

DevelopingTalent

Accessing the Intelligence of the Body: Training for Coaches

Programme goals

The program is aimed at increasing the capacity of the coach to access body intelligence and embodiment skills. [Patrick](#), a 6th Dan Aikido Master and Yoga teacher, will guide each coach through exercises that open and reveal authentic intelligence operating at the level of body or kinesthetic wisdom. Using principles of meditation, Yoga and Martial Arts, each coach will find ways to access relaxation, centering, decision making, intention development, systemic assessment, conflict transformation, enhancing performance /responsiveness, multi-perspective voice dialogue, and recognizing the nature of enhanced flow states.

- Offer simple ways for relaxation, centering and accessing systemic perspectives
- Give another dimension of support to coaches for processing crisis, decision making, and systemic assessment.
- Open the door to identifying and accessing flow states of performance.
- Give the coach the means to spontaneously create ways that interweave exercises that access kinesthetic wisdom with their clients and develop their embodiment skills.
- Offer simple and clear tools for coaches to use with their clients

Dates

November 15th, 29th

December 13th

January 17th, 31st

February 21st

19h00-20h00CET

Objectives

1. Discover the different Doorways for Accessing Body Intelligence
2. Learn the Process of engaging with Body Intelligence
3. Identify the nature of the Context and Territory of Body Intelligence
4. Apply the new Perspectives, Skills and Energies to interaction within relationships in the professional and corporate environments

Program Layout

Nov 15 Module 1: BODY ARCHITECTURE: What is Body Intelligence? Returning to Balance, Feeling the polarities in the Body

- Identify the nature of body intelligence and addressing our relationship to it
- Meeting body intelligence outside of the personal story
- Learn to access an inherent rebalancing intelligence
- Access a spontaneous process that guides the system to a deeper experience of itself
- Feel into the architecture of the body
- Engage a process “dialogue” between polarities to aid in a new “reorganization” of the system
- Develop the fullness of a balanced and present body for **expression, communication and leadership**

Nov 29 Module 2: BODY AS SYSTEM: Accessing the Voice of three brains: Head, Heart, and Body

- Identify the nature of each “brain”
- Open up to a dialogue between the brains
- Identify an aligned and centered relationship between each level
- Allow each level to be heard and collaborate in creative process
- Access the intelligence of each level to assist in **integral decision making and creative problem processing**

Dec 13 Module 3: BODY ENERGIES: Body Creative/ Body Restorative

- Understand the nature of the body creative
- Understand the nature of the body restorative
- Allow both bodies to collaborate and be mutually supportive and engaged
- Bring both bodies in balance as a way to address **burn out, crisis management and develop a deeper resilience**

Jan 17 Module 4: ALCHEMY OF THE BODY: Centered Body, Intentional Body, Body as a Flow state

- Identify a centered state and its nature
- Align intention with body intelligence
- Access body as a flow state for optimal expression and functionality
- Settle and open for transforming the system
- Access body as a support vehicle for **committed response, conflict resolution, developing presence and skill enhancement**

Jan 31 Module 5: **BODY BEING:** Listening to Body, Allowing Body, Being Body

- Identify the different types of body relationship
- Engage the body as a support, as a muse, as a process
- Understand the context in which body can function as the guiding force for action
- **Develop the confidence to handle radical change, to act spontaneously, with intelligence, appropriate to the context**

Feb 21 Module 6: **TRANSMITTING BODY:** Facilitating Body Being with clients

- Develop the skills to “transmit” new states of experience
- States to traits, layout tracks for long term development and change
- Differentiate between conceptual knowledge and embodied understanding
- Bring clients to a state of availability for radical discovery and change
- Use breath as a catalyst for a doorway to change
- **Apply the different states of new understanding to corporate culture, work environment and within the team**

Course Framework and Investment

Participants are encouraged to engage in all of the 6 Zoom sessions over 4 months and 30 minutes of daily practice. Each coach must also be available to meet with their teams (3-4 people) for collaboration and feedback (5 x 1-hour meetings). Each coach will also have 3 x 1-hour private sessions with [Patrick](#). 90+hours of work. The course will also include a designated private Facebook page for questions, commentary and shared dialogue.

Successful completion of the course will offer a Level 1 Conscious Practice Institute Embodiment Facilitator Certification

DT coaches: 600CHF / Non-DT coaches 800CHF

Registration: consciouspracticeinstitute@yahoo.com