



### Tami Simon: Embodiment in the Workplace



Tami Simon is the Founder and CEO of Sounds True; North America's leading publisher of spoken word spiritual teachings. She is also the host of the podcast *Insights at the Edge*. Discover Tami's own personal tools and some essential keys for staying resilient and anchored in the body, in the face of triggers at the workplace.

**TOP EMBODIMENT TIP:** Focus on the belly centre: big, relaxed and open - as if the whole galaxy could live inside it- make room for what *is*.

#### What Does it Mean to Stay Grounded Amidst Stress at Work?: An Ongoing Focus

- To return, again and again, to a sense of contact points. Sit bones and feet are connected to the ground; breath is smooth; skin pores are open.
- *How* we conduct ourselves is even more important than the output of our work. This is at the core of our working ethics at Sounds True: a direct reflection of the wisdom traditions.

#### Embodiment Attitude: Context Matters

- In a room full of people, there needs to be space for everyone, that requires a lot of listening and absorbing. In a tender one-on-one situation, you may want to be centered in your heart, because you want to tune-in to the other person.
- What's going on in the room? What's going on with people? Can you read the room and attune accordingly?
- To be in a state of receptivity, grounded and centered in the heart, is to be a fully expressed, vibrant and service-oriented human being.

#### Being an Exceptional Team Player: Being Humble, Hungry and Relationally Smart

- A powerful team exhibits humility, a hard-working ethic, and empathy.
- Sounds True Six Core Values: 1. Service, 2. Recognition, 3. Commitment to personal growth, 4. Authentic connection & communication, 5. Kindness and 6. Diversity and inclusion.

#### Resources

- ❖ **Courses:** [The Inner MBA - 9 month Program](#)
- ❖ **Website:** [www.soundstrue.com](http://www.soundstrue.com)
- ❖ **Podcast:** Insights at the Edge



- ❖ **References:** Kaiut Yoga, A.H.Almaas - The Diamond Approach, The Ideal Team Player by Patrick Lencioni, Good night yoga by Mariam Gates. Padmasree Warrior.

## **Tami Simon**





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[Michelle Boulé](#) is a Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and alignment towards their truth. Her online group programs, private coaching, speaking, in-person retreats, and teaching draw from over 20 years of practice in somatic therapies, energy medicine, mindset psychology, spirituality, and an award-winning international career in dance. Clients and students praise Michelle for her direct, intelligent, loving, and joyful approach to guiding groups and individuals.

As a gift to all Embodiment Conference participants, please [click here](#) to download Michelle's free **5 Step Guide to Erase Doubt, Claim Your Truth, and Create the Business and Life You Desire**. If you suffer from loops of self-doubt, indecision, exhaustion, or a life that is less than fulfilled, this guide offers powerful insights and practical Action Steps you can use right away to create the life you truly desire.



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