

# Practice Journal

Certification of Embodiment Coaching  
- 3rd Semester -  
Advanced Embodiment Coaching



Embodiment  
Unlimited



## Why Embodiment Coaching?

*„If you are what you always are, you do what you always do and you get what you always get.“*

*- Mark Walsh aka Mr. Embodiment*



## Welcome to the 3rd Semester - Advanced Embodiment Coaching

Hey there soon-to-be Embodiment Coach!

I hope you enjoyed a well-deserved break where you took some time to integrated what you've learned so far. Or maybe you continued meeting with your peers, kept up with your Core Embodied Practice and followed through with your daily routines?!

No matter whats the case for you - now is the time to get back into the course with full commitment, as we are approaching the advanced elements of Embodiment Coaching.

You'll learn more tools, what to take into account when planning a session or working with groups, as well as advanced principles and how to care for yourself as coach.

While learning in the core content sessions and following the additional materials on the portal, we help you with dediaded practise sessions to really dial in what you learn, share elements for improvement in the peer group supervision as well as personal feedback on your exam recording.

With all this we trust you give your best during the practises, with your peers as well as with your volunteer coachees. Remember, the more you give the more you'll get out of this course.

As the element of volunteer coaching is continuing in this semester, I share a reminder of the the most important guidelines on the following pages, as well as a detailed explanation about what we look out for in your exam recording (of such a volunteer coaching session) on the learning platform.

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

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

Enjoy the ride, future Embodiment Coach!

Best,  
Alina



# Ethical Guide

Embodiment has ethics built into it. Ethics is visceral. Over the years of training embodiment specialists, we have developed ethical guidelines - how to do embodiment coaching ethically - which means for us safely, effectively and with integrity. We use these guidelines ourselves and invite you to follow them in your work.

The aim of these guidelines is not to control, but to keep integrity and to help embodiment work spread over the world with proper quality.

## Why we developed this guide

Different professionals have different approaches for what to do and what not to do with clients. For example, the question "Should I sleep with a client?", will be definitely 'NO' for therapists, counselors and coaches, and could be 'WHY NOT?' or 'YES' for yoga or dance teachers or other professionals. This is the most evident example of ethical differences for professional fields. So we suggest our guidelines and explain why all these points matter.

Many of these guidelines are influenced by therapeutic traditions. They are also highly influenced by the work of Paul Linden.

You find the main principles and most common Q&A's below.

## Principles

### Confidentiality

What happens during the session is confidential. In particular, this applies to activities such as photography and filming (the client's consent is needed), the publication of materials (the client's consent is needed), or the discussion of situations when working with third parties (colleagues, supervisors).

### Dual relationship

Avoid any dual relationship - family, romantic or business. This is awareness of the power dynamics, which is important. Just don't do it.

### Permission for touch and feedback

Permission for touch and feedback to the client is a necessity and prerequisite for embodiment work. One of the goals of embodiment coaching is empowerment. The body is the subject. Don't treat it as an object. As specialists, we do not know for the client how to live better, but we create conditions for the client to expand their awareness, range and choice. Before giving feedback, in addition to the client's permission, be aware of the purpose of this feedback and it's real need at a given time. Develop awareness of others to see non-verbal answers.



## Informed consent

All ethical embodied work is consensual. Before the client decides whether they are ready to do something according to your instructions, they have the right to hear the essence of the proposal. The client has the right to say both „yes“ and „no“ to this offer. Receiving a response to this proposal is not only verbal, but also bodily. The responsibility of the embodiment coach is to concisely and clearly describe what they offer and how it is related to the purpose and requests of the client. Explain to the client that they have the opportunity to stop at any moment, the real „STOP“. This way of working supports the empowerment of the client. Develop awareness of others to see non-verbal answers.

Additionally if you work with people who “have been sent” to you (e.g. kids, corporate work), don’t forget to contract with them directly during the session.

## Calibration

Choose the intensity of the assignment that the client can handle on their own or with your help. This will keep the client resilient and create room to practice range. To develop awareness and choice or to practice any technique and learn centering, there is no need to take situations and loads that are at maximum or extreme in their intensity. In fact, it’s useless. Choose an enduring trigger, not an excessive trigger. For every elevating step or new stimuli, ask for new consent. Develop awareness of others to see non-verbal reactions.

## Accountability and limits of expertise

Use all as main resources for ethics:

- personal embodiment,
- guides and codes in your professional field,
- professional community and mentors/supervisors.

Know the limits of your expertise and refer when needed or in doubt. If you are not a doctor, or trauma therapist, or family counselor, or etc, don’t pretend you know what to do and always clarify the limits of your expertise with clients. Talk directly about what you can and what you can’t do.

Be aware of your blind spots (could be personal but also cultural, gender or age), biases (could be personal or professional preferences), and patterns (e.g. elements or trauma).

Filter students to ensure they are a good match for the embodied work you can provide.

## Personal body awareness

Developing your own embodied awareness and sensitivity is the key to doing ethical work. Keep practicing.

*NB! Ethics is not a reward or final state. It's an ongoing process of enquiring and developing personal and professional skills.*



## FAQ

### **Can I work with relatives, friends, colleagues, my boss, etc?**

No, you can't "work" with them. You can suggest support in the moment, you can show something useful if asked, you can help your kid to manage emotions, etc. Be clear: it's not "work". Avoid dual relationships.

### **How about working with my current clients or can I work for my usual price and use them as practice hours for CEC?**

No. As long as you are not qualified and certificated as embodiment coach all your work with clients is a part of your learning process. You should announce this fact for people you work with and deliver these hours for free or donation. This option gives you a chance to learn, i.e. not being perfect, make mistakes, put more attention on what and how you do etc.

### **Can I name myself 'coach', 'therapist', etc?**

If you don't have appropriate training and certification, please do not. Also check your local regulation for this question. If there's no clear rules or tradition for this in your country, base it upon international ones.

### **Can I help everyone with any request?**

Definitely not. Clarify what you do, for whom and who. Keep integrity and don't promise what you can't do. Easy. Also good for marketing. And keep learning.

### **Can I teach other professionals embodiment?**

You can present what and how you work to your colleagues. To train professionals how to do embodiment work is another level of qualification, years of personal embodiment practices and other training programs. Please don't play 'broken phone'.

### **Is it okay to sleep with my students?**

NO! If you want to have any other relations with your student or client you should end the current relationship and then choose if you want to continue with this person in a romantic way.

The same for business and other types of relationships.



# Principles of Embodiment Coaching Excellence

These criteria are what we think makes an excellent Embodiment Coach. Hence why the following 13 key aspects will also be checked for in your exam demonstration.

We would like to pass you as 'adequate' in all of these, or at least the majority; you don't have to be perfect as long as we see you are on a developmental track.

There are two criteria though, which can result in an immediate fail (ethics and language). We want you to pass (and we are here to support you to do this), but we are also prepared to fail you, if need be, to maintain a high CEC standard.

## 13 elements of excellence

- Ethics
- Embodiment
- Clear aims
- Principle use
- Tool use
- Listening
- Adaptation
- Language use
- Testing
- Application
- Body leadership
- Change the world

### Ethics

Rather than listing rules in depth, what is most important to consider is a general service orientation and 'do no harm' imperative. 'Is it kind?' is the key question. Specifics include care in 'dual relationships' (e.g. trading services), not having sexual relations with students, consent for any exercise (especially touch) and confidentiality. More on this can be found in the Ethical Guidelines handout.

In the exam videos, it should be clear the coachees are being served, there is consent, calibration and no harm done.

This is one of the essential pass/ fail elements of the exam.

### Embodiment

Who you are (long term trait) and how you are (short term state) are more important than techniques for an Embodiment Coach. We must embody what we teach to be credible and because people learn from you; not from what you say. Awareness and acceptance are key as ever.

In the exam, we would like to see it demonstrated that you have practiced to some depth what you are teaching (embodiment) and can manage your state (while you can be human and be nervous!).

### Clear aims

What is the purpose of any exercise? What is your intention? Know what you are doing and convey this. Help others clarify their own aims, e.g. the classic: 'So what do you want to get out of tonight's coaching call?' This brings both clarity and motivation.

In the exam, we would like to hear you state, or draw out from participants, a clear aim.



## Principle use

The core principle that we use at CEC is that by building awareness of what someone is doing habitually, and increasing their range of new options, they have more freedom of choice and will be more effective.

In the exam, we would like to see the core principle used implicitly or explicitly, and other principles, where appropriate.

## Tool use

A skilled Embodiment Coach uses a range of tools from which we introduced several in this course (centring, 4 elements, Embodied Toolkit, etc.). This is important as people will respond better to some tools than others. If we use centring as an example, visualizations are great for some people, while others get better results by working with posture or breathing. Awareness is always the starting place, then acceptance and intention usually follow (AAI form).

In the exam, we would like to see you demonstrate use of just 1-2 of the techniques we have introduced during the course (when using centring, please add a second tool).

## Listening

Embodiment coaching is always relational. It relies on listening through empathy, touch, micro mirroring, intuition and conscious body reading; this is an Embodiment Coach's foundation. We can only facilitate effectively if we are in connection and appreciate who and how participants are in the moment. In this way, effective Embodiment Coaching is an emergent relational meditation.

In the exam, we would like to see you listen to the coachee one way or another and take them into account (not just 'do your thing').

## Adaptation (individual, group and culture)

Embodiment is a highly individual matter and every person must be treated differently for embodied work to be effective. Pacing and calibration (what's too much or too little?) are two important examples of factors that change, and we have explored how different types of people (e.g. four elements) need different things. Relating techniques to people's current lives and world views is also skilful. For example, when working in the tech sector, you could refer to 'the embodied operating system'.

While the body is beautifully universal, cultural factors mean embodiment needs to be taught quite differently in different countries, companies and even departments. For example, this may mean changing how you manage time, the level of touch, how authoritarian you are and the language you use.

In the exam we would like to see you treat the coachee according to their type and needs.

## Testing

Theories and assumptions are tested in high quality embodiment work. Embodied practice is an empirical enquiry not a belief system. This also helps get coachees buy-in's and 'ownership', avoids cynicism and helps with continuous learning.

In the exam we would like to see coachee and coach testing and exploring.





## Rhythem

The one constant is change; nothing stays the same. There are cycles (e.g. the seasons model) and Coaches need a good sense of rhythm and timing to know how to design and flow with beginnings, middles and ends. Every session has a rhythm and each part needs to be respected. The constant of impermanence means that each moment is different from the last so must be responded to dynamically – for example, a centring technique may stop working for a client. Effective Embodiment Coaches appreciate, adapt to and manage flow. In the exam, we would like to see an appreciation of rhythm.

## Language use

One key thing that distinguishes effective Embodiment Coaches from ineffective ones is often the clarity of instruction and making, what is taught, 'operational': involving a clear, do-able method. We also encourage invitational and enquiry-based language rather than directive language as it supports consent and learning.

In the exam we would like to see clear, do-able instructions, not confused with metaphors or results. This is one of the essential pass/fail elements of the exam.

## Application

Practical application in the rest of life makes Embodiment Coaching useful and not irrelevant. CEC stresses this element and business demands this.

In the exam we would like to see the link to life and 'real-world' application.

## Body leadership

Effective Embodiment Coaching means leading the embodiment of clients with modeling (one's own embodiment), direct influence such as verbal exercises, with music, humor etc. This is the basis of emotional and charismatic influence.

In the exam we would like to see you lead the coachees' bodies.

## Change the world

We teach Embodiment Coaching to make the world a better place. This work is about service and love. We are concerned not just with running successful businesses but also in reducing intrapersonal, interpersonal and environmental violence. *Tikkun olam* is a Hebrew term meaning 'heal the world' which sums up that this is a heart-felt spiritual quest and not just a set of techniques.

In the exam we would like to see expression of this (please don't crow-bar in an explicit reference if the session doesn't give opportunity). It can be implicit e.g. if reflected in subject or applications. Additionally, we would love to see this in your motivation and choice of practice clients.

**You do not have to be perfect to pass;** only to demonstrate that you are **safe** to coach, have some **basic competence** and that you are on a **learning path**. This would mean that we feel comfortable with you working in the world and stating that you are a CEC trained Coach. Good luck ... and by 'luck' we mean 'practice'.



# Checklist for Supervision and Exam evaluation

<b>Ethics</b>  Pass/fail	Consent, Choice, calibration and general ethics	<input type="checkbox"/> Contract - who is in charge? <input type="checkbox"/> Consent given <input type="checkbox"/> choice <input type="checkbox"/> Calibrated practice to the level of the coachee <input type="checkbox"/> ...
<b>Language</b>  Pass/fail	Operational (the How is clear)	<input type="checkbox"/> The 'How' is clear for the coachee <input type="checkbox"/> ...
<b>Aims</b>	Clear aims of exercise(s)	<input type="checkbox"/> Aim of session clear <input type="checkbox"/> Aim of practice clear <input type="checkbox"/> ...
<b>Embodiment</b>	Embodiment of the coach accommodates the coaching/practice	<input type="checkbox"/> Coach leads with his/her embodiment <input type="checkbox"/> Contrast or support of coachee embodiment <input type="checkbox"/> ...
<b>Rhythm</b>	Clear cycle with beginning, middle, end	<input type="checkbox"/> Beginning - start (neither too slow or going right into depth) <input type="checkbox"/> Middle - depth <input type="checkbox"/> End - guiding coachee out of depth <input type="checkbox"/> Resourcing coachee <input type="checkbox"/> ...
<b>Tools and principles</b>	Used more than centring and applied principles	<input type="checkbox"/> Used mini. one other tool than centring <input type="checkbox"/> Awareness principles? <input type="checkbox"/> choice - principles? <input type="checkbox"/> ...
<b>Result</b>	Pass or fail?	<input type="checkbox"/> Language and ethics pass <input type="checkbox"/> Majority of other criteria pass



## Core Embodied Practice (same as last semester)

To become a great Embodiment Coach, I continue to 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 last Semester?



## Week 20: Teaching Leader-Follower 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
- ◇ 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:

	Mo	Tu.	We	Th	Fr	Sa	Su
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?:**

**Insights from and reflections on the guest teacher/ bonus session:**

**Watched:**

**live**

**recorded**

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

**Date of the meeting:**

**Journal summary submitted**



**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?**



## Reflection on your Volunteer Coaching session

How long did you coach a volunteer this week?

Open questions to find an answer to:



## Week 21: Teaching Distinction 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
- ◇ 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:

	Mo	Tu.	We	Th	Fr	Sa	Su
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?:**

**Insights from and reflections on the guest teacher/ bonus session:**

**Watched:**

**live**

**recorded**

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

**Date of the meeting:**

**Journal summary submitted**



**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?**



## Reflection on your Volunteer Coaching session

How long did you coach a volunteer this week?

Open questions to find an answer to:



## Insights you got from supervision





## Week 22: Practicing Leader-Follower & Distinction 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
- ◇ 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:

	Mo	Tu.	We	Th	Fr	Sa	Su
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**

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

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

**Insights from and reflections on the guest teacher/ bonus session:**

**Watched:**

**live**

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

**Date of the meeting:**

**Journal summary submitted**



**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?**





## Reflection on your Volunteer Coaching session

How long did you coach a volunteer this week?

Open questions to find an answer to:



## Week 23: Cycles & Design + client accountability

### 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)
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- ◇ 4 Elements range building - up to 5h (e.g. circling/ authentic relating to improve on relational side for coaching)

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



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**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?**



## Reflection on your Volunteer Coaching session

How long did you coach a volunteer this week?

Open questions to find an answer to:



## Week 24: Group Coaching applications

### 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.)
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**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?**





## Reflection on your Volunteer Coaching session

How long did you coach a volunteer this week?

Open questions to find an answer to:



## Week 25: Principles and creativity in Embodiment 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
- ◇ 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.)
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Relational practice							
Body check-ins + centring							
Nature movement							
Bonus:							
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**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?**



## Reflection on your Volunteer Coaching session

How long did you coach a volunteer this week?

Open questions to find an answer to:



## Week 26: Trauma & self-care 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?
- ◇ 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:

	Mo	Tu.	We	Th	Fr	Sa	Su
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?:**

**Insights from and reflections on the guest teacher/ bonus session:**

**Watched:**

**live**

**recorded**

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

**Date of the meeting:**

**Journal summary submitted**



**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?**





## Reflection on your Volunteer Coaching session

How long did you coach a volunteer this week?

Open questions to find an answer to:



## Week 26: Graduation

This is what I learned about myself in this course:



**This/ These personal practice(s) I want to continue with, because...**

**This is what I want to remind myself of, now that I close this course:**



**Who do you want to help with your Embodiment Coaching skills?**

**How can you best attract the attention of these people?**

**Note down 1-2 sentences where you explain how YOU can help them**



**What do you want to learn more about to keep growing as an Embodiment Coach?**

**How do you want to make sure you keep working towards your best Embodiment Coach Identity?**

