



Terri McNerny: Embodied Coaching for Business Leaders: Creating Positive Change



Terri is an Executive Business Coach, Facilitator, Leadership Consultant and author with over a decade of experience. Discover how to bring somatic and other practices to create positive change in the business context.

TOP EMBODIMENT TIP: Take four deep hara breaths (in one, out to the count of two).

Terri provides principles and an overview of several models that she utilizes in her executive business coaching. She provides several somatic practices with context and a “how to” to apply the models she uses.

Principles for Executive Coaching:

- We have the resources we need
- We do the best we can at the time with the resources we have
- Focus on strengths
- Focus on what works and creating more of it (Appreciative Inquiry)
- Words create worlds
- Freedom in a frame
- Context is everything
- Enabling the unique style and their own way
- From team manager to team coach
- Partnering on the journey to become the best leader

ALIGN model: (Model that Terri Developed)

- Appreciating differences
- Leading with purpose
- Inspiring others
- Generating strategy
- Now what?

Models:

- Appreciative Inquiry story exercise
- Scaling change
- Gestalt cycle of change
- Nancy Kline-Thinking Partners: What do you want to think? What are your thoughts?

Resources:

- ❖ **Social:** <https://www.linkedin.com/in/terrimcnerne>



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