



Nathan Blair: Letting the Body Lead: Reinventing Leadership through Powerful Body-Oriented Coaching Techniques.



Nathan Blair is a body-oriented coach and the founder of The Somatic School in the UK. He is trained in Hakomi, Focusing and Authentic Movement. He integrates these techniques and similar modalities into a coaching context. In this talk you'll discover 5 tools for leading yourself and others by talking less, feeling more, and by following the body's lead.

TOP EMBODIMENT TIP: What is presence if not being *with*?

Hakomi Method: **Five Principles**

- Organicity - the idea that living beings are self-organising and self-directing.
- Mindfulness - simple attention to the present moment just as it is. In Hakomi, it's an understanding that change comes through awareness.
- Nonviolence - the principle of- do no harm. In Hakomi, it means aligning ourselves with the organic unfolding of the process.
- Body-mind holism - the body is the expression of the mind and vice versa.
- Unity - everything is part of a greater whole. Think about a bigger picture.

Orienting Practice: **Connecting to the Environment Through Our Senses - Get Back to Here and Now.**

- Take a moment to do nothing. Let your eyes travel where they want to go and let them see what they see. How does the environment contact you through your eyes? Is there any change in your state now?

Focusing Practice:

- Take the time to feel your body. Feel the places where your body is in contact with something else. Feel your breath. Be aware of what feels good. Notice something that might be needing your attention right now. Try saying: "Something is here." How does it feel? Maybe this *something* needs to be acknowledged, or it needs time or space. Try to describe it. This practice is about getting in touch with the **felt sense**.

A Practice of Loving-Presence:

- See the person you are interacting with as **a source of nourishment and inspiration for you.**

A Sitting Down Practice:

- Ask the person to approach a chair and sit on it. Watch and then do it yourself, thinking of what this person was trying to say to the chair. What did this chair say in reply to the body? What would the chair say when the person left the room? Share the answers with the person.

Resources

- ❖ **Website:** <https://www.thesomaticschool.com/>
- ❖ **Social:** Facebook: <https://www.facebook.com/nathblair>
- ❖ **References:** Hakomi method, Steve Hoskinson - Organic Intelligence, Polyvagal Theory, Eugene Gendlin - Focusing, Jon Kabat-Zinn - books on mindfulness, felt sense, & Deb Dana.



All Leadership & Business Presentations are Proudly Sponsored by [Michelle Boulé](#)



Michelle Boulé
COACHING & HEALING

[Michelle Boulé](#) is a Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and alignment towards their truth. Her online group programs, private coaching, speaking, in-person retreats, and teaching draw from over 20 years of practice in somatic therapies, energy medicine, mindset psychology, spirituality, and an award-winning international career in dance. Clients and students praise Michelle for her direct, intelligent, loving, and joyful approach to guiding groups and individuals.

As a gift to all Embodiment Conference participants, please [click here](#) to download Michelle's free **5 Step Guide to Erase Doubt, Claim Your Truth, and Create the Business and Life You Desire**. If you suffer from loops of self-doubt, indecision, exhaustion, or a life that is less than fulfilled, this guide offers powerful insights and practical Action Steps you can use right away to create the life you truly desire.

CONNECT WITH MICHELLE: **Website** michelleboule.com **Instagram** [@michelle.boule](https://www.instagram.com/michelle.boule) **LinkedIn:** [Michelle Boulé](#)

Interested in securing **LIFETIME ACCESS** to the Embodiment Conference?

				
Recordings	Cheat notes	Bookmarks	Learning lists	Recommendations
Lifetime access to sessions to watch as you please. Video and audio-only options.	Notes on each session to highlight key takeaways and fast-track your learning.	Bookmark your favourite tools to jump back whenever you need them.	Bite-size lists to help structure and guide your learning.	Find new teachers and discover topics personalised to your tastes.

Get lifetime access now