

## POWER OF SOMATICS

Somatics is a discourse that acknowledges the many unique aspects that make up a person's character and resilience. The word Somatics comes from the Greek word 'Soma', which translates as 'the living body in its wholeness: the mind, the body, and the spirit as a unity'. It is more than working on the body, or including the body as an aspect of learning. It goes beyond attending to the body as a place to manage moods and comprises more than experiential learning. The use of Somatics as a coaching tool incorporates the knowledge of historical experience, the wisdom of recurrent practice, and the power of learning new skills and interpretations. Let's take a look at these unique aspects of Somatic Coaching™.

**Historical Experience:** At Strozzi Institute we see that fundamental change in the ability to shift behavior and thinking cannot happen solely by creating new ideas or goals. We see that a person's historical experiences and interpretations shape their habits and patterns of behavior. As they grow into different levels of maturity, these habits and patterns that worked well earlier in life may now produce limitations or interference. One quickly learns that simply changing their mind or attempting to change their actions is not effective. To make sustainable shifts in our behavior and way of thinking, we have to "embody" these new schemas. The path to achieving such embodiment is established through a series of recurrent practices and the integration of new interpretations about meaning and sustainability.

**Recurrent practice:** Just as a martial artist or athlete trains in new and familiar skill sets over an extended period of time, so does a leader or coach train toward Mastery. We do not become a leader by taking a one-day experiential seminar in leadership, or because we get promoted to a leadership position. We prove our leadership by who we are and how we present ourselves. To achieve this level of leadership, we train over time (just like the athlete) always looking for new areas to refine and build competency, listening, and presence.

**Power of Learning:** Traditional learning institutions promote new understanding, and insight. Yet very few have mastered the ability to move that understanding into available new actions that are sustainable over time. Just as we cannot learn how to swim by reading a good book about swimming, neither can we become effective leaders and individuals by simply applying mental constructs to our goals. RSI has achieved superb results year after year by providing learning that produces embodiment. Other consulting and training institutes request our services to bring Embodied Learning™ into their programs because they understand it's fundamental importance.

Coined terms such as 'emotional intelligence', 'experiential learning', and '7 kinds of smart' attempt to reveal the missing pieces to effective learning. These relatively new concepts exemplify the need to expand our notions of what learning is and how it happens. Somatics works with these emotional, physical, linguistic and ontological aspects of each individual to achieve a depth of learning that academic learning alone cannot achieve. This pragmatic approach allows for the virtues of Leadership and Mastery to emerge. Ongoing, experiential learning is our competitive edge to stay successful, healthy and connected to our purpose.