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](https://www.tedx.com/speakers/stephen-d-souza)
- **References:** *Thinking Fast and Slow* by Daniel Kahneman
Steven D’Souza
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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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