

# Practice Journal

Certification of Embodiment Coaching  
- 2nd Semester -  
Getting into Embodiment Coaching



Embodiment  
Unlimited

## What is Coaching?

*„The ICF (International Coaching Federation) defines coaching as partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential. The process of coaching often unlocks previously untapped sources of imagination, productivity and leadership.*

*We all have goals we want to reach, challenges we're striving to overcome and times when we feel stuck. Partnering with a coach can change your life, setting you on a path to greater personal and professional fulfillment.“*

*- <https://coachingfederation.org/about>*

## Welcome to the 2nd Semester - Getting into Embodiment Coaching

Let's take a moment to acknowledge the brave step you are taking by continuing this embodiment journey.

With this you are not only getting more familiar with your own embodied patterns, you are actually committing to working on them in order to be able to support others - by using the embodiment tools that enabled you to make a change.

With this you are on the path of serving our society, facilitating a way to a better future for individuals, and ultimately for all of us.

Thank you for this.

We are here to teach you the techniques Mark used for years to help thousands of people throughout different settings. Additionally all the trainers and guest teachers are bringing in their own experiences, so that you can take what you like to make it yours.

At the end of this second semester you will have learned and practiced some profound Embodiment Coaching techniques. You will have the basic understanding of how to establish a coaching relationship, about the importance of listening and questioning skills, as well as how you can use marketing to find the people that can benefit from your coaching. You will also know how to use some of the FEC tools effectively within a coaching session.

Knowing how diverse this learners-group is, I would like to invite you to use the chance to learn from each other. Be open to go deeper in your peer practise group sessions, spend the extra 15 minutes after the Core Content calls to connect with other peers in break-out-rooms and use the course group on the learning platform to discuss questions and insights in regards to Embodiment and Coaching.

And while we are diving into the area of coaching, keeping up your own embodiment practice is key! You can only take your clients as far as you went before. So use your Core Embodied Practice to build up a specific quality and the daily personal practices to get into the habit of a balanced embodiment.

In case you have questions, please remember the 3 golden P's/ check-marks - have a look for the answer here:

- ◇ 1. Platform
- ◇ 2. Peers
- ◇ 3. Precise question via email to [cec@embodimentunlimited.com](mailto:cec@embodimentunlimited.com)

Enjoy the ride, future Embodiment Coach!

Best,  
Alina



## **Creating your Embodiment Coach Identity**

For some of you it might be the first step into coaching, for others it might be the continuation of years of work - just with a new focus, namely on the body.

Whatever is true for you, you are united in the point of not being an Embodiment Coach, YET. Deciding to embark on this journey was the first great step, committing to learning during the course is the next one.

But actually going out there, to support other people, also requires us to understand ourselves as Embodiment Coaches. To embody it. And this is where our identity comes into play.

Below I'm offering some prompts for you to start creating your Embodiment Coach Identity, by becoming clear on what this means to you. It's like the beginning of a good coaching session: if we have a clear goal mapped out, the path towards it gets easier.

### **What is your role as an Embodiment Coach?**

**What are qualities of a person you can trust / of a great Coach? How do you know a person has these qualities?**



**What are you already good at, that will support you when you're coaching?**

**Why do you actually want to become a great Embodiment Coach?**

**Who do you need to become to be this great Embodiment Coach?**

**How do you know you achieved it/ you are a good Embodiment Coach? How will you feel/ what will be different?**



## Core Embodiment Practice

To become a great Embodiment Coach, I am committing to a minimum of 1 hour of the following Core Embodied Practice per week, until the CEC-Course finishes:

Im going to join at the following day and time, the following trainer at:

Im doing this practice to build up the following quality - and it will serve me, because:

What else do you want to commit to in regards to this course / Embodiment Coaching?



## Finding volunteers for my Embodiment Coaching

*Volunteers will be important to practice with throughout the next 2 semesters. You can use this page to collect ideas and to get back to them whenever needed - and from experience, we know that volunteers can also become your first clients too :)*

Note down who of your network might be interested in hearing about Embodiment Coaching? Who else express interest/ was curious when you shared about that you started CEC?

Reach out to these people again and offer them to experience what you are learning

What are the benefits of Embodiment Coaching you want to share with them? Collect your ideas here:

Where else could you find volunteers to practice your coaching? Friends of friends, former colleagues etc? Note down who to ask for referrals/ where else to spread the message.



## Week 10: CEC Opening + Ethics

### Personal practise:

#### CORE

- ◇ Meditation – 10 mins+ 6 days per week
- ◇ Morning movement (form, CIRCLES / free movement) – 5 mins+ 6 days per week
- ◇ Relational practice (coffeeshop practice) + can you influence them with your embodiment?
- ◇ Body check-ins (pit stops) and centring – 5 times per day on 6 days per week
- ◇ 5-6 days nature movement ( minimum 10 min, walking in nature/park, garden, sea)
- ◇ Coaching practice with your peers
- ◇ Coaching practice with a volunteer (from week 12 onwards)
- ◇ Core Embodiment Practice (range building) – 1h per week minimum

#### BONUS

- ◇ Highly recommended: daily nature connection
- ◇ Highly recommended: embodied community connection (e.g. join explorers, stay for breakouts after the Tuesday sessions, join open Q&A calls on thursdays etc.)
- ◇ Practice the Toolkit poses (if you want to use this tool with clients)
- ◇ Leader-Follower activity (if you want to get better at this to work with clients)
- ◇ 4 Elements range building - up to 5h (e.g. circling/ authentic relating to improve on relational side for coaching)

### Check-List for your personal practise:

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Meditation (10 mins+)							
CIRCLES/ form/ free movement (5+ min)							
Relational practice							
Body check-ins + centring							
Nature movement							
Bonus:							
Bonus:							



**Insights from and reflections on the live sessions:**

**Watched:**

**live**

**recorded**

**Insights from and reflections on the core/ bonus content watched/ read:**

**What did you watch/read?:**

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**Insights from and reflections on the practise peer group meeting:**

**Date of the meeting:**



**Insights from your Core Embodiment Practice this week:**

**How long did you practice?**

**What did you learn about coaching this week? What did you learn about yourself as a coach? What did you learn about the body in coaching?**

**How long did you practice with a volunteer? (minutes)**



## Notes

e.g. open questions to find an answer to



## Week 11: Defining the coaching relationship

### Personal practise:

#### CORE

- ◇ Meditation – 10 mins+ 6 days per week
- ◇ Morning movement (form, CIRCLES / free movement) – 5 mins+ 6 days per week
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- ◇ Body check-ins (pit stops) and centring – 5 times per day on 6 days per week
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**What did you learn about coaching this week? What did you learn about yourself as a coach? What did you learn about the body in coaching?**

**How long did you practice with a volunteer? (minutes)**



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## Week 12: Essential tools for coaches

### Personal practise:

#### CORE

- ◇ Meditation – 10 mins+ 6 days per week
- ◇ Morning movement (form, CIRCLES / free movement) – 5 mins+ 6 days per week
- ◇ Relational practice (coffeeshop practice) + can you influence them with your embodiment?
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**How long did you practice with a volunteer? (minutes)**



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## Week 13: Frameworks and goal setting

### Personal practise:

#### CORE

- ◇ Meditation – 10 mins+ 6 days per week
- ◇ Morning movement (form, CIRCLES / free movement) – 5 mins+ 6 days per week
- ◇ Relational practice (coffeeshop practice) + can you influence them with your embodiment?
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**What did you learn about coaching this week? What did you learn about yourself as a coach? What did you learn about the body in coaching?**

**How long did you practice with a volunteer? (minutes)**



## Notes

e.g. open questions to find an answer to



## Week 14: Teaching Awareness Pointing Technique

### Personal practise:

#### CORE

- ◇ Meditation – 10 mins+ 6 days per week
- ◇ Morning movement (form, CIRCLES / free movement) – 5 mins+ 6 days per week
- ◇ Relational practice (coffeeshop practice) + can you influence them with your embodiment?
- ◇ Body check-ins (pit stops) and centring – 5 times per day on 6 days per week
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Nature movement							
Bonus:							
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**How long did you practice?**

**What did you learn about coaching this week? What did you learn about yourself as a coach? What did you learn about the body in coaching?**

**How long did you practice with a volunteer? (minutes)**



## Notes

e.g. open questions to find an answer to



## Week 15: Practicing Centring & Awareness Pointing Technique

### Personal practise:

#### CORE

- ◇ Meditation – 10 mins+ 6 days per week
- ◇ Morning movement (form, CIRCLES / free movement) – 5 mins+ 6 days per week
- ◇ Relational practice (coffeeshop practice) + can you influence them with your embodiment?
- ◇ Body check-ins (pit stops) and centring – 5 times per day on 6 days per week
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Body check-ins + centring							
Nature movement							
Bonus:							
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**How long did you practice with a volunteer? (minutes)**



## Notes

e.g. open questions to find an answer to



## Week 16: Teaching 4 Elements Bodystorming in coaching

### Personal practise:

#### CORE

- ◇ Meditation – 10 mins+ 6 days per week
- ◇ Morning movement (form, CIRCLES / free movement) – 5 mins+ 6 days per week
- ◇ Relational practice (coffeeshop practice) + can you influence them with your embodiment?
- ◇ Body check-ins (pit stops) and centring – 5 times per day on 6 days per week
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Nature movement							
Bonus:							
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**How long did you practice?**

**What did you learn about coaching this week? What did you learn about yourself as a coach? What did you learn about the body in coaching?**

**How long did you practice with a volunteer? (minutes)**



## Notes

e.g. open questions to find an answer to



## Week 17: Teaching Embodied Toolkit in coaching

### Personal practise:

#### CORE

- ◇ Meditation – 10 mins+ 6 days per week
- ◇ Morning movement (form, CIRCLES / free movement) – 5 mins+ 6 days per week
- ◇ Relational practice (coffeeshop practice) + can you influence them with your embodiment?
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**How long did you practice?**

**What did you learn about coaching this week? What did you learn about yourself as a coach? What did you learn about the body in coaching?**

**How long did you practice with a volunteer? (minutes)**



## Notes

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## Week 18: Practicing 4 Elements Bodystorming & Embodied Toolkit

### Personal practise:

#### CORE

- ◇ Meditation – 10 mins+ 6 days per week
- ◇ Morning movement (form, CIRCLES / free movement) – 5 mins+ 6 days per week
- ◇ Relational practice (coffeeshop practice) + can you influence them with your embodiment?
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