

SOMATIC COACHING AND HEALING

FORMAT: *Highly experiential, practice-based learning with instruction, role-modelling and light content-based teaching.*

Designed for newcomers and experienced participants alike, in this track we will explore foundational moves and new innovations of practice. We will move our bodies and play with principles of neuroscience, somatics, and developmental attachment. You will gain a grounded understanding of what makes working with and through the body so effective for long-lasting and sustainable change.

Human beings are designed to move—to reach, push, pull, and let go. Yet, when these “original movements” become constrained by life experiences, they shape long-standing patterns that affect how we live, lead, and relate to others.

What we regard as “me” includes attachment (relational) patterns, armouring (embodied protection) and promises we made to ourselves as we moved through our early life and made sense of what was happening.

As coaches, practitioners, and leaders, we must recognize that our conditioned movement contains the stories of how we have been shaped, our beliefs, and even our world view. When we retrace, revisit and restore our natural, core somatic impulses, we free constrained energy. We open the door to greater flow, resilience, and alignment with our purpose.

LEARN TO:

- Distinguish what we mean by our “original movement”
- Look at stagnations in the body and how those are connected to distressing experiences.
- Become observers of habits (our own and others) cultivated to protect or compensate when our “original movements” were interrupted, stunted or exploited.
- Connect unfulfilled movements to patterns that we and our clients are living today.
- Walk ourselves through the pain of stagnation to a movement that is life-giving for us, and for others.

LEAVE WITH:

- A step-by-step process for meeting defenses with care and respect and without an agenda to fix them, even if our mandate is to change or achieve something.
- A heightened sense of leadership presence, embodiment and inspiration for your own leadership journey as well as clients you coach or advise.

PREREQUISITE: *Be ready to use yourself and your habits as an access to your learning. Fantastic for those already exposed to these principles and newcomers alike since we will explore foundational moves and new innovations of practice.*



JENNIFER COHEN is a Master Certified Somatic Coach with the Strozzi Institute and holds a master's degree in Applied Psychology, with a focus on systems theory. For more than 30 years, she has supported hundreds of individuals

and groups – with a special focus on excelling in conditions of rapid change and uncertainty. She brings a multidisciplinary foundation, including expertise in communication technologies, quantum physics, ontology, neuroscience, psychology, trauma (individual and collective), somatics, and systems thinking. Jen co-authored *The 7 Laws of Enough* with Gina LaRoche, a book recognized by Black Enterprise as one of “4 Life-Lifting Books for 2019 and Beyond.” She has been featured in numerous NPR affiliate interviews and media outlets, sharing insights on how the principles of Sustainable Abundance can transform lives. Additionally, she has contributed a chapter titled “From Surviving to Thriving” in *Being Human at Work*, edited by Richard Strozzi-Heckler.



JENNIFER KRIER is a somatic coach and therapist who has worked in the fields of Anthropology, Yoga, and Psychotherapy. After completing her PhD at Harvard University in 1994 and working as a professor at Cornell University until 2000,

Jennifer turned from studying other cultures to sitting with clients to help them make sense of, heal, and shape their own lives. She integrates reflective conversation with body-based and mindfulness experiences to facilitate deeper self awareness, more authentic self expression, and embodied leadership in action. She is a published author on topics such as women, ritual, motherhood, and self-forgiveness. In addition to working with individuals and couples in her private practice, Jennifer leads and assists groups, international workshops, and training programs. Her current group work focuses on embodied healing of collective trauma and deepening relational skills in organizations.