



Stephany Dano: The Curse of "The Helper"



Stephany Dano is a Certified coach, Embodiment Facilitator and Compassionate Inquiry (Gabor Mate) certified practitioner. She works with width, depth and lightness to meet her clients where they are, and help them find their own version of leadership. In this session, Stephany guides us through the journey towards a somatic version of leadership.

TOP EMBODIMENT TIP: Do a micro-checking of your body every day before you help someone!

About the Helper:

- The helper is **someone who constructs his or her self worth depending on the success of helping others.**
- An efficient tool to soothe yourself when you struggle is to take a hot beverage and place it close to your heart.
- Put a hand on your heart and a hand on your belly.

The three traits of the helper: **Sensitivity, Multi-Potential, Being Behind and Putting Others First**

- Practice: You can put one hand under and one on top and grab your fingers together. The lower hand would be the person that might have a big ego, and that you are helping, and the upper hand is you as a helper.
- When the lower hand takes over, you don't have space anymore; you cannot have stability..
- There is friction where there is a lot of energy that you're wasting.
- Know your worth as a helper.

Awareness in Sensation:

- Notice your breathing, with the following phrases: *You are wrong / It's your fault / No one cares/ They deserve it more than you do.*
- Shake it off with your body.
- **Find your own version of leadership through dignity, space and boundaries.**
- **What if we all had enough space to be?**
- What if your purpose would naturally come through you?
- Open your eyes when you feel ready.
- Always check in with your body.

Resources

- ◆ **Website:** stephanydano.com



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[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.



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