

Session 13: How things feel

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Today we are exploring

- ✓ How things feel: reasons embodiment is powerful
- ✓ What is embodiment and what are the challenges
- ✓ Introduction to embodiment practices in coaching
- ✓ Links to appreciative coaching
- ✓ 2 embodiment practices that can be used in coaching
- ✓ How to increase your confidence in using embodiment practices

How things feel: reasons why embodiment is powerful

- ✓ Our bodies are always present, always in motion and always sensing through taste, touch, smell, sound and sight
- ✓ Our bodies store this information – the good and the challenging
- ✓ We can get caught up in our minds – what we think – that is only part of the picture
- ✓ There is more information available about what we are processing and what we have processed
- ✓ Embodiment can give us a more holistic picture
- ✓ It can give us different perspectives
- ✓ We can learn to relax our 'usual' set point
- ✓ We can become more attuned to stress and what it really means

What is embodiment and what are the challenges

- ✓ Our 5 senses
- ✓ Interoception: What we feel is happening inside our body: digestion, heartbeat, blood pumping
- ✓ Proprioception: how we move through space – our body in the world
- ✓ Body agency: freedom to move in a way that matches our intentions
- ✓ Body ownership: the sense our body belongs to us
- ✓ Body resonance: feel what other people are feeling

- ✓ People have different levels of connection with each of these
- ✓Some people don't want connection with their body
- ✓ Neurodivergent people can have very different experiences of each of these

Introduction to embodiment in coaching

- ✓ Can be simple questions:
  - ✓ How does that feel? Noticing, describing
  - ✓ Where do you feel that in your body? specifically
  - ✓ What does it feel like? Can become metaphorical
- ✓ Can be played with:
  - ✓ What if it felt different / the opposite / in a different place?
  - ✓ If it was a colour, what colour would it be? Taste, feel, sound, image, smell
  - ✓ How would you like it to feel?
- ✓ Let's stand up…!
  - ✓ Can become a physical movement
  - ✓ Body scan
  - ✓ Changing state

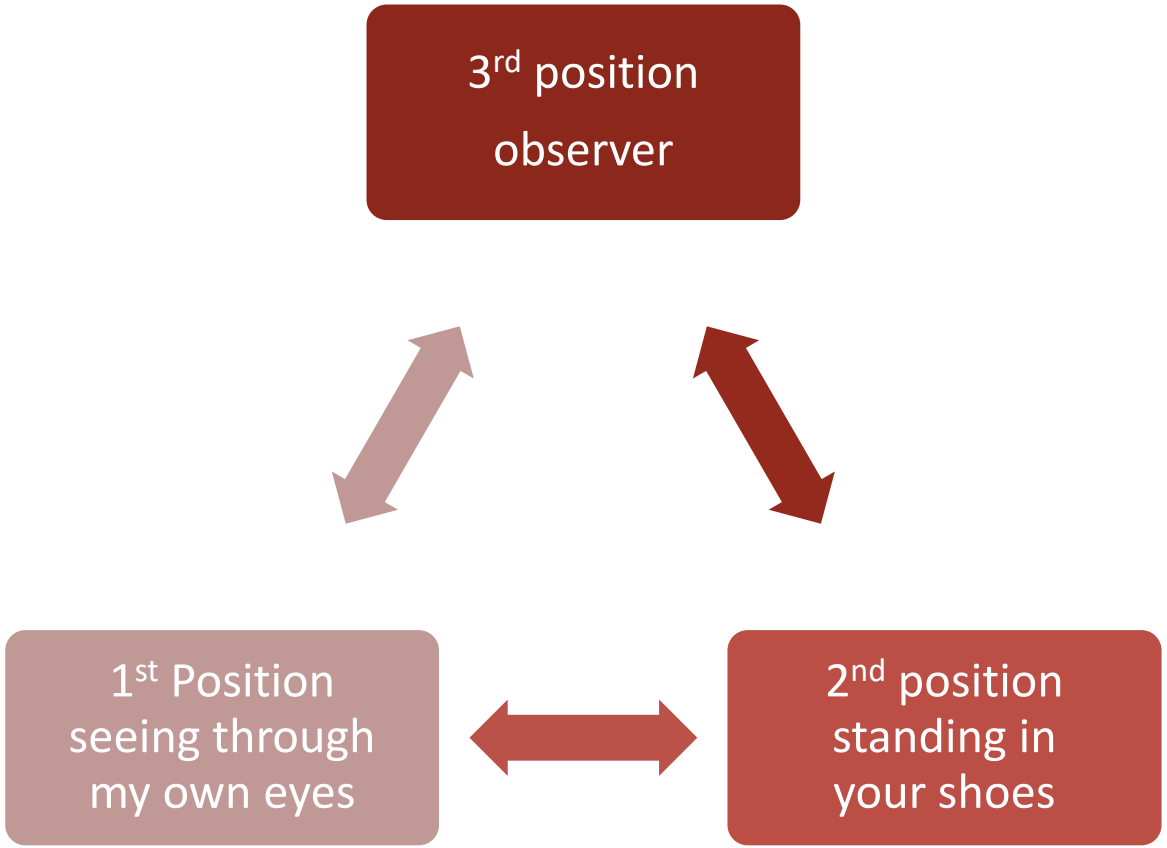
Links to Appreciative Coaching

- ✓ Could be used at any point with the 4Ds
  - ✓ Discovery: when you remember that peak experience, how do you feel?
  - ✓ Dream: where in your body do you feel that excitement of the dream?
  - ✓ Design: if you were to take that action, how would it feel?
  - ✓ Destiny: now that you have completed that, how does your body feel?
- ✓ Also fits with the 5 principles:
  - ✓ Constructivist principle: what is your relationship with your body like now?
  - ✓ Positive principle: what are the amazing things your body has helped you to achieve?
  - ✓ Anticipatory principle: how do you see your body changing as a result of this new habit?
  - ✓ Simultaneity principle: change and healing can happen in our bodies in a moment
  - ✓ Poetic principle: how has your body support you through your life?

Body scan



Perceptual positions



How to increase your confidence using embodiment

- ✓ Try it out
- ✓ Don’t be afraid if it doesn’t work – move on!
- ✓ Practice, practice, practice
- ✓ Notice what is happening in your own body throughout the day
- ✓ Notice when you have extreme physical reactions to something
- ✓ Practice describing what is happening in your own body
- ✓ Get practice coachees and specifically practice embodiment