



Abodi Shabi: Working with the Body in Coaching



Abodi Shabi is an executive coach and a leadership development consultant. Discover how to use the body - yours and the person you are coaching - to achieve a heightened level of connection with your client.

TOP EMBODIMENT TIP: Listen to your body; don't ignore what the body's wisdom has for us.

Embodiment: **Coaching is an Embodied Connection.**

- Coaching is not a disembodied voice talking to another disembodied voice. There are two bodies in the room (or on Zoom).
- The body contains a lot of information for us, both as people living in the body and for us as coaches observing.
- During the 2020 pandemic, or isolation in general, we can stay connected through things like Zoom, but we're missing embodied connections.

Scan: **Before Each Session do a Quick Scan on Where You Are.**

- Notice your own state before the session, then you can be aware of changes once you connect with the coachee.

Tune-In: **Tune Into the Client and Their Energy.**

- What do you notice about them as they come into the room/call?
- What changes do you notice in your own body or energy, etc., as you start to engage with the coachee?

Notice: **What did You Notice in Your Client's Body?**

- What is going on with your client's body - gestures, breathing, speaking pace?

Be Curious: **Be Curious About What You Notice in Your Own Body as You Connect With Your Coachee.**

- What changed from before the session?
- What do your reactions tell you and how do they add to, or reduce, connection?
- **Share your observations with your coachee and be curious about them.**

Reshape/Sculpt/Move: **Invite Clients to Sit or Stand While They Speak.**

- Notice and ask what is different when they are speaking about the same issue from a different position.
- Practice: **Explore practices to help clients embody the new learning.**

Resources:

- ❖ **Abodi Shabi slide presentation:** [Slide Presentation](#).
- ❖ **Website:** [Inner Leader](#)
- ❖ **Social:** [Instagram: Abodi London](#), [LinkedIn](#); [Abodi Shabi](#).



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Dylan Newcomb, [UZAZU Embodied Intelligence](#)



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](#) for details!**

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