



Alex Howard: The 6 Emotional Styles



Alex Howard is a coach and the founder and CEO of the Optimum Health Clinic (OHC), one of the world's leading integrative medicine clinics specializing in fatigue and related conditions. He is also the creator of both the 12 week RESET Program and Therapeutic Coaching Methodology. Hear the story of Alex's own healing journey which inspired him to help so many others

TOP EMBODIMENT TIP: You cannot heal what you cannot feel.

What Really Works in Healing:

- Supporting people in countries across the world has allowed Alex to find out what really works when it comes to overcoming chronic fatigue, fibromyalgia and related health issues.
- Alex's own experiences led him to seek out many practitioners in many fields such as nutrition, psychology and coaching.

Emotions and our Emotional Life are Key in Healing:

- When we experience trauma or difficult life situations, we often learn to disconnect from our heart and emotions and instead learn to live primarily in our mind.
- If we don't include emotion in coaching, we miss the heart of what is really going on.

What We Learn in This Talk:

- The safety cycle: how we escape to our mind as a way to disconnect from our hearts.
- The six emotional styles.
- How to find your emotional styles.
- What a healthy emotional life looks like.

Resources:

- ❖ **Books:** *Why Me? My Journey from M.E. to Health and Happiness*
- ❖ **Website:** <https://reset.alexhoward.com/>
- ❖ **Website:** [Therapeutic Coaching](#)
- ❖ **Instagram:** [@alexhoward.tv](#) instagram
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Dylan Newcomb, [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!**

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