



Rick Snyder : Wisdom of the Body - Leading By Intuition



Rick Snyder is the author of *Decisive Intuition*, co-founder of StraightTalk.Live, and CEO of Invisible Edge with over 20 years of studying and applying the best practices of human behavior to coach leaders to develop and implement intuitive skills. Explore and identify key principles of your intuitive language, and discuss what gets in the way? Gain more trust with your own intuitive capabilities, no matter where you are in the journey -- and how to apply this incredible resource to your own leadership and decision-making.

TOP EMBODIMENT TIP:

3 Steps: Stop what you're doing. Drop into your experience. Ask the question on your mind/heart.

What is Intuition?: Intuition Is Knowing Something Inherently Without The Need For Any Conscious Reasoning

- Rick's definition - '*Intuition is an embodied knowing, coming from listening to what wants to happen next.*'
- Our subconscious mind works as an antennae; feeling the sense of what's happening around you.
- This helps us to lead, adapt, pivot: emotional intelligence and intuitive intelligence takes courage and curiosity.

Listening to Our Intuitive Language: Be Curious and Courageous and Listen To Your Intuition

- Creating space to listen with a curious engagement in the environment; sometimes intuition is not comfortable.
- Discern between: emotional reactivity of fear vs excitement and intuitive moments - a skill backed by neuroscience.
- Language of intuition is on a different frequency to emotions. Acknowledge synchronicity and question - listen.
- Come back to centre, stabilise emotions, ***breathe***, check in with self, stay connected to our inner sense and curiosity.

How Does Your Intuition Speak to You?: Business Leaders' Responses Worldwide As To How They Hear Intuition

- Body Intuitive: a feeling, a sensation, a gut feeling.
- Visual Intuitive: see images, words, depiction of a prophetic scene.
- Audio Intuitive: hear a phrase, a name, a word, a song, a sound.
- Dream Intuitive: prophetic messaging, subconscious mind connecting the dots, processing information; using mindfulness, a long drive, walk, relax the system to be able to tap into subconscious - slow down, create space.

Questions about Intuition: Distinguish Between Gut, Heart and Brain Responses and Hear Your Intuitive Intelligence

- Practice with small decisions in everyday life; tune in, listen, breathe and build relationships with your intuition.
- Instinct is primordial, survival brain; intuition is about more than survival- activates higher centres of heart empathy and love, purpose and life path.
- Intuitively consider: '*I and I*', '*I and Thou*', '*I and Environment*' - the ecosystem, the '*we*'space, play in the field.

❖ **Books:** [*Decisive Intuition: Use Your Gut Instincts to Make Smart Business Decisions*](#)

❖ **Courses:** [Intuition University](#)



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Rick Snyder



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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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