



Mark Walsh: Embodiment Coaching



Mark Walsh is the founder of the Embodied Facilitator Course, The Embodiment Podcast and The Embodiment Conference. Mark has dedicated his adult life to studying the “embodied” approach to being a leadership trainer. Find out how embodiment and facilitation is for coaches, leadership trainers and everyone who leads and influences other human beings.

**TOP EMBODIMENT TIP:** It is all about awareness and choice

An Overview of Embodiment

- **How we are:** Being aware of your body and aware of it as an aspect of who you are: “I” not “it”
- **Learn how we live as bodies:** not size or shape, but posture, movement and attention
- **We are embodied in context** (cultural, environmental, relational, situational)
- Understand the Embodiment Intelligence Model

Tools for Self Care and Self Regulation

- **Self Love:** Or, if self love feels too much, lower the bar to self care, or self politeness!
- **Awareness and Choice:** First become aware: How am I standing? How am I breathing? How am I sitting? How am I moving? Then ask yourself: Does that choice serve me?
- **Shifting your State:** Different tools that work for different people: feel the feet, visualization, relax the belly, soften the jaw, wiggle, jump, shake, etc.
- **Practice Self-Care for 1 Minute a Day:** Practice the pose, feel into it, gradually develop it; Use good boundaries and say yes or say no. Use your body to practice boundaries (do a plank, find the embodied sense of holding a boundary). Say no without smiling, collapsing or getting aggressive
- **Awareness of Other People:** If we’re not feeling, we can’t empathise. If we can empathise, we can practice embodied leadership
- **Self Regulation:** learn to self-regulate, learn boundaries, choose who you keep around you. Centering practice allows us to embody the subtler variations of our practices while out in the world
- **ABC Practice:** Awareness, balanced, core, relaxed

Coaching Tips

- **Centre:** Start coaching sessions with centering: then ask what the client wants from the session
- **Shift Clients’ State:** When clients are stuck, get them walking with you or shift their physical state, and then ask the questions
- **Relax Yourself First!** You are your client’s main embodiment tool. Be aware of your own embodiment style

Resources

- ❖ **Courses:** [Embodied Facilitator Course](#)
- ❖ **YouTube Video:** [Working With Normal People: A Guide for Hippies](#)
- ❖ **Website:** [embodiedfacilitator.com](http://embodiedfacilitator.com)
- ❖ **Social:** [@markwalsh](#); [Facebook](#)
- ❖ **References:** Paul Linden, Peter Levine, Gabor Mate



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**Ilan Stephani** is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors“. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

# ILAN STEPHANI

Love and Rage Embodiment Training [ilanstephani.com/loveandrage](http://ilanstephani.com/loveandrage)

Website [ilanstephani.com](http://ilanstephani.com) Instagram [@ilianstephani](https://www.instagram.com/ilianstephani)

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