



Melanie Gow: Embracing the Force of the Spotlight



Melanie is a transformational speaker, story strategist and performance coach. Discover how to awaken the legend within and take back your story.

TOP EMBODIMENT TIP: Own your own story. It's a radical act to take back your story from the world that has designated a story for you to have. Becoming more “you” is the biggest pursuit you can have in life. You will feel unstoppable.

Mind Goblin: A Little Voice in the Back Of Your Head That Says You Can't Do It.

- Its job is to keep us safe and small. It has a positive purpose.
- You can't be in protection and growth at the same time.
- Any time it pops up, make it smaller. Pat it on the head and say, “There there” and “thank you.”

Tips:

- Truth: all speaking is public.
- There are two tracks: 1) What needs to be there: your expertise. 2) What makes it desirable: your story.
- The number one mistake: the how hole. Jumping to your expertise instead of your story. Speaking about the solution to a problem instead of being authentic.

An Exercise: Find Your Story.

- Draw a straight line, like the beats of a heart. Draw the main events in your life.
- Don't stop. Label the peaks and pits. Be honest. Don't try to remember. Draw just the ones that come naturally.
- Tear up your line into pieces. Lay them out on the floor in chronological order, with space in between the pieces.
- Standing up, step onto the first point in your chronology and feel it. Let the memory flood back in. Remember how you felt about it. Look at what you learned from it. Do this activity for each piece of your timeline.

Usefulness of Telling Your Story: The Value Is In the Lesson From Our Experience. The Story Gives Context To the Lesson.

- We create templates out of the lessons we learn from our life stories. We use these templates to make decisions quicker and assess things easier. But sometimes we don't take the learning from it.
- Telling your story to someone who is where you were and who wants to be where you are right now helps create an empathy bridge over which they can see their way to the other side.

Resources

- ❖ **Website:** awakenthelegendwithin.com/



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Dylan Newcomb, [UZAZU Embodied Intelligence](https://uzazu.org)



Dylan Newcomb: Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

UZAZU Embodied Intelligence gives you a clear, integrative model & method for understanding how STATES work: how to identify State Imbalances and how to rapidly shift & re-pattern them, using a set of simple postures & movement patterns. As a Helping Professional, UZAZU gives you a **comprehensive, highly adaptable, embodiment-based methodology** for effectively working with clients on almost any issue—in a way that easily integrates with and amplifies the potency of your existing skill sets.

UZAZU founder Dylan Newcomb is leading a 3-day live, online training this November 19-21, which will teach you all about embodied states and how to access and re-balance them—both for yourself and with your clients.

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UZAZU also offers a FREE Online Embodied Intelligence Self-Assessment, which you can complete in 10-15 minutes and gives you valuable insight into your own embodied states and patterns. **Visit [Uzazu.org](https://uzazu.org) for details!**