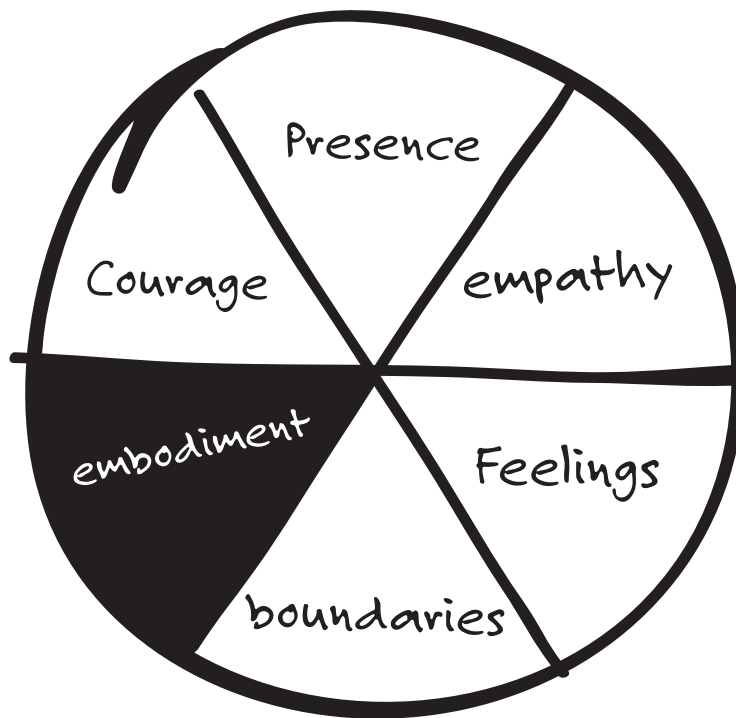


## Deepening Your Impact

# EMBODIMENT



### Finding Our Center

Every action we take originates in our body. To produce change as coaches, we need to engage our body. To be an embodied coach, cultivate your ability to be present to your whole self: head, heart, and gut.

**What We'll Cover** 1: Get Out of Your Head! 2: Somatic Markers 3: Centering Yourself 4: Extending Your Space 5: Action Planning

# 1: Get Out of Your Head!

**Many people worship the brain and ignore the wisdom of their bodies.**

**What are some ways you “get in your head” too much and resist an embodied state?**

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*As human beings functioning as potters, we center ourselves and our clay. We know how necessary it is to be “on center” ourselves if we wish to bring our clay into center. Tensions in the fingers, in the arms and back, holding the breath, these things count. The potter has to prepare her body as she does that of the clay.*

**— From M.C. Richards’ *Centering: In Pottery, Poetry and the Person* (1964). It’s about pottery, our bodies, and our humanness, and it parallels our work as coaches beautifully.**

**What internal chatter throws your work as an embodied coach off center?**

## 2: Somatic Markers

**Somatic markers are feelings in your body connected with particular emotions.**

Tuning in to these somatic markers can help you draw on your proprioception, aka sixth sense, which enables you to hone your felt sense of self.

**How have you noticed disconnection from your own body physically and emotionally manifesting? What somatic markers do you tend to experience?** (Stress, rushing, worry, anxiety, panic attacks, frantic planning, headaches, muscle soreness/tension, upset stomach, health issues, etc.)

**The ingrained ways our unique body responds to life, stress, and the unexpected is built into your muscle memory and the way you hold yourself. Your posture can change the way you think and feel, and also how others perceive you. What posture habits do you need to change or sustain to align your body for success?**

# 3: Centering Yourself

**Centering is an internal practice of bringing your full attention to your body and all your body's sensations, aligning your body to the three dimensions of space you live in: depth, length, and width.**

The ability to be self-generative significantly increases your capacity as coach to be resilient, fully aware, and ready to learn again.

**What somatic practices do you currently engage in to center yourself and your body?**  
(Exercise, yoga or work-out classes, meditation, massage, crafts/hobbies, etc.)

**What physical practices can you begin or increase to propel you in your journey toward embodiment?**

# 4: A Practice for Extending Your Space

**Our social dimension and connectedness with others is illustrated often through our physical width.**

If you use very little width, you might have the tendency to play it too small and remain inward. Conversely, if you use too much width, you may veer into the space of others. There are many psychological factors that go in to your tendency with space from confidence, shyness, gender norms, uncertainty and fear.

**Notice your comfort zone of space on either side of yourself (your width).**

**How much space do you typically take up out of habit? If you are on a crowded train, how do you normally handle space? Do you make yourself smaller to accommodate others, or do you take your space freely?**

**What do you think your width says about you? Do you need to broaden your width or pull in a bit?**

**Who has historically supported you, and is someone you can lean on in your journey to embodiment?**

# 5: Insights for Action Planning

## Holistic Professional Development

As you are reading, reflecting on the “Out in Your World” questions, and completing the Coach’s Worksheets, begin to think of how you can leverage your whole, cultivated self to your future coaching experiences and affect change.

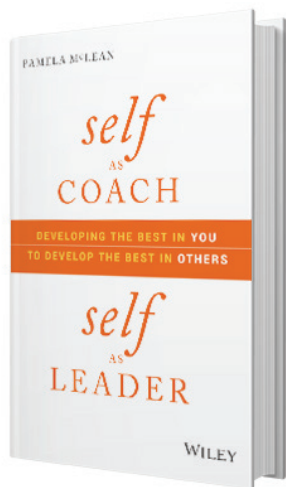
**What is one key insight you can take forward regarding embodiment to contribute toward your overall self-development plan for coaching improvement?**

**How can you harvest the wisdom of the body to support your work in coaching engagements?**

**How will tuning in to your body help you do your best work towards affecting change as a coach or leader?**

**What is one thing you need to be able to be an embodied coach?**

# More About Our Work at Hudson



## Buy the Book

For more details or to buy a copy of Pamela McLean's *Self as Coach, Self as Leader* [click here](#).

## About the Author

Pamela McLean, PhD, is the CEO and cofounder of Hudson Institute of Coaching, an organization providing a full suite of coaching services inside organizations and widely known as one of the leading coach training programs in the United States for over 30 years. McLean brings more than three decades of experience as a clinical and organizational psychologist, a master coach, coach supervisor, and leader and contributor in the field of coaching. McLean has written extensively and authored [The Completely Revised Handbook of Coaching](#) (2012) and [LifeForward: Charting the Journey Ahead](#). (2015).



## About The Hudson Institute of Coaching

One of the early leaders in the field of coaching, [Hudson Institute of Coaching](#) has been providing developmentally based coach training for leaders for more than 30 years. We set the standard for experiential learning programs that lead organizations and people to reach for their best as leaders and human beings in our global world.

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