



Amanda Blake: Your Body Is Your Brain: The Neurobiology of Embodiment



Amanda is the author of the bestselling book 'Your Body is Your Brain'. She specialises in a scientifically grounded mind-body approach to leadership development, and is currently completing her PhD in leadership and management at Case Western Reserve University. Explore the art and science of embodying emotional and social intelligence.

TOP EMBODIMENT TIP: Make it a priority to develop your embodied self-awareness by paying attention to sensation, movement, gesture, and posture.

Embodying Emotional Social Intelligence (ESI):

- **Emotional Intelligence (Self)** - involves emotional self-awareness and skills of adaptability, emotional self-control, achievement orientation, and a positive outlook. As emotional self-awareness improves, so do these skills.
- **Social Intelligence (Others)** - involves empathy and organizational awareness, and skills such as coaching/mentoring, conflict management, influence, inspirational leadership, and teamwork.
- **Benefits** - research shows that ESI positively relates to greater life satisfaction, predictors of leadership effectiveness, and employee retention.

Developing ESI: Two Basic Types of Somatic Competency of Sense

1. **Conceptual Self-Awareness** – based in thinking, language, abstraction, and rational thought. It is very important for understanding ourselves, analyzing ourselves, and envisioning the future.
2. **Embodied Self-Awareness** – a very direct, in-the-moment, physical felt sense experience; the lived experience in the moment. Examples are banging your shin, or an increased heart rate due to being nervous or scared.

Centering: Psychophysiological Coherence

- Centering brings about a coherence of mood and the body's rhythmic systems, such as heart rate, respiratory rate, brain waves and blink rate.
- Stress is physiological (release of hormones, changes in brainwaves, etc.), so it makes sense that resilience would also be a physiological process.
- Effective centering requires practice to help us attain this state in the midst of challenging situations.

Embodiment Exercises:

- **Listening to Internal Visceral Sensation:** using continuums of Cold/Warm, Tight/Open, and Still/Active.
- **Listening to Proprioception:** observing body posture and orientation in response to selected emotions.
- **Simple Twist of Face:** stretching facial muscles in a silly, lighthearted way to influence a perceived sense of safety.

Resources

- ❖ **Books:** [Your Body Is Your Brain](#)
- ❖ **Courses:** [Body=Brain](#)
- ❖ **Website:** <https://embright.org/mandy/>



- ❖ **References:** [Stress to Serenity Guide \(Free\)](#); Richard Boyatzis – Primal Leadership, Steven Porges – Polyvagal Theory

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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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