

Five Pieces of music that support clients during a transformative coaching process



Pachelbel's 'Canon in D' - Relaxation, reflection

The repetitive, predictable structure combined with the gentle timbre of the instruments, soft dynamics and attractive melodies make this piece an excellent way to aid relaxation and bring subconscious beliefs into our awareness.

[Pachelbel Canon in D Major - the original and best version. - YouTube](#)

Lean on me by Bill Withers - Support

The lyrics of this song emphasize the importance of connection during times of difficulty and reminds the listener that your coach, friends and loved ones are there to support you.

https://youtu.be/lwqr_1MeEqA

Something inside so Strong - Labi Siffre - Inner strength

This powerful song, originally written in response to apartheid, encourages the listener to reconnect with their innate inner strength and imparts a message of hope and determination. <https://youtu.be/7B-4LsrX8SA>

Spring - from Vivaldi's Four Seasons - Transformation

This thrilling and uplifting piece of music is an ideal way to enhance and reinforce the feeling that significant changes in thinking are taking place.

<https://youtu.be/3LiztFE1X7E>

Rise Up - Andra Day - Hope

Inspired by Andra Day's own endeavours to overcome adversity, this song embodies a sense of hope and determination https://youtu.be/lwqr_1MeEqA

