



Debra Birks: Who's the Author of Your Story? Finding Courage, Connections and Compassion



Debra Birks is a holistic leadership and executive coach, a wellbeing teacher and a certified Dare To Lead™ facilitator. Discover how to be brave enough to understand what to let go of in order to cultivate more of what we need using courage, connection and compassion.

TOP EMBODIMENT TIP: Clear is kind. Unclear is unkind.

Who's the Author of Your Story? Insights into Who We Are and What Holds Us Back.

- When we own our stories, we get to write the ending.
- Be Brave. Be Curious. Be Kind.
- Let go of the stories and live the life you deserve.
- Key barriers to brave leadership and courageous cultures are the lack of reciprocal feedback and the inability to have tough conversations and attend to people's fears and feelings.
- Courage, curiosity and values provide all you need to get the answers while being vulnerable.
- When we deny our stories, they prevent us from moving forward.
- **Permission Slips:** What do you need to give yourself permission to do/not do or feel in order to be present for this learning experience?

Who We Are Is How We Lead: We Can Connect with Others if We are Self Aware and Lead with Compassion & Courage.

- Values light the way.
- Our armour closes us off, so people can't get in and thus prevents connection.
- It's a muscle that we need to keep practicing.
- Brené Brown's 3-step Process from *Rising Strong*:
 - 1) **The Reckoning:** Hooked by emotion. It's about offloading all our 'stuff' on others when triggered by assumptions and speculation.
 - 2) **The Rumble:** Rewind the story to get a strategy which would enable you to deal with the emotions and clarify assumptions to get to the truth. Write your story as an SFD (S#@% First Draft).
 - 3) **The Revolution:** Integrate the practice of the new story.

Resources

- ❖ **Books:** [Rising Strong](#) (Brené Brown)
- ❖ **Website:** anewday.com.au
- ❖ **Social:** [@debbirks](#), [Debra Birks](#)
- ❖ **References:** [Brené Brown](#), [Kristen Neff's Self Compassion](#), [7 elements of Trust using BRAVING](#) ©



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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.

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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](https://uzazu.org) for details!