



Robert Dilts: Somatic Modeling and Accessing Somatic Intelligence in Coaching



Robert is a developer, coach, trainer, and author of over 25 books in the fields of Neuro-Linguistic Programming and Success Factor Modeling. He is the co-founder of the NLP University and the International Association for Generative Change.

TOP EMBODIMENT TIP: Practice - we are what we practice, so have a daily practice.

Using the Body in Coaching: The Development of Somatics in Coaching, NLP and Generative Change.

- Robert developed Somatic Syntax with Judith DeLozier and incorporated it into NLP, believing that the whole body needed to be part of the coaching process. He was also influenced by the work of Moshé Feldenkrais on how the body represents emotional states.

Releasing Somatic Intelligence: Different Ways to Access Somatic Intelligence.

- Darwin used a daily walk to facilitate his problem solving, Einstein sailed to aid his thinking and a top entrepreneur had a system of using different movements for different problems.
- Robert draws on Martha Graham (keep your bodily expression unique to keep the life force channel open and your authentic identity), Gabrielle Roth (5 Rhythms of flow, staccato, chaos, lyrical and still) and George Bateson (levels from deep structures to surface structures).

Working with Filters: The Use of Filters in the Coaching Process.

- These are the somatic, cognitive and field/relational intelligence filters. When someone is in neuromuscular lock, their channels are closed and a CRASH state is generated. (Contracted, Reactive, Analysis Paralysis, Separated, Hostility).
- If all channels are open one is in COACH state (Centered from the belly, Open field of awareness, Attending mindfully to what is going on, Connecting to yourself and other systems, Holding whatever is happening in a state of resourceful, creative, hospitality).

The Coaching Process: The Generative Relationship Between Coach and Client, Physical Timeline Storyboard.

- Takes the client from a present state to a desired state. There is an intention and a direction. The client uses their body to show what they want in their life. The client physicalizes their desired future state and then present state and asks the body what resource can help them transform.

Resources:

- ❖ **Website:** nlp.com (see also for books and courses)
- ❖ **Social:** facebook.com/robert.dilts.3
- ❖ **References:** Feldenkrais, Judith DeLozier, G. Bateson, Gabrielle Roth, Martha Graham



Robert Diltz





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