



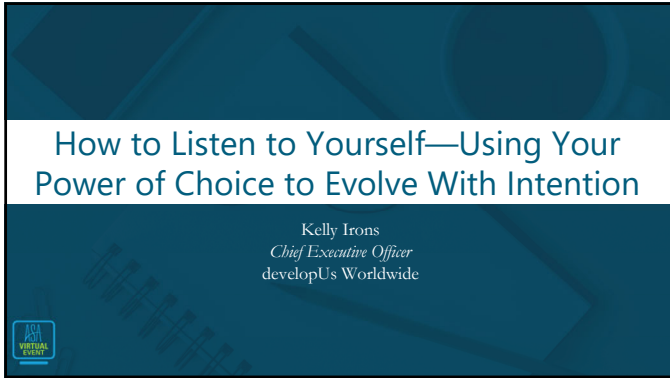
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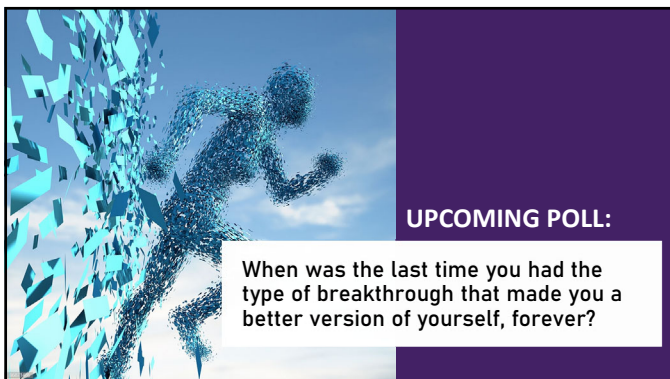
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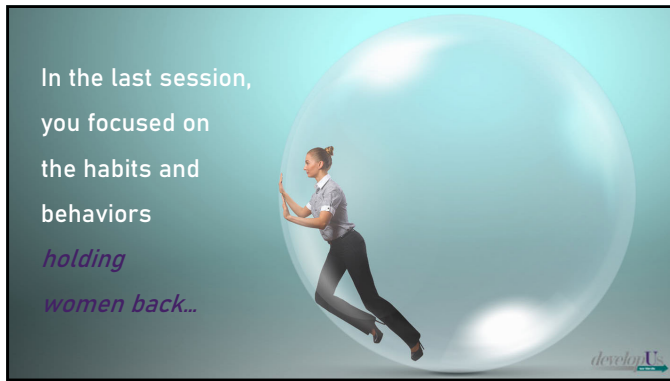
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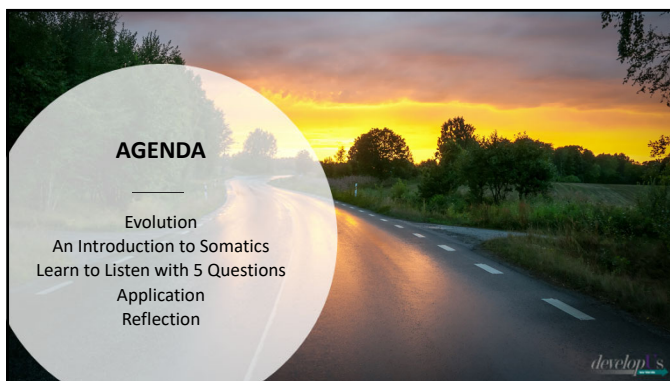
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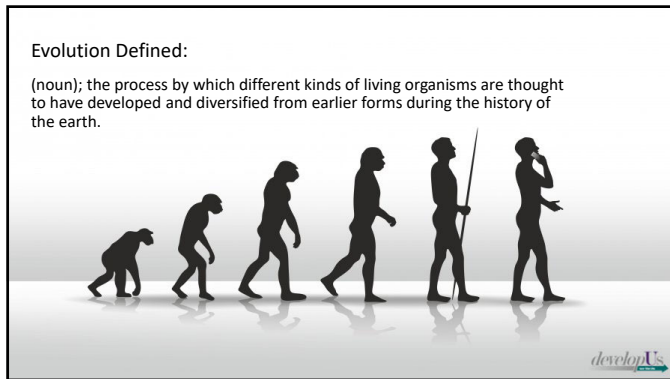
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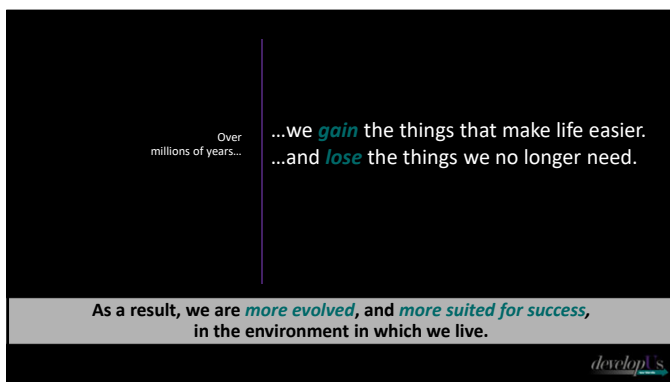
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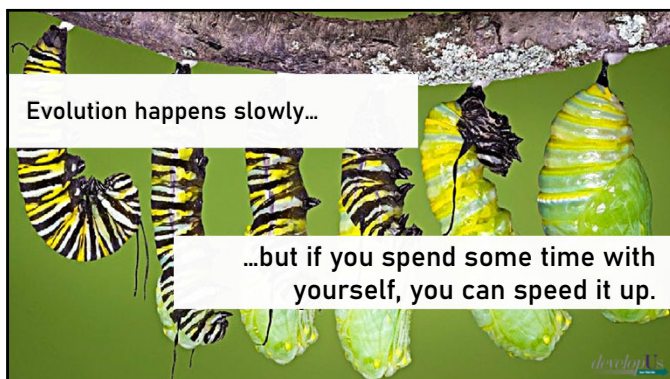
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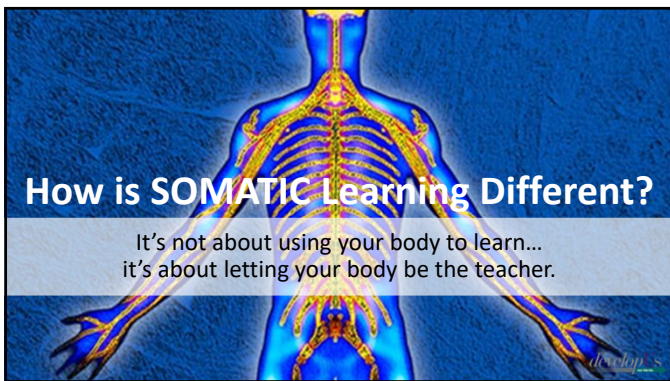
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THEREFORE.....

Somatic Learning – Our Definition


Using information from your body as a source of knowledge that changes your behavior, builds skill and forms new habits.



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Why Somatic Listening Matters

- Your body is never wrong – learn to listen to it.
- This form of listening takes practice, and is called SOMATIC LITERACY.
- “SOMATIC LITERACY” is a critical component of SELF-AWARENESS.
- SELF-AWARENESS is the key that unlocks CHOICE.
- CHOICE is what speeds up your EVOLUTION.




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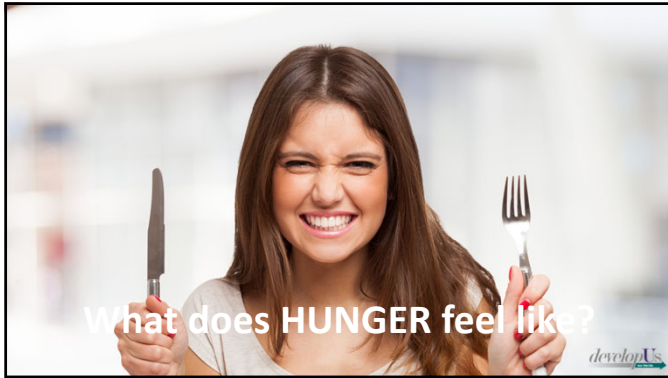
Somatic Literacy - Practice



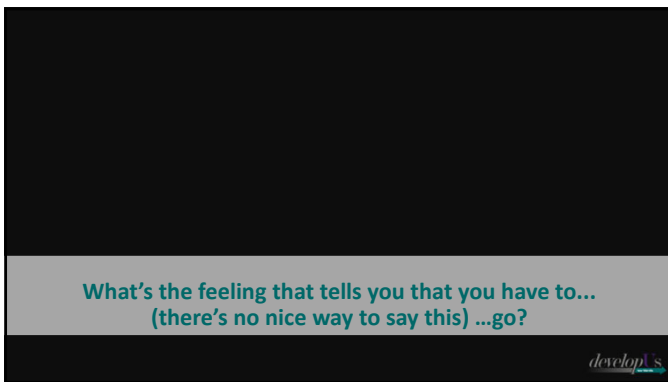
Feelings are called feelings because they FEEL a certain way.



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Breakout Rooms



Two Questions:

- ✓ *What do you want to be different about your life a year from now?*
- ✓ *What needs to be different about YOU in order to achieve that?*

Groups of 4-6. Each person take 1-2 minutes.

GOAL: "I am committed to _____."

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5 Little (ok...big) Questions

1. What are you feeling when you hit a barrier?
2. How do you usually behave when you feel this way?
3. Is that behavior in support of your commitment?
4. If you gave that feeling in your body a voice, what would it encourage you to do instead?
5. What have you learned from listening this way?

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Breakout Rooms

Three Questions:

- ✓ *What did you learn about yourself/your commitment?*
- ✓ *Are you leaving this session with a new/revised commitment?*
- ✓ *What will you pay more attention to in support of your commitment?*

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WHAT ARE YOUR TAKEAWAYS?

What did you...

- learn?
- like?
- appreciate?

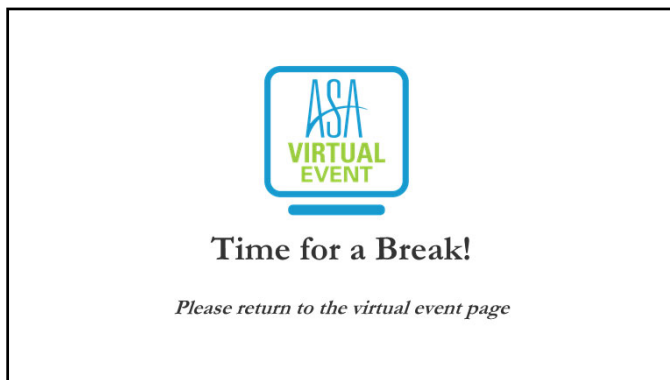
What...

- evolved for you?
- became clear for you?
- are you committed to now?

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