



**Evan Spargo: Coaching for the Non-Verbal Code of High Performance**



What if your client was your body? Evan Spargo is a mindset transformational coach, ICF coach and host. Discover coaching principles to help you form a fully aligned team with your own body.

**Body as Client: What if the Body was the Coaching Client?**

- Experiential learning led to discovering that your own body could be the coaching client.
- The key is asking the body questions and listening to the answers through the body and not via thinking.
- The journey began with discovering more potential through sports and listening to what the body needed.
- The body is always speaking to us non-verbally and there is great infinite potential when we listen and respond.
- The intention is to create inner body awareness of all the potential that is possible when you listen to your body wholeheartedly and completely.

**Whole Self: We are able to Access our Full Potential when we Listen to our Bodies**

- There is a bigger potential and flow that allows us to overcome challenges and obstacles from listening to our bodies.
- Listening to our bodies allows us to perform optimally and at our best.

**Self-Coaching: A Modeled Exercise of Self-Coaching**

- Where are you now and where do you want to be?
- Uncover what is currently in you and how to change or move forward by listening to the non-verbal.
- What's arising and what needs to be challenged in you to move forward?
- What do you need to feel free? The answer is the opening to the flow state.
- Recap what you experience and discover via insight, learning and what is emerging through this listening to the non-verbal.
- What actions do you need to take and how do you stay committed?
- The body is truth and not the thinking, perceptions and analytical thinking.
- The brain is in the heart, head and gut; this process allows integration of these three.
- The natural flow state and congruence leads to confidence, power and high performance.

**Principles: Pause, Check-In and Become Aware**

- What and where am I feeling something in my body?
- What is my posture saying?
- What do I notice and what is arising?

**Principle: Ask & Listen to Your Body**

- What do I really want and why is it important?
- What do I need to challenge?
- What do I need to be supported and free?

**Principle: Step Into Aligned Action**

- What is it like to breathe into this space? What action do I need to take? How do I stay committed?

**Resources**

- ❖ **Website:** [evanspargo.com](http://evanspargo.com)
- ❖ **Instagram:** [@evanspargo](https://www.instagram.com/evanspargo) **Facebook:** [Evan Spargo](https://www.facebook.com/EvanSpargo)



## Evan Spargo





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