



Dr. Suzanne Henwood: Coaching to the Intelligence and Wisdom of your Multiple Brains



Suzanne shares some of the key applied neuroscience behind mBraining to open up curiosity around how to deliberately coach someone to explore the intelligence and wisdom in the head, heart, gut. Learn how to extend your practices to serve your clients even more effectively, by including body wisdom in your coaching techniques. Discover your own application to give a personal experience to access, listen to, feel and explore your own embodied knowledge from your multiple brains.

**TOP EMBODIMENT TIP:** Connect to each brain individually and in an integrated way.

mBraining: There are Three Brains in Your Body; Head, Heart and Gut.

- Using all three brains in an integrated way allows for optimal intelligence and wisdom in your coaching.
- There is also the autonomic nervous system (ANS) brain and the pelvic brain.
- Through even inhales and exhales there is balance of the Autonomic Nervous System; this is the starting point for the mBIT coaching.

The Main Qualities of the Brain in Your Head: The Highest Expression is Meaning.

1. Cognitive perception.
2. Thinking and logic.
3. Making and assigning meaning.

The Main Qualities of the Brain in Your Heart: The Highest Expression is Compassion.

1. The process of feeling.
2. Relating and connecting with others.
3. Your values and what is important to you.

The Main Qualities of the Brain in Your Gut: The Highest Expression is Courage.

1. Personal identity.
2. Self-preservation and safety.
3. Mobilization, motivation and the courage to act.

mBIT Roadmap: The Wisdom of the Three Brains.

- Learn your highest expression.
- **Have congruence in your communication.**

Resources:

- ❖ **Free Ebook:** [Introduction to Neuroscience of MBraining: Exploring Your Multiple Brains](#)
- ❖ **Websites:** [mBraining](#), [mBraining Global](#), [mBraining 4 Success](#), [mBraining The World](#).



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**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. **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!

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