



Curtis Watkins: How to Coach with the Body



Curtis Watkins is a Master Somatic Coach with extensive experience in the corporate and public sector, coaching individuals, teams and organisations. Explore Curtis' understanding of transformation, his principles of coaching, areas to be sensitive to when working with clients, and somatic dimensions to become aware of in the body.

TOP EMBODIMENT TIP: Be lovingly curious with yourself and others.

Defining Transformation: Transformation is being able to see a domain of life in a different way, such that one can skillfully take meaningful action in that domain, in a way that they couldn't before.

Coaching Principles: The role of the coach is to see what is wanting to emerge for the client and to support that emergence.

- **Safe space:** Meeting your clients where they are.
- **Loving curiosity:** Being lovingly curious so that it is safe for what needs to emerge, to do so.
- **Congruency:** Understanding that people have shaped themselves (behaviours and movement) in a way that is perfect for what they have needed to do to survive.
- **How people move through space is how they move through life:** from Stuart Heller
- **Homeostatic Beings:** Understanding that our bodies are driven to maintain status quo – it requires loving curiosity and attention to move beyond current homeostasis.

Curiosity When Working With a Client Paying attention to the following...

- What's too little/too much for the client; noticing client's responses.
- How the client feels about giving/receiving.
- Where the client is comfortable/perturbed - comforting what's perturbed and provoking what's comfortable with a "gentle irreverence". (Reference to the work of Richard Strozzi-Heckler)

Three Somatic Dimensions to observe in a client's body and what insights they can offer, (remembering that the client is the final arbitrator as to whether or not your observations are valid for them).

- **Length:** vertical connection between 'heaven and earth' – assists in bringing attention to client's connection with their vision (heaven) and their capacity to carry out their vision (earth).
- **Width:** horizontal connection from left to right – assists in understanding client's patterns of engaging and connecting with the world.
- **Depth:** horizontal connection from back to front – assists in understanding client's relationship with both future and past, and, with their shadow.