



Robyn Dalzen: Three Simple Keys to Cultivate Nurturing Relationships



Robyn Dalzen is an international intimacy coach and facilitator, passionate about helping people feel at home in their body, helps create boundaries in all aspects of their lives and deepen their joy and intimacy. She is also the co-Founder of School of Consent with Dr. Betty Martin. Discover how the “Social Engagement System” of our nervous system impacts our emotions, and explore ways to expand our ability to regulate emotions, to feel a wider spectrum of emotions, and to improve communication for improving our relationships.

TOP EMBODIMENT TIP: Slow down and feel more.

Building Physical Awareness and Self-Regulation:

- The more awareness we can bring to the different states of our nervous system, the more choices we have when engaging with others.
- **We each have tools for regulation and coming back into a place of safety.**
- Tools for self-regulation include meditation, breath, movement, slowing down, and paying attention to the body.
- Regulate with the support of another person, or co-regulate- including asking a friend to listen, asking a partner to hold us, etc.
- **The more we know ourselves**, our own reactions, **the more responsive and loving we can be** with ourselves, and the more we can let others ‘off the hook’ with our expectations.

Expanding Capacity to Feel Emotion:

- **Give emotions space, take a moment to feel into them, to connect, and allow** as a way that we can start to move, and as a way **to create more space** so that we can feel the next emotion.
- For many people it is easier to connect with grief, sadness, and anger, than joy.
- It’s not about getting over an emotion or trying to attach to an emotion, but **surrendering to feeling and allowing what is present.**

Coming into Connection with an Ability to Communicate:

- When our emotions are regulated, and we can sense within ourselves what our needs are, we can begin to identify what it is we will ask from others.
- **In order to communicate needs, desires and wants we need to first feel safe.**
- When “tuned in” to our emotional body and our sensations, we can then start to articulate.
- Ask yourself, “What do I want in this moment?”
- **Let judgments go. There is value in being able to trust ourselves.**

Resources:

- ❖ **Website:** robyndalzen.com; schoolofconsent.org
- ❖ **References:** Stephen W. Porges PhD, stephenporges.com/



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Ilan Stephani is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors”. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love.

#LoveAndRage explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

ILAN STEPHANI

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