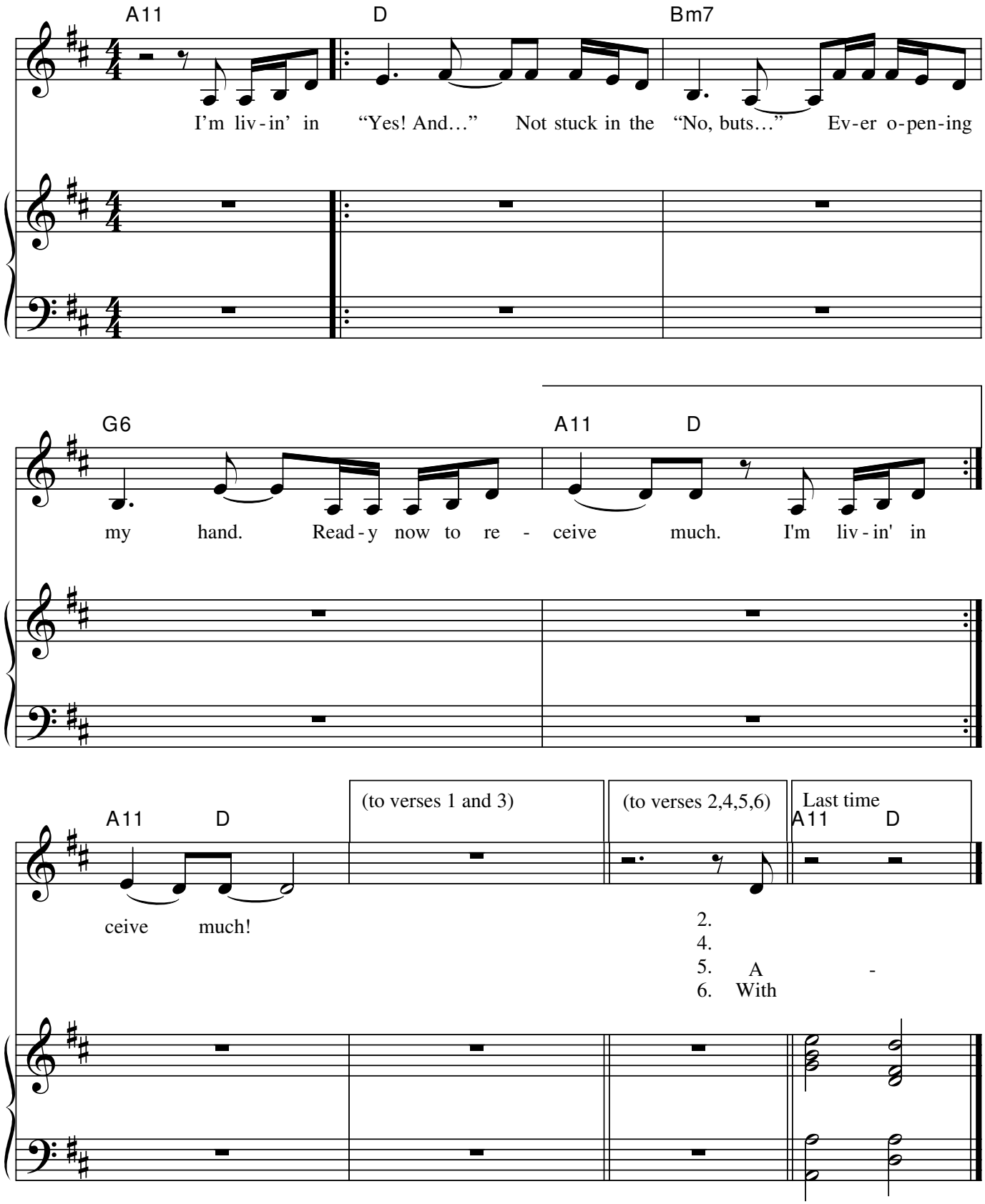

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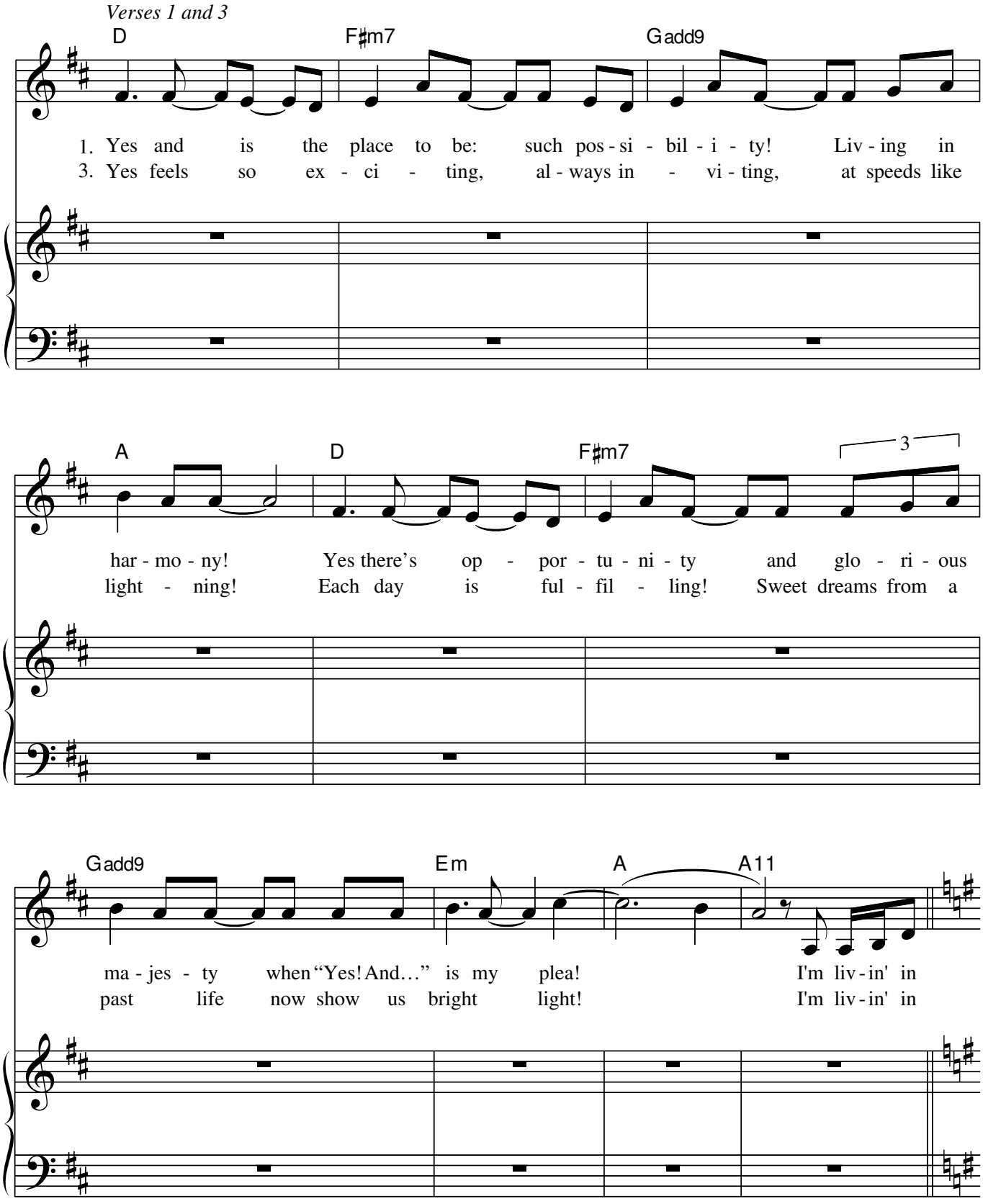
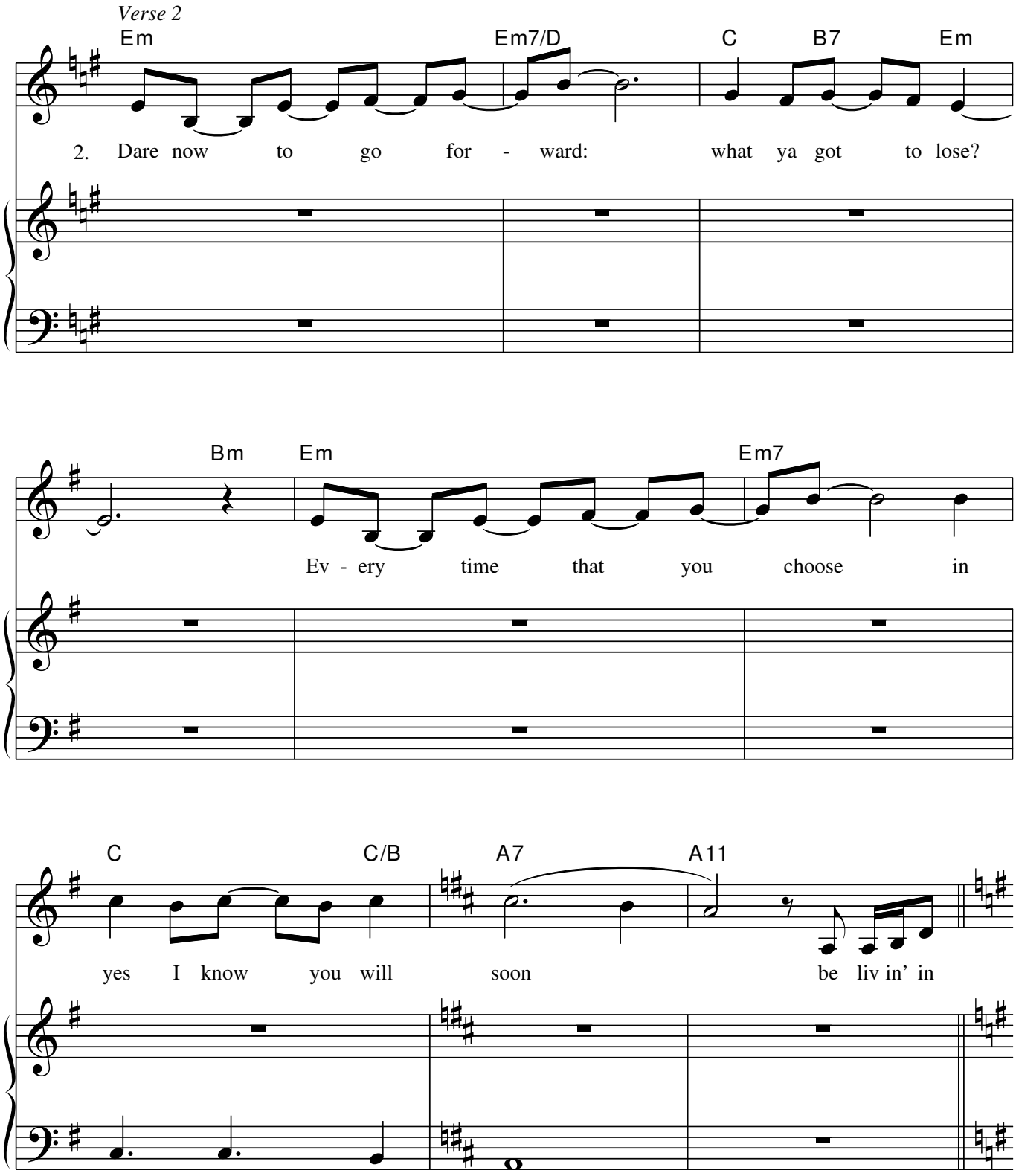
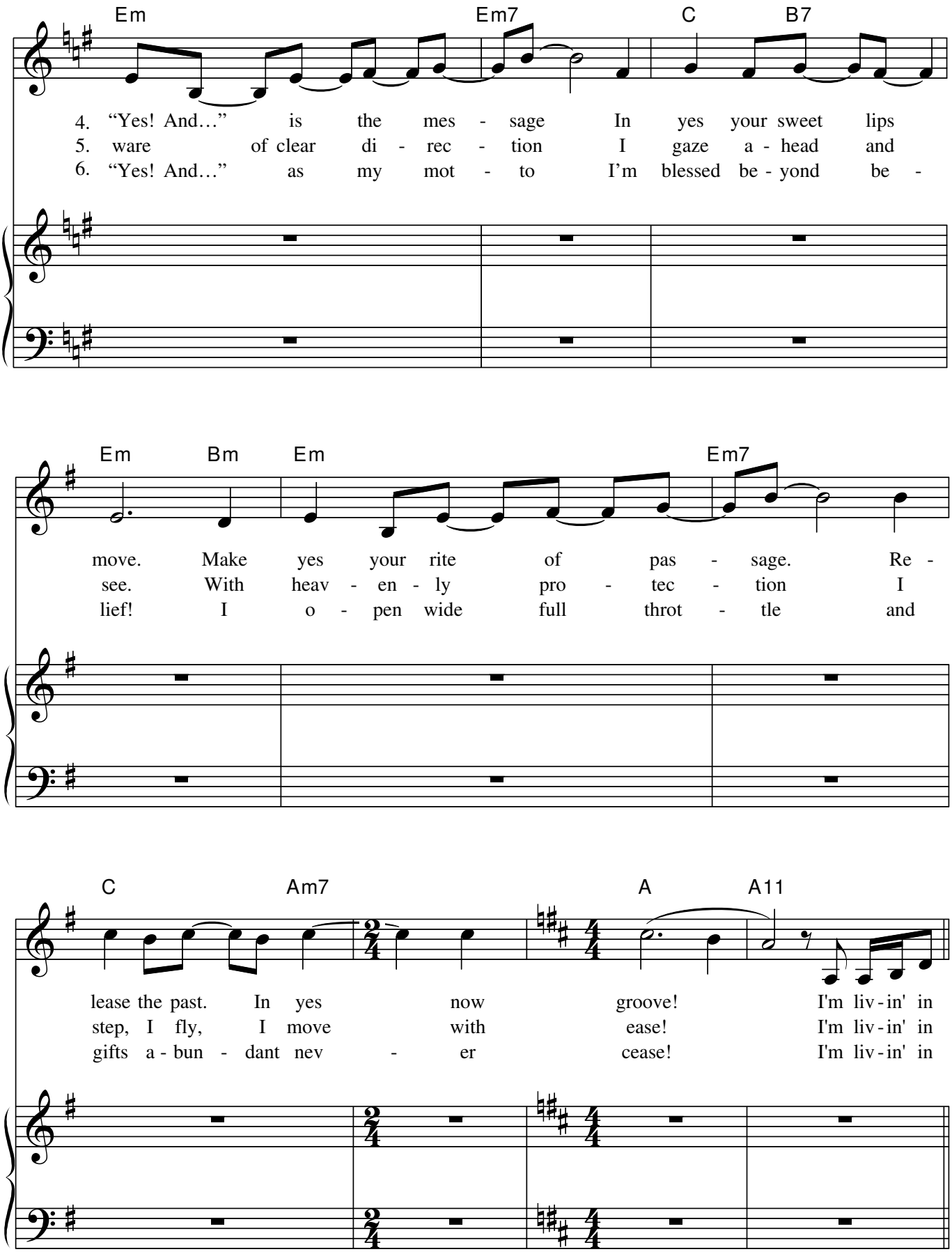

Verses 1 and 3
D
F♯m7
Gadd9
1. Yes and is the place to be: such pos - si - bil - i - ty! Liv - ing in
3. Yes feels so ex - ci - ting, al - ways in - vi - ting, at speeds like
A
D
F♯m7
3
har - mo - ny! Yes there's op - por - tu - ni - ty and glo - ri - ous
light - ning! Each day is ful - fil - ling! Sweet dreams from a
Gadd9
Em
A
A11
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


Verse 2
Em
Em7/D
C
B7
Em
2. Dare now to go for - ward: what ya got to lose?
Bm
Em
Em7
Ev - ery time that you choose in
C
C/B
A7
A11
yes I know you will soon be liv in' in

Verses 4-6


Em
Em7
C
B7
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 -
Em
Bm
Em
Em7
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
C
Am7
A
A11
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