



**Melanie Williams de Amaya: Embodied English: The Embodied & Relational Mind of Second Language Mastery**



Dr. Melanie Williams de Amaya is TSOL Educator, writer and poet with a background in psychology. She has developed a framework that harnesses the embodied and relational aspect of mind and language learning. Exploring how to locate different languages in your body.

**TOP EMBODIMENT TIP:** Live into and up to your being

The Purpose of Language: **Expressing who we are as individuals and in relationships**

Interpersonal Experience of Communication

- The mind is composed of the brain, the body and our relationships and each of them can affect the way we interact, express ourselves and relate to others.
- We learn our first language in an embodied and relational way.

Power of Identity

- **In English the term “I am” is often used to talk about identity.**
- Who we are relates how we think about ourselves and the language that we use.
- In our native language we can express well from an embodied and relational place.

Emotion Wheel: **Walk an emotion and feel it in your body**

- Locate and feel the emotion in your body while you talk in different languages.
- Observe differences in talking and how your body is expressing emotions differently depending on the language you speak.
- Explore the gap between who you are in your native language and who you can express yourself to be in English.

Resources

- ❖ **Website:** <https://chocolatedreaming308739866.wordpress.com>
- ❖ **Social:** [Facebook](#)
- ❖ **References:** Dr. Dan Siegel on interpersonal neurobiology



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COACHING & HEALING

[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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