

# Developing your authentic story, voice and presence for high performance leadership



*There is a vitality, a life force, an energy, a quickening, that is translated through you into action and because there is only one of you in all time, this expression is unique. If you block it, it will never exist through any other medium and will be lost (Martha Graham, Choreographer)*

Embodied Coaching is an integrated body-mind approach to self-mastery and learning. As a performance coach with a background in Dance, my perspective is that your body is your first environment and the potent gateway to all your life experience.

With all my clients, from CEO's to Middle Managers, FTSE 500 to SME's, women and men, I animate issues and dialogue as much as possible through action and physicality because it opens us up and brings a more authentic self forward. When we physically engage with our thoughts, words and challenges it releases us vocally, emotionally and energetically. Something more truthful is revealed and we get to the heart of things more quickly.

The core of the coaching session moves through a cycle of exploration – discovery – practice – reflection. During the interim between coaching sessions clients implement their learning and feedback via a realistic, manageable action plan and log impact and results.

The benefit of embodied coaching is that it takes you to a place of deep self-knowing, physical connection and openness. From there the coaching relationship flows effectively towards empowerment, solutions and transformation.