

Embodied Coaching Techniques



Certification of
**Embodiment
Coaching**

SIMPLE AWARENESS TECHNIQUES

Suggesting awareness

Algorithm:

Try – notice – clarify – reflect

- *Try a range of motions or postures (e.g. Four Elements).*
- *Notice which are familiar, which are uncomfortable and which are longed for.*
- *Clarify what patterns might be present.*
- *Reflect on how this shows up in life.*

We use this principle with all kinds of models and it can be done with both individuals and groups. Be careful to distinguish between what is familiar and what is longed for.

Direct feedback

Algorithm:

Ask permission – share observation – check how it fits – reflect

- *Observe patterns and/or reactions.*
- *Ask permission to share.*
- *Share what you've noticed without interpretation.*
- *Ask if it's familiar, makes sense, fit to life.*

Mirroring back

Algorithm:

Ask permission – mirror the posture/movement – check how it fits – reflect

- *Ask permission to mirror.*
- *Observe posture or movement.*
- *Mirror posture or movement.*
- *Ask if it's familiar, makes sense, fit to life.*

Self touch

Algorithm:

Find the words - suggest touching (i.e. self hug, hand on the chest, etc) - try (and calibrate) - reflect

- *Choose the phrase or question or intention.*
- *Suggest self touch.*
- *Make it less if it is too difficult.*
- *Check the answer or reaction.*

It's also possible to do with partner touch as an option but we don't teach it on this course.



CHOICE RAISING TECHNIQUES

Awareness and Choice Technique

Good for:

- Requests where it's not clear what's going on.

Integrity check:

Are you ready to see and listen to others? Are you ready to share attention between yourself and others?

Algorithm:

Try – notice – reflect – change – reflect – repeat

- *Ask for a situation/request.*
- *Ask, "How do you do this?", "What do you notice in your body?"*
- *Ask, "How do you want to be?"*
- *Change: find another posture/state/movement.*
- *Ask how it fits.*
- *Invite to repeat or practice.*

The most common mistakes for this technique:

- Share your description, explanation or interpretation on what a client is doing rather than giving them a chance to bring body awareness.
- Teach what to do for a change instead of explore together with the client or suggest to try options.
- Don't calibrate.



Centring Coaching - ABC etc.

Good for:

- All requests regarding stress response (fear, anger, showing up, expression, etc.)
- Most requests start with “I can’t...”
- Requests about wellbeing, empowerment, commitment, etc.

Integrity check:

Are you centered right now?

Algorithm:

Challenge – notice – learn – repeat – centre – increase – repeat

- *Introduce a manageable challenging stimulus with permission. Start with a very gentle stimulus and calibrate upwards, making it more intense and realistic until a noticeable but not overwhelming distress response is reached.*
- *Notice the distress response. Make/ask for specific body-based descriptions rather than evaluations. Repeat stimuli if not able to identify response.*
- *Apply an appropriate centring technique using culturally sensitive language, and add metaphors, role-models and images, if that's helpful.*
- *Repeat stimuli and employ the centring technique, targeting specifics of the individual distress response.*
- *Notice objective reduction in distress response, subjective feelings of distress, and effect on the relationship (e.g. less hostile). NB, a coach should let a client discover this for themselves, rather than tell them.*
- *Increase the stimulus strength with permission. As long as someone is not overwhelmed, you can keep increasing the strength of stimuli and centring.*
- *Repeat centring.*

This principle is from Paul Linden. Like all the other principles, there are many ways of applying it, for example using many stimuli such as tissues, grabs and insults; and many centring techniques such as ABC, EROS or smiling heart. It contains sub-principles, such as capable consent, calibration and individual adaptation. A well-designed yoga or martial arts class can be an expression of this principle.

The most common mistakes for this technique:

- Not being centred yourself.
- Doing meditation, not centring.
- Doing somatic awareness sessions, not centring.
- Mixing centring with freeze response.
- Choosing something that is too triggering so it's impossible to change the state (lack of calibration).



Leader-Follower (basic partner form)

Good for:

- Any request about relationship (people, topic, project, etc)

Integrity check:

Are you ok with both roles? Are you aware of your patterns? Do you know your personal range and bias around partnership?

Algorithm:

Try (simulate) – observe and notice – reflect – ask for changing – try – review

- *Ask for a situation/request.*
- *Try leading-following movement (steps forward and back together, with or without touching).*
- *What role is more familiar? What role fits the situation?*
- *Ask what can be noticed in the body (stress response, tension, pushing, resistance, pleasing, caring, etc).*
- *Ask questions about attention during movement, images, purpose, etc.*
- *Find a way to change and try the new way.*
- *Review the results.*

The most common mistakes for this technique:

- Not being aware about your personal preferences or bias (i.e. “this is right/wrong”)



Four Elements Brainstorming Coaching

NB: For more embodiment experienced people only, and we are using it here in a very specific way (there are more ways to use it).

Good for:

- Any request about a way to generate ideas

Integrity check:

Can you embody all four elements comfortably? Do you have any bias around some element? Is the client stable enough to go out into life (might need some earth/centring in the end).

Algorithm:

Suggest questions fitted to each element with related embodiment - try (simulate) – observe and notice – reflect – choose 1-2 ideas for future investigation

- *Suggest the questions and posture/movement fitted to each element.*
- *Explore the ideas that came up with each element.*
- *Choose 1-2 ideas for future investigation.*

The most common mistakes for this technique:

- You are not able to embody the different qualities of the elements (so you can't lead, support and inspire your client to try the element)



EYP Coaching

Poses: Yes, No, Self-Care, Giving, Taking up space.

Good for:

- Any request about personal qualities like: How to be..., How to do (more or less)...
- Request on how to find the way to...

Integrity check:

Did you practice the poses yourself in the last week? Can you do it both bodily and emotionally?

Algorithm:

Try (simulate) – observe and notice – adjust and calibrate – try – review - practice

- *Ask for a situation/request.*
- *Try an EYP pose that fits the request (don't forget calibration!).*
- *Find a way to do the pose.*
- *Ask how it fits.*
- *Invite to repeat or practice.*

The most common mistakes for this technique:

- You didn't practice the poses so you can't do them comfortably.
- You don't put attention on deviations.
- Not calibrating the intensity of the pose.



Light Intuitive / Body Listening coaching

Good for:

- Fresh insight and accessing bodily wisdom

Integrity check:

Are you ready to see and listen to others? Are you ready to share attention between yourself and other?

1) Light body listening: What happens in the body? What does the body want to tell?

Algorithm:

Identify – welcome – expand – ask – design – review

a) Identify a theme / question ...

b) ... or start with a sensation already calling for attention within the body (e.g. pain with no obvious external cause).

- *For (a), ask the body for a sensation which relates to this question/theme and identify one.*
- *For (a) and (b), notice, accept and welcome the sensation.*
- *Ask the sensation if any other parts of the body are involved and follow these until it settles.*
- *Ask the sensation to grow (NB, you may have to set bearable limits).*
- *Ask the sensations what message they have. What is their job? What would they like? What would they like to say?*
- *Design actions and practices based upon this, if needed.*
- *Review and adjust.*

This principle is from Paul Linden (and is similar to other practices including Focusing). It is a way of accessing intuition and dialoguing with the unconscious. NB, self-care and rest afterwards are particularly important with this practice.



2) Light process work: “What wants to happen in the body?”, “How do you want to move?”

Algorithm:

Frame – follow – allow – set aside – follow – meaning

- *Pose yourself a question you'd like insight into as a frame. This part is optional; just 'letting the body do its thing' is also usually helpful.*
- *Follow sensation in the body.*
- *Allow movement to occur. This could be very brief or over days. Music can facilitate this (for example, as in 5 Rhythms) but be aware this adds an element.*
- *Watch out for forms and set aside judgement and censorship; for example, you can just say 'later' to yourself when this happens or focus on sensation again instead. In this way it is a type of moving meditation.*
- *Keep following sensation and movement, preferably until it comes to a natural rest point as per the cycles.*
- *Afterwards, you can make sense of the experience through discussion and creativity (e.g. drawing).*
- *Self-care and rest after are recommended.*

The idea here is that by ‘getting out of our own way’ we allow the body to follow its natural healthy process. There are other slightly more led varieties, for example, where we are looking to complete a stuck movement from the past (e.g. Somatic Experiencing). The seasons model is key to this principle.

The most common mistakes for this technique:

- Lack of calibration
- Lack of listening
- Don't finish the natural cycle of process



