

Register Early!

Workshop Limited To 14 Participants

COACHING CONVERSATIONS WITH THE BODY presents

A one-day, spotlight session for coaches

# Creating Body-Centered Connections With Clients



This one-day, experiential "spotlight" session offers a learning and practice program for coaches who have some body-centered coaching experience, and who are interested in deepening their learning. The body-centered program is designed to help coaches grow their coaching capacity by applying exercises and practices that help clients to unravel and reframe the body, mind and spirit. We'll also simulate body-centered coaching conversations over the phone.

In this session, you will practice listening for and attending to specific body-centered connections:

- **Connection between head and heart** – discover new body-centered techniques and practices to facilitate travel between the head and the heart in coaching conversations.
- **Connection to breath** – learn how to connect clients with their breath and how attending to breath can create possibilities in the coaching conversation.
- **Connection to voice** – take notice of changes in the client's voice and engage them in practices to encourage vocal expression.

You will leave with:

- Increased confidence in working through the body in your coaching work with clients (in person or over the phone)
- Enhanced capacity to observe body, voice, breath and support clients in gaining greater understanding of stories, habits and how to shift them.
- A toolkit of powerful questions and additional ways to co-create body-centered practices with clients.

## Workshop Leaders



**Roselyn Kay, MSOD, CLC, CSC, PCC**  
Chief Kindler, New Heights Group  
[rakay@newheightsgrp.com](mailto:rakay@newheightsgrp.com)

Roz is a Master Somatic Coach through the Strozzi Institute and is a member of the faculty for the Georgetown Leadership Coaching Program. She is well-respected in coaching and organizational development circles alike for her expertise in linking the body set, the mindset and the emotional set in coaching.



**Deb St. John, President, Shoshin Group**  
[deb@shoshingroup.com](mailto:deb@shoshingroup.com)

Deb is a Certified Somatic Coach through the Strozzi Institute and holds a Leadership Coaching Certificate from Georgetown University. Deb is the author and creator of *PeoplePack Dynamics* and offers workshops that blend her creativity and intuitive sense of the body.

### When:

Wednesday, April 29

### Where:

Hendry House  
2411 24<sup>th</sup> St. N  
Arlington, VA 22207

### Cost:

\$450 (Lunch included)  
\$50 Early Bird discount if paid in full by March 31, 2015

### Registration:

<http://www.newheightsgrp.com/SeminarApril292015.html>

Payable by check or credit card.

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