



## Jenna Ward: Embodiment for Feminine Coaches



Jenna Ward is the founder of the School of Embodied Arts with Feminine Embodiment and Leadership. Find out how to coach clients using feminine embodied techniques, while using a structured framework that yields constructive results.

**TOP EMBODIMENT TIP:** Embodiment is a skill. As you practice it, your sensitivity and skill of inhabiting the body becomes stronger and more habituated. From this place, you are more resourced to handle daily activities from a greater connection to the body.

### What Is The Feminine?

- The feeling, flowing of lightness that exists inside. This exists within every body of every gender identity.
- It is possible to feel the way you want to feel FIRST, and then use it as fuel to inspire all the doing, hustling, and forward-direction that needs to come after it.
- You don't need to achieve “x” goal to achieve an emotional feeling of “y”. **All feeling states are already present within you, and are available to you now.**

### Goal of Feminine Embodied Coaching

- Consistently access the internal wisdom of their body.
- Move beyond more typical talk-based therapies, triggering traumas, or giving them advice.
- **Ask powerful questions - keys to open new doorways of awareness, particularly into their body.**
- Use a framework or container to give form to what we are doing. If we are only in embodiment, it's all flow, and we don't get anywhere. The client usually has a goal or direction they want to work towards. Flow and moving backwards and forwards is good; but sometimes a little masculine direction is needed.

### Coaching framework

1. Drop into the body. Move away from the typical orientation of energy being gathered from the base and condensed up into our shoulders and our head, and projected forward in our masculine doing, going, hustling orientation.
2. Set a goal that has soul and depth.
3. **Move into vulnerability, intimacy and inhabiting the most sincere aspects of yourself.**
4. Take wisdom into action to move forward.

### Resources

- ❖ **Website:** [Jenna Ward Embodied Arts](https://jennaward.co/)



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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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