



Joan Rosenberg, PhD: Transforming Difficult Feelings Into an Embodied Sense of Confidence, Resilience and Authority



Joan I. Rosenberg, PhD is a consultant, media expert, veteran of the United States Air Force, author, and professor of Psychology at Pepperdine University in Los Angeles, California. She has also been a featured expert in television, radio, digital and print media. Discover what personal experiences led to Dr. Rosenberg's research and work in neuroscience, involving confidence and how managing eight unpleasant feelings are key to building confidence and resilience.

TOP EMBODIMENT TIP: To think, to speak, and to take action in the direction you want your results to be.

What Leads to Confidence? **“The Rosenberg Reset” = 1 choice (moment-to-moment) + 8 feelings + 90 seconds**

1. Experiencing encouragement and/or being valued
2. Mastering a body of knowledge or area of expertise
3. Being present to your moment-to-moment experience
4. Expressing yourself; speaking your truth [with a caveat] ***Must always speak truth from a positive, kind, well, intentioned place.***
5. Taking action - Don't hold back, keep taking action, face risks, feel, and persevere
6. Accepting compliments

Thought Hijacks: **Distract from 8 unpleasant feelings (sadness, shame, helplessness, anger, frustration, vulnerability, embarrassment, disappointment)**

- Fear or Anxiety
- Doubt
- Harsh self-criticism or negative self-talk
- Difficulty speaking up or asserting yourself

Developing Resilience: **Resilience can be learned.**

- Hold resilient attitudes and ask resilient questions.
- Recognize the 8 unpleasant feelings occur in roughly 90 second waves, and ride them out, moving through them.
- With consistent practice handling the 8 emotions you develop a deep embodied sense of can-do-itiveness.
- Choose optimism over pessimism. It is possible to feel one way and consciously think another.

Resources

- ❖ **Books:** *90 Seconds to a Life You Love*
- ❖ **Website:** DrJoanRosenberg.com
- ❖ **Instagram:** [@drjoanrosenberg](https://www.instagram.com/drjoanrosenberg), **Facebook:** [drjroseberg](https://www.facebook.com/drjroseberg), **Twitter:** [DrJoanRosenberg](https://twitter.com/DrJoanRosenberg)
- ❖ **References:** [Emotional Mastery: The Gifted Wisdom of Unpleasant Feelings \(TedX Santa Barbara\)](#)



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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.

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