



Curtis Watkins: Emotions and Somatic Coaching



Curtis' coaching approach is based on results. In his more than twenty years of experience working with executives across a range of industries, he has found coaching to be one of the most effective ways for senior leaders to develop, increase productivity, and achieve greater satisfaction in their work and personal lives. Experience how Curtis' background, as a trained stage actor, brings a uniquely engaging perspective to his work with executives on their presence and impact.

TOP EMBODIMENT TIP: BREATHE. Deep, long, slow breathing.

Emotional Literacy: **Emotions have a unique purpose and are contagious.**

- Curtis guides us through the maybe unanswerable question - what are emotions?
- He shares interpretations of emotions and discusses being a 'human becoming' as opposed to a human 'doing'.
- He asks, "how do emotions serve you?"

What makes Something an Emotion & What Do Emotions Do?

- Understand there is no universal agreement on the topic.
- Curtis offers ideas that may help you in tending to your emotions.
- Emotions have 3 components: story, impulse, and purpose.
- **Emotions make relationships possible.**

Attending to Your Emotions: **Choose to stay or move.**

- Feel where in the body.
- Look for story, purpose, impulse.
- Choose to move or stay.

Emotions and Coaching: **Practice, practice, practice.**

- Emotions link thoughts, ideas, plans and actions (or inaction).
- Use somatics to know what you are feeling.
- Develop the ability to choose intentionally vs. reacting.
- Practice shifting somatic experience and your emotion.
- Meditation supports the development of emotional agility.

Resources:

- ❖ **Books:** *The Field Guide to Emotions: A Practical Orientation to 150 Essential Emotions*
- ❖ **Website:** curtiswatkins.com/
- ❖ **References:** [Learning About Emotions At School of Emotions](#) (Dan Newby)



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Dylan Newcomb, [UZAZU Embodied Intelligence](#)



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](#) for details!**

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