



Steven D'Souza: Coaching From the Space of Not Knowing



Steven D'Souza is the co-author of the award winning book *Not Knowing: the Art of Turning Uncertainty into Opportunity*. In this session, participants will gain an understanding of the dangers of expertise and the limits of knowledge.

TOP EMBODIMENT TIP: I don't know - be in the unknown.

The Unknown: How Do We Think About It?

- If you think you have reasons for your beliefs, you're mistaken; we don't know as much as we think.
- There is a fear of saying 'I don't know' and the vulnerability that comes with that.
- Transformation takes place in the space of darkness and unknown; it is unpleasant, painful and terrifying.

At the Edge: Somatic Clues.

- When we're at the edge there is a visceral feeling.
- The somatic clues include control, passive resignation, paralysis by analysis, catastrophic thinking, rush to action/do anything, resistance/procrastination, and spiritual bypassing.
- Being at the edge takes us to the possibility for something new to arise in our lives.

Self-Regulate: Methods Used to Calm Yourself at the Edge.

- Journaling, asking yourself - Is it true? How do I know it is true? How do I behave when I believe that thought? Who would I be if I didn't have that thought?
- There are many self regulation techniques (yoga, forest bathing, walking the dog, journaling, etc.). Notice where your energy is pulled to and do that.

Unknown: A Place of Opportunity.

- Four ways to think about staying with the mystery and embrace it:
 - Empty your cup/beginner's mind.
 - Close your eyes in order to see.
 - Leap into the dark/small experiments before large leaps.
 - Delight in the unknown/ be compassionate towards yourself/self care routine.

Resources

- ❖ **Books:** *Not Knowing: the Art of Turning Uncertainty into Opportunity*
- ❖ **TEDx:** [TEDx Stephen D'Souza Wisdom of Not Knowing](#)
- ❖ **References:** *Thinking Fast and Slow* by Daniel Kahneman



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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.

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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!**