



Dylan Newcomb: What “Type” of Embodied Change Work Do My Clients Need When?



Dylan Newcomb is the founder & lead trainer of UZAZU Embodied Intelligence, a master embodiment-based coach for helping professionals and cultural creatives, an avid embodiment researcher. Dylan trained at the prestigious Juilliard School in both dance performance AND music composition and was a multi-award-winning choreographer-composer in the Netherlands for over a decade. Discover a framework that can help identify what kind of embodiment work will benefit your client

TOP EMBODIMENT TIP: Revisit states of learning and practice, carrying that state with you into the world, so your system can learn to synergize that with the rest of your life.

What Kind of Embodiment Does my Client Need?:

- Many coaches start in a less embodied way, but with the discovery of embodiment practices we start to bring the awareness in.
- **The further we go with embodiment we may reach a point where we get stuck and revert to talking.**
- It is useful to look at this work through an embodied lens.

Identify the Challenges:

- Participants are invited to reflect on experiences with clients.
- When there is a challenge; how to proceed in an embodied way; reflect on this while going through the practice.

Systems Theory: **Rebalancing, Differentiation, Integration and Synergizing.**

- What do clients need to be able to do and what aspects need to be changed?
- Dylan introduces his systems theory to provide support to this practice in 4 ways: Rebalancing, Differentiation, Integration and Synergizing, and shares protocols and practices to move through this hierarchical framework.

Somatic Exercises:

- Walking through the interconnected stages with simple yet effective exercises that highlight how we feel in our body, noticing how the body is doing and how to take steps to notice, rebalance, differentiate and integrate these feelings.
- **We give our body permission for rebalancing and integration to happen while we need to be assertive for differentiating and synergizing to take place.**

Resources:

- ❖ **Website:** [UZAZU: Embodied Intelligence For Professionals.](#)
- ❖ **Self-Assessment Test:** [UZAZU Embodied Intelligence Free Embodied Intelligence Self-Assessment.](#)
- ❖ **Course:** [Your Roadmap to Embodied Re-Patterning.](#)
- ❖ **Training:** [The Foundations of Embodied Intelligence.](#)



Dylan Newcomb





All Coaching & Therapy Presentations are Proudly Sponsored by

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
Embodied Intelligence

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!**