



PANEL: Teaching Embodiment to Coaches



Matthew Carratu hosts questions posed by conference sponsor Dylan Newcomb to panelists Daniel Moore, Jenifer Trivelli and Dr. Suzanne Henwood.

**TOP EMBODIMENT TIP:** To be a great embodiment coach, have the experience yourself of being a client.

What is Increasingly Drawing Coaches to Learning Embodiment Techniques?

- **Jenifer Trivelli** - Embodiment offers a practical, felt sensed experience of the scientific evidence we have been accumulating for decades.
- **Dr. Suzanne Henwood** - The transition from “knowledge is power” back to our pre-Descartes knowledge that we need a full-bodied relationship with ourselves and others.
- **Daniel Moore** - The embodied approach transcends the realm of words to the next level realm of experience.
- **Dylan Newcomb** - A transformational shift from thinking how we want to be to being how we want to be.

What Challenges do Coaches New to Embodiment Face and What is Useful in Overcoming These?

- **Dr. Suzanne Henwood** - Transitioning from head level education to heart and gut connection. Safety and practical tools can assist until mastery of the underlying principles are gained.
- **Dylan Newcomb** - Mastery of the transition between talking and embodied practice. Learning to move gracefully between the two. Trust that it is a process to learn and it takes time to embody the fluidity.
- **Daniel Moore** - For coaches to fully embody the practices that they teach so there is absolute congruence beyond words. Playfulness helps us to embody practice and to learn.
- **Jenifer Trivelli** - The term “parallel process” is where we embody in demonstration what we are hoping parents and educators will gain. To be ok with making mistakes and co-creating something with your client.

What Makes a Big Difference That You Find Doesn't Get Sufficient Attention in Embodiment Trainings?

- **Dr. Suzanne Henwood** - The field of polyvagal theory and an understanding of the different and combined states. That we have an enormous ability to interact with our autonomic nervous system.

What are the Main Benefits You Have Experienced Bringing Embodied Techniques into Your Practice?

- **Daniel Moore** - When clients experience the power to shift states they share it and it evolves.
- **Dr. Suzanne Henwood** - The client gains the power to take back control of their body.
- **Jenifer Trivelli** - Hope that in gaining power over oneself, people will find less need to gain power over others.
- **Dylan Newcomb** - To be able to invite people into a playground of dance, presence, breath, movement, discovery, courage and enquiry.



## Daniel Moore



Daniel Moore is a Structural Osteopath and coach with qualifications in acupuncture, homoeopathy, coaching, NLP, pain management, applied communications, and more.

### Resources

- ❖ **Website:** [themanlyosteopath.co.nz/](http://themanlyosteopath.co.nz/)



## Jenifer Trivelli



Jenifer Trivelli is a coach, writer, and yoga teacher who created a platform offering practical tools with a digestible curious approach based on trauma and neuroscience research for youth, parents and educators.

### Resources

❖ **Website:** [wisemindservices.com](https://www.wisemindservices.com)



## Dr. Suzanne Henwood



Suzanne Henwood is the Director of mBraining4Success and the lead coach and trainer (and one of only 2 Master Trainers and Master Coaches in mBIT globally).

### Resources:

- ❖ **Websites:** [mBraining](#), [mBraining Global](#), [mBraining 4 Success](#), [mBraining The World](#).



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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](#) for details!