



Joel Monk: What Got Us Here Won't Get Us There



Joel Monk is a coach and host of the podcast Coaches Rising with 65K participants. These are soul making times. We are confronted with how complex and uncertain the world is. Joel will outline what shifts are happening in leadership and the key practices. Discover what is sparking within you during these times.

TOP EMBODIMENT TIP: Sense Your Body from the Inside Out and Don't Think

Connect to Sparking Something in You

- You can be a connoisseur of emergence
- We need to embody more of who we are during these times
- Capacity of spacious presence in the moment
- **Ask yourself: What is my unique contribution and who am I being called to be?**
- There is an abundance of information to us; the work is about practice, embodiment and presence

Three Streams of Development: Presence, Embodiment, and Practice

1. Presence

- a. Cognitive perception
- b. Thinking and logic
- c. Making and assigning meaning

2. Embodiment: The Structure of Presence and Spaciousness

- a. Identify with presence
- b. What is it to be with that part this is present (emergent)?
- c. Know when to identify with and disidentify with a part within

3. Soul: Our Unique Capacity

Guided Meditation: Sitting in the Middle of Everything

- Feel what it's like to be in the middle of it all
- We speak from who we are and there is a transmission
- Explore the power of community

Resources

- ◆ **Email:** Joel@Coachesrising.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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