



Manal Dabbagh: What Leaders Can Learn From Embodied Parenting
(and How Embodied Parenting Skills Are Used for Leadership)



Manal is an embodiment and movement coach and facilitator, trained in several disciplines. Discover the skills of embodied parenting that lead to a better relationship with our children, and can be applied to leadership roles outside of the home.

TOP EMBODIMENT TIP: Sit back and rest in the trust that it's all going to be okay.

The Overlap Between Parenting and Leadership: **Good Parents and Good Leaders Share Similar Qualities**

- Some qualities include: being a good listener, being supportive, the ability to make decisions and plan, assertiveness, flexibility, confidence, self-responsibility, integrity, compassion, and the ability to lead during crisis.
- We are our children's first leaders. They learn from what we do more-so than by what we say. We have an immense responsibility to model skills and help them co-create their own personality and way of being.

Parenting is Not Second Nature: **Parenting Requires Self-Discovery and Practice Like Any Other Skill**

- Many books on parenting focus on the growth and development of children, as opposed to focusing on the parents.
- Qualities that we want to intentionally include in our relationships with others need to be developed, requiring self-awareness and practice in order to embody them.

Self-Regulation: **"How I Embody Life is What My Kids See"**

- Self-regulation is: coming back to the self, taking a step back to assess and respond instead of react.
- Babies are born without the ability to self-regulate or self-soothe, and learn this skill from us as parents. If we are unable to self-regulate while our child is having a tantrum, the child cannot be expected to have this skill either.
- Self-regulatory practices help us see stressors as being outside of ourselves and give us a broader perspective. They help us feel calm and centered. *"Once I was able ... to regulate myself, my children's behavior started to change".*

Presence: **The Duality of Receptivity and Action**

- The two sides of presence are receptivity - being in the space with our children, listening, connecting, and allowing them to make mistakes and learn, and action - guiding them to move forward with assertiveness while maintaining responsibility for their well-being.

The Good Enough Parent: **Recognizing That We Will Make Mistakes, and the Importance of Releasing Guilt**

- Parenting is difficult. We need to seek help, look for guidance, acknowledge that we don't have to be everything, and recognize that there is no such thing as a "perfect" parent.
- Parenting is not supposed to be a conflict-free relationship (see the work of Dan Siegel).
- What matters is correcting mistakes and trying to do better. Focus on the repair rather than the rupture. It's never too late to communicate to our children our desire to improve.

Resources

- ❖ **Website:** <https://www.manalaldabbagh.com>
- ❖ **References:** "The Power of Showing Up" by Dan Siegel; Leadership Embodiment exercises with Wendy Palmer



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