



Stephen Kotev: Navigating Conflict Skillfully: A Path to Embodied Peacemaking



Stephen Kotev is a veteran conflict resolver, he helps leaders to find their voice, align with their values and act on their aspirations. He is a leadership coach and somatic educator and is sought after for his insight and innovative way of tackling difficult disputes. Stephen will share what he has learned from his over two decades of study and as a senior student of Dr. Paul Linden. In this session, he will talk about honoring our emotions and our bodies, as well as how to integrate embodiment practices into everyday life. Get ready for a special treat in this interactive and practical exploration of how embodiment can help us navigate conflict in a skillful way.

TOP EMBODIMENT TIP: What do you notice in your body and what emotion do you feel? Radiant symmetry is key.

Set Your Attention: Checking In with Self

- How connection makes you feel safe. What are the external and internal things to set aside? Check in with yourself and what you want to achieve. How do you want to show up? Explore how breath can help you.

Conflict: Challenges

- Learn what the challenges of conflict are. How can you come into your own awareness? Where do you feel conflict in your body? How does reaction to conflict show up in your body? Discover your protector in motion.

Embodiment: Self

- How do you use embodiment practice to regulate? How do you become more centered? Learn how to come back to self. Does embodiment come from everyday life? Where and when to use your embodiment practice. Explore how to deepen your connection to what you love. What is your embodied and centered state? Discover the key teachings of Paul Linden. Find out what the key insight is to a path of embodiment.

Anger: Trauma

- Discover what happens when you're angry. Identify connecting to love and how that feels in your body. Flight or fight explained. Practices to expand self: **Six Direction Breathing**. Exploring physiological organization. Why it is important to understand your trauma baggage. Does trauma lead to conflict? How does learning your own patterns help? Explore the ways out of anger.

Trauma: Coming Home

- How does understanding trauma help resolve anger and what role does it play in self-regulation. Discover the role of vulnerability. Learn and develop trauma resources. **Compassion leads to power:** come home to embodiment.

Resources

- ❖ **Books:** *My Grandmother's Hands* by Resmaa Menakem
- ❖ **Website:** stephenkotev.com



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Steve Hoskinson, [Organic Intelligence](https://www.organicintelligence.org)



Steven Hoskinson is Founder and Chief Compassion Officer of Organic Intelligence®. For twenty-five years he has trained and mentored therapists and others at the intersection of trauma, embodiment and social responsibility. Organic Intelligence offers courses in its fully developed systems framework, including with CEs for professional post-graduate level training in trauma.

OI's Trauma Safe™ Trajectory features a carefully sequenced set of trainings, including the experiential 10-Week End of Trauma™ Course, the HEART@Home™ Coaching Certification, and the OI in-depth overview, PTSD: Post-Trauma System Development course. All courses are available online.



PTSD: Post-Trauma System Development emphasizes skills and theory relevant to personal resilience, as well as for professional therapeutic understanding and intervention. This course also includes demonstration sessions, debriefed by Steve Hoskinson, and monthly online group meetings with Steve through 2021.

As an Embodiment Conference registrant, receive 50% off Post-Trauma System Development with this Conference's Exclusive Offer. Use coupon code ENJOY when you register. [organicintelligence.org](https://www.organicintelligence.org)