



Lena Nasiakou: Embodied Learning Methodology



Lena Nasiakou is a Learning Specialist with MSc in Lifelong Learning & BSc in Educational Studies. Discover the Embodied Learning Methodology and what it brings to you. This session offers the frame where movement enables participants to feel the concept of assumptions in their body and get a clear view of their own assumptions of their target group.

TOP EMBODIMENT TIP: Make explicit your embodied methodology, align and use in coaching conversations and marketing.

Embodied Method

- **Declaration:** Delineate, clarify and declare the offer that is what you bring to others.
- **Purpose:** Clarify and specify your deeper purpose.
- **Principles:** Specify your pragmatic actions that you do for your offering/work (hours, communications etc.)
- **Customer + Client:** Who is your customer/client? Describe in detail.
- **Assumptions:** What assumptions do you live and embody (you don't know until your reality breaks down!).
- Align and connect all the above components.

Embodied Exercise

- Walk normally and with joy.
- Walk like you're walking on eggshells.
- Walk with a heavy weight.
- Walk as if bubbles are coming down and you are jumping to get them.

Embodied Customer

- Embody how your customer feels; trust your intuition.

Reflections on Process

- Reflect on walking with metaphorical situations and which ones you embody. If none, what do you name?

Resources

- ❖ **Website:** lenasmoves.com



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Dylan Newcomb, [UZAZU Embodied Intelligence](https://uzazu.org)



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](https://uzazu.org) for details!

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