



Nick Winkelman: The Language That Moves Us



Nick Winkelman is the head of Athletic Performance & Science for the Irish Rugby Football Union. From song lyrics to TED talks, a parent's praise to a coach's critique, find out how language and words have the power to move us. This session is an invitation to paying attention to the connection between our words and our client's movement.

TOP EMBODIMENT TIP: As coaches, embodiment is a matter of us creating a relationship and communicating is such a way to help the athlete reveal themselves to themselves through the way they focus on the world around them.

Power of Words: **How Often Do We Pay Attention to Our Words and Who We Are Coaching?**

- Identify a way a person moves and find ways to improve their actions. The primary way to communicate that change is through language. Words shape the way in which we see the world, and in order to move better, we can choose better ways of expressing ourselves verbally.
- What we think while we move has huge impacts on our movement goals.

Role of the Coach: **Why Do We Need Movement Coaches?**

- Challenge is a product of learning. Attention is the currency of learning.
- Deliberate practice that leads to optimal learning include **Goals, Focus, Feedback and Challenge.**
- A coach uses language to draw attention to the right features of the environment and to highlight the source of issues/problems in movement.

Language: **Use Words to Get the Most Out of a Learning Experience**

- Coaches can influence how the person focuses on the environment or how the environment captures one's focus
- Coaching communication loop (describe, demo, cue it, do it, debrief it)

Cues: **Are Certain Types Better than Others?**

- Five types of cues, including **Narrow internal, Broad internal, Hybrid, Close external, Far external.**
- Research shows us that Hybrid, Close external and External cues are the best for movement performance.

Resources:

- ❖ **Books:** [The Language of Coaching](#)
- ❖ **Website:** thelanguageofcoaching.com
- ❖ **Social:** [@nickwinkelman](#)
- ❖ **References:** [Peak: Secrets From the New Science of Expertise](#)



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Integral Anatomy is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

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