



Daniela Welzel: Embodied Self-Defense: How to be Sexy and Still Kick Ass



Daniela Welzel is a Black Belt Aikido Master with a Master's Degree in Administration and Police Leadership, who has worked with the German police force for 10 years. She is a coach, a facilitator, a course manager for the Embodied Facilitator Course and an Embodiment Conference Leader. Explore your own embodiment patterns in relation to various emotions and learn how embodiment patterns express confidence levels and emotion to the outer world.

TOP EMBODIMENT TIP: Don't be afraid to be yourself because you are in the right place and have access to being assertive, self-confident and sexy. You have a choice in how you want to be and that's embodiment.

Personal Responsibility & Self Regulation:

- This session might be triggering due to the topic of violence and embodiment of emotions.
- Be attentive to how the experiences are impacting you. Participate to your comfort level and take breaks as needed.
- When exploring embodiment patterns of challenging emotions, choose a level 2 or 3, on a 0-10 intensity scale.

Embodied Self-Defense Happens Before the Attack:

- To defend ourselves, we need to develop routines and patterns when we're not in stressful situations. Changing patterns involves thinking and using our prefrontal cortex and in stressful situations we are unable to think.
- There's significant adrenaline involved in an attack resulting in the instinctive response of fight, flight or freeze.
- We are unable to clearly think of what actions to take even if we know self-defense techniques.
- Adrenaline in the attacker lessens their pain response and can actually make the situation escalate instead of resolving the situation.

Patterns of Embodiment Can Make Conflict More or Less Likely:

- We develop patterns of movement within our daily activities and these patterns change based on our emotional state.
- Embodied emotions give off signals. People seeking to attack look for cues such as nervousness.
- We can make an attack less likely by how we move, how we embody and how we take up space.

We Can Change Our Patterns:

- By bringing awareness to patterns in our body we can make a choice about them and change them.
- When we are aware of the patterns of nervousness we can undo the physical manifestation with centering techniques.
- We need to know when to embody confidence, assertiveness, and even when to embody anxiety. They are there to help us to communicate and relate to our environment. Choosing to avoid some situations can keep us safe.
- We can explore confidence so that we have access to it when we need it. Being self-confident is not the solution for all problems, it is dependent on the context. When there's significant aggression in a situation there has to be a way to embody confidence without being aggressive in order to be able to de-escalate it.

Resources:

- ❖ **Website:** <https://embodiedfacilitator.com/daniela-welzel/>
- ❖ **Social:** Facebook: [Daniela Welzel](#)
- ❖ **References:** [Richard Strozzi-Heckler](#) , [Mark Walsh](#)



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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