



Jane Clapp: Embodied Dignity and Strength



Jane Clapp is a mindful strength and movement coach, trauma-informed embodied resilience educator, and Jungian analyst in training. Explore the intersection of soma and psyche, the alchemical process for professional growth, and owning your own gift.

TOP EMBODIMENT TIP: Embodiment can get a little dry sometimes. What about spirit, lightness, passion, and pleasure? Pick one song a day and dance to it!

The Intersection: Where Soma and Psyche Meet

- Get curious about the resistance you feel in moments when feeling stuck and unable to own your gifts or take up space.
- The soma was never designed to have a master. We can't dominate or override it, we have to work with it.
- Your body, your unconscious psyche, and the collective psyche are always driving the bus.
- When you know your current space is too small, but you can't quite fill a bigger space, it feels scary to make the leap before you feel fully ready.

Dignity: A Basic Human Right

- Traumatic experiences can make it feel like Dignity is no longer home base. Reoccupying your body is a big part of rebuilding your dignity. Try embodying Dignity, and ask yourself why doing so may bring up vulnerability.
- Shame is the opposite of Dignity; it's a black hole for your life force that wants you to stay as small as possible.
- If Shame is more your home base than Dignity, it will be hard to believe in your unique offering and skills, or to own your personal power and strength.

Activation: Tension That Moves You Forward

- You need tension to move forward. If you're afraid of anger and frustration, it is harder to hold the necessary Activation. Growth will bring excitement and fear.
- If you are habitually shutting down discomfort, you can't go from the small space you're in to taking up more space in the world. Valuing calm above all else shuts down the tension that is meant to move you forward.
- The best thing you can do is the next best thing. A little Activation is not a red light. If your heart and belly are saying something is important to you, that's your fuel, and you need a little fire.

Resources

- ❖ **Website:** janeclapp.com
- ❖ **Instagram:** [@janetheclapp](https://www.instagram.com/janetheclapp)
- ❖ **Facebook:** [Jane Clapp - Embodied Resilience](https://www.facebook.com/Jane-Clapp-Embodied-Resilience)



❖ **References:** *On The Nature of The Psyche* by Carl Jung

Jane Clapp





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[Michelle Boulé](#) is a Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and alignment towards their truth. Her online group programs, private coaching, speaking, in-person retreats, and teaching draw from over 20 years of practice in somatic therapies, energy medicine, mindset psychology, spirituality, and an award-winning international career in dance. Clients and students praise Michelle for her direct, intelligent, loving, and joyful approach to guiding groups and individuals.

As a gift to all Embodiment Conference participants, please [click here](#) to download Michelle's free **5 Step Guide to Erase Doubt, Claim Your Truth, and Create the Business and Life You Desire**. If you suffer from loops of self-doubt, indecision, exhaustion, or a life that is less than fulfilled, this guide offers powerful insights and practical Action Steps you can use right away to create the life you truly desire.



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