



# BODY = BRAIN ®

Orientation & Kickoff

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# AGENDA

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- 🔥 Team Intros
- 🔥 Logistics Orientation
- 🔥 Content Orientation
- 🔥 Introductions



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# TEAM

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# MEET GINEANE



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- 🔥 Technology Whiz
- 🔥 Happiness Heroine
- 🔥 Keeps the wheels on the bus!
- 🔥 Your first line of contact for any and all questions
- 🔥 [support@embright.org](mailto:support@embright.org)

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# MEET LUANN

aka Dr. Barndt



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- 🔥 B=B Online Community Manager
- 🔥 7x veteran of Body = Brain
- 🔥 Leadership Embodiment Coach & Master Somatic Coach
- 🔥 Trained in Qi Gong
- 🔥 Volunteer diver @ National Aquarium
- 🔥 Retired US Coast Guard Captain + mother of a US Army Soldier & US Navy Sailor
- 🔥 Doctoral degree focused on "the experience of integrating the body in learning," with B=B alumni

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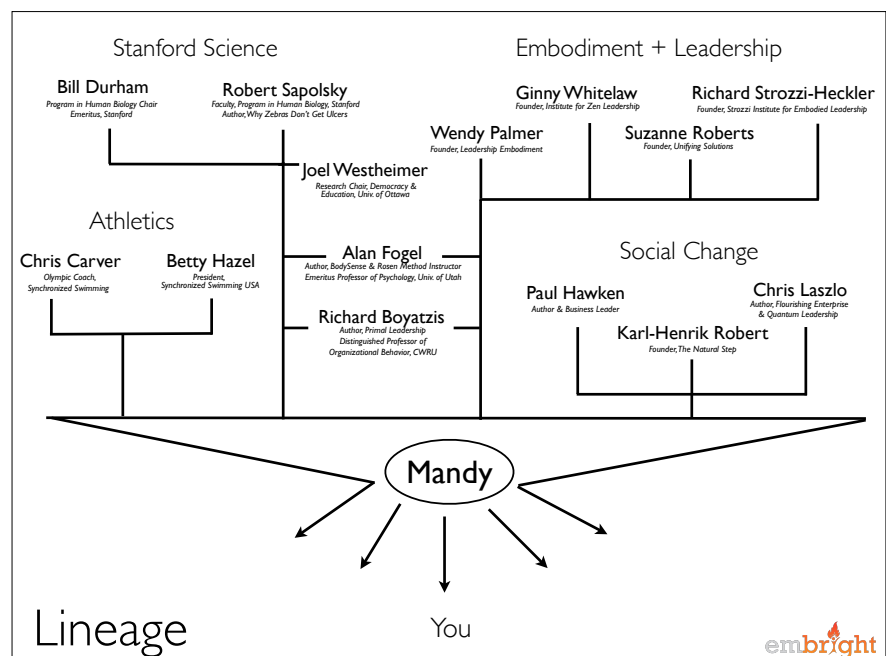
# MEET MANDY



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- 🔥 Childhood Curiosity
- 🔥 Synchronized Swimming
- 🔥 Stanford Science (HumBio)
  - 🔥 + *Experiential Education*
- 🔥 Somatics + Embodiment
- 🔥 PhD in Leadership & Mgmt
- 🔥 Free time: ski, paddle, guitar

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## LOGISTICS

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## USING ZOOM

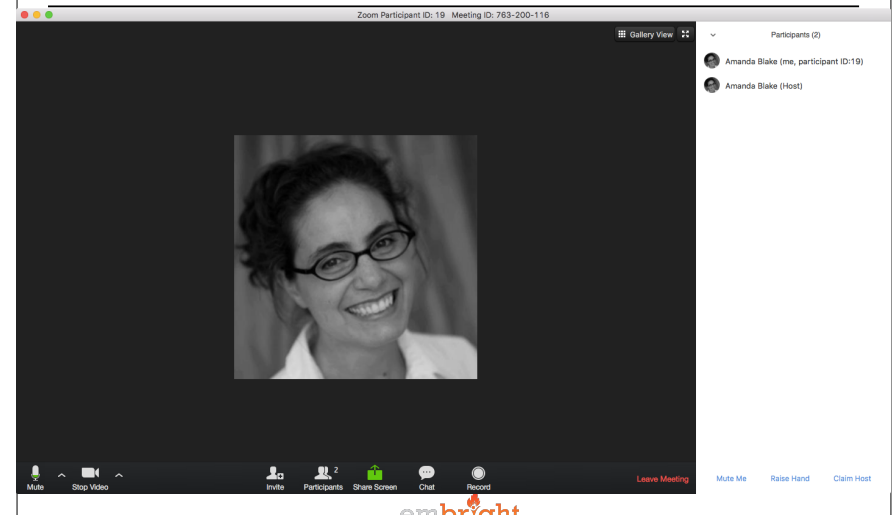
- 👁 Mouse over to see controls
- 👁 Getting help during a call
- 👁 \*6 to mute / unmute
- 👁 [support.zoom.us](https://support.zoom.us)
- 👁 Breakout rooms
- 👁 See Zoom email or calendar invite for dial-in numbers

Help

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## ZOOM CONTROLS



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# PROGRAM STRUCTURE

## 🔥 Recordings + Slides

- 🔥 Sent out Wednesdays. Reserve 60-90 mins for these in between calls.
- 🔥 More time for Supplemental Materials, if you choose

## 🔥 Group Calls

- 🔥 Bring your questions!!! Two ways to ask. Focus on *principles*.

## 🔥 ICF CCEs

- 🔥 First word, second word. Link on the right sidebar. No partial credit.

## 🔥 Online community

- 🔥 Bring questions and reflections + share resources.

## 🔥 Partners ... you must opt-in. Meet 6x, or more if you choose.

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# AGREEMENTS

## 🔥 Confidentiality & Sensitivity

## 🔥 Course Co-Creation

## 🔥 Recording Agreement

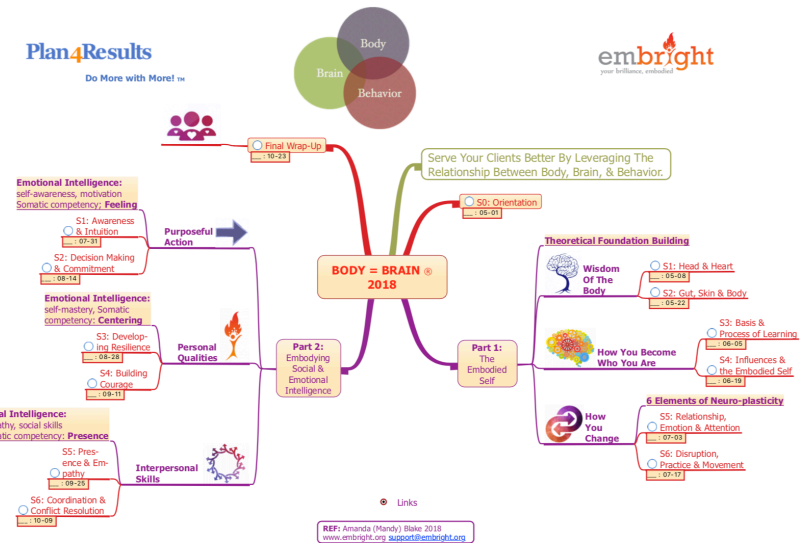
## 🔥 CCEs and Certificates of Completion

## 🔥 Respect the Work; Don't Be a Jerk

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# CONTENT

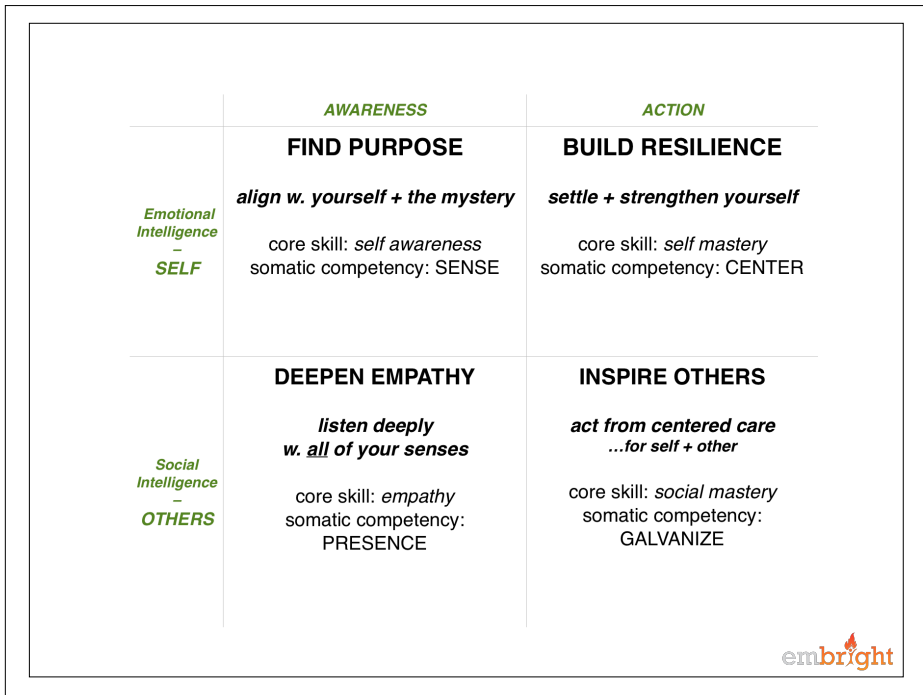


Developed by Britta Heintzen, BEng, PCC - 2018-04-20 - [britta@plan4results.com](mailto:britta@plan4results.com)

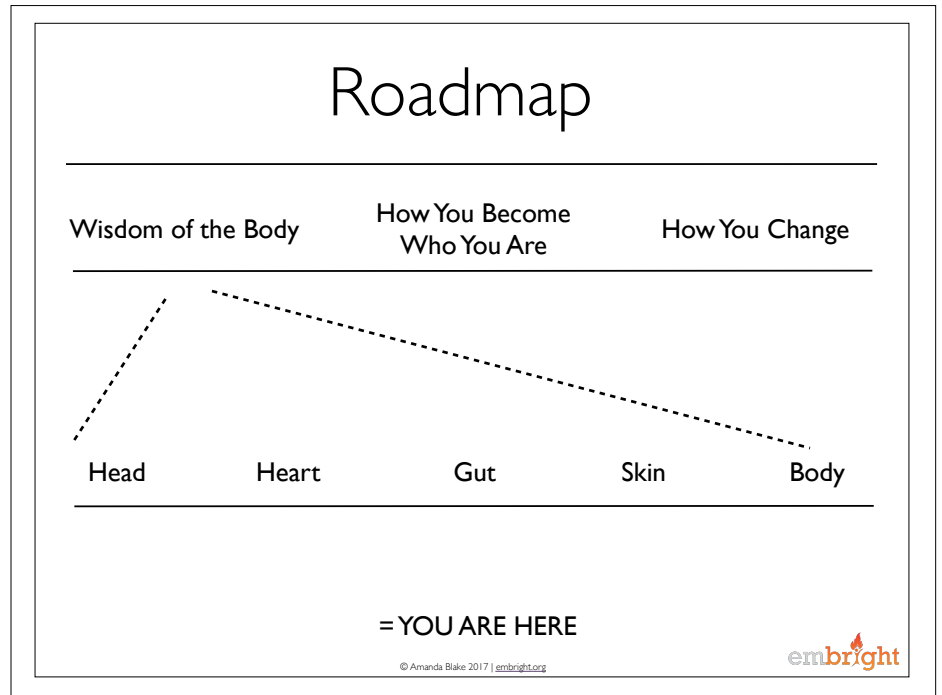
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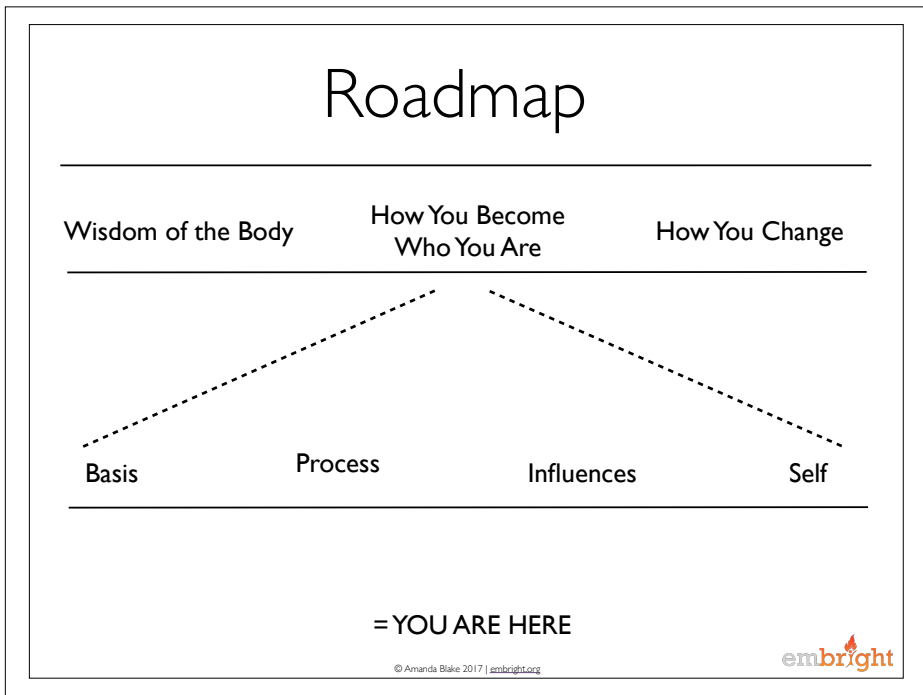




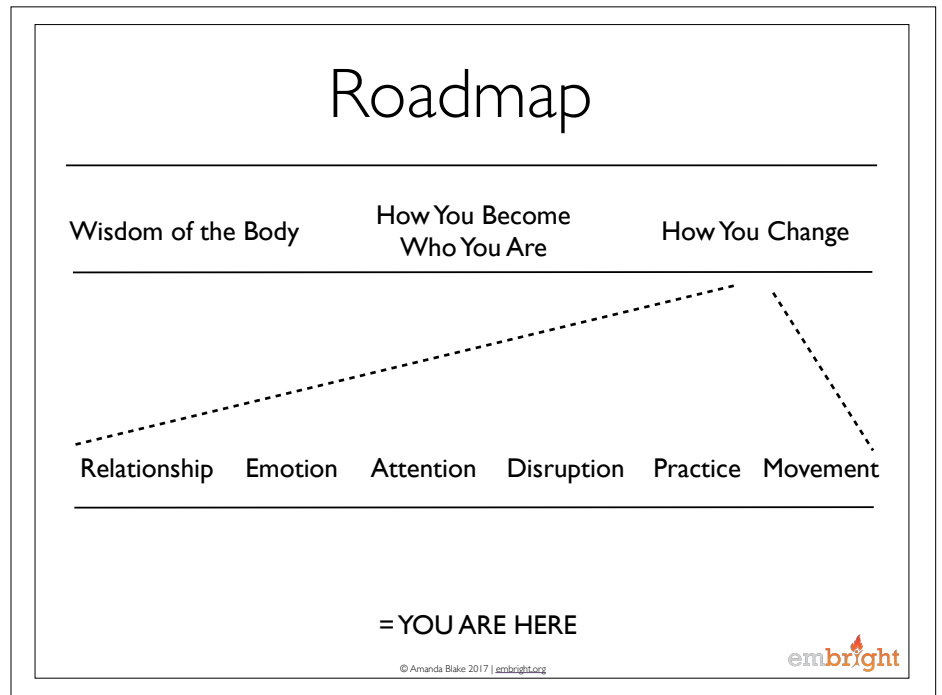
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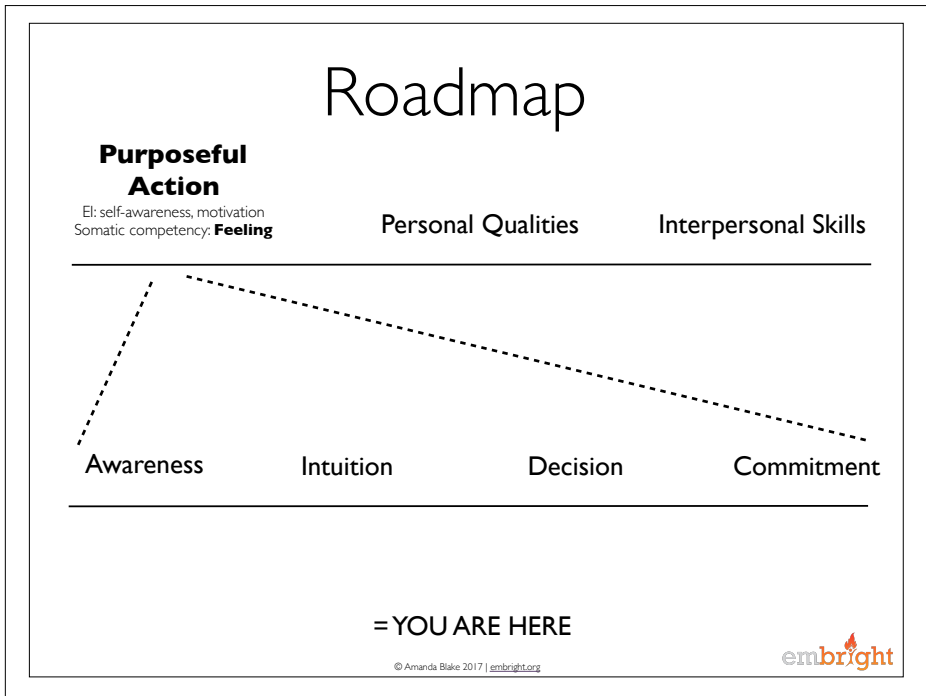
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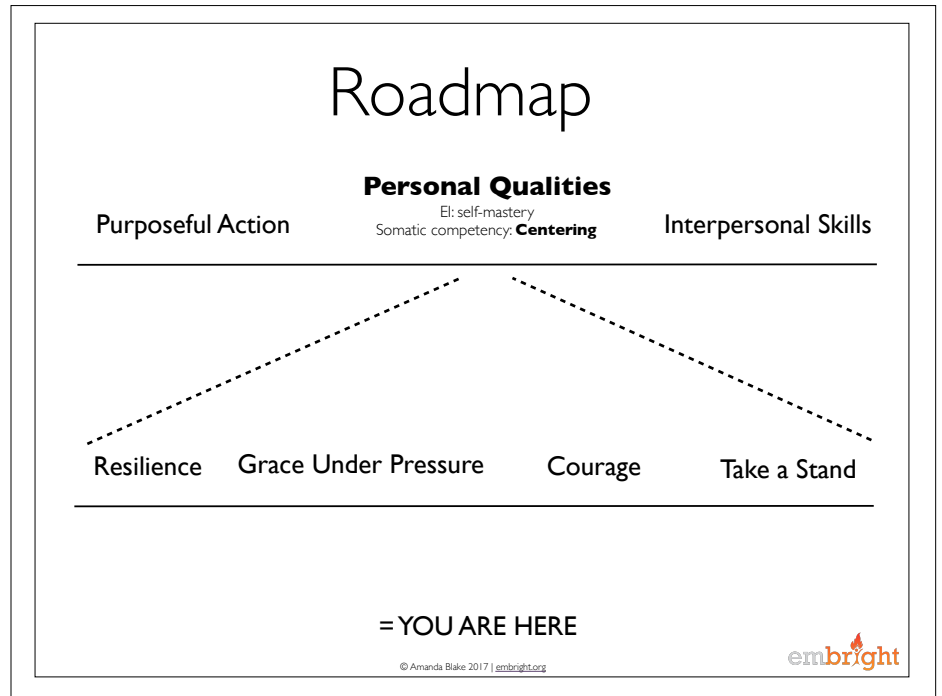
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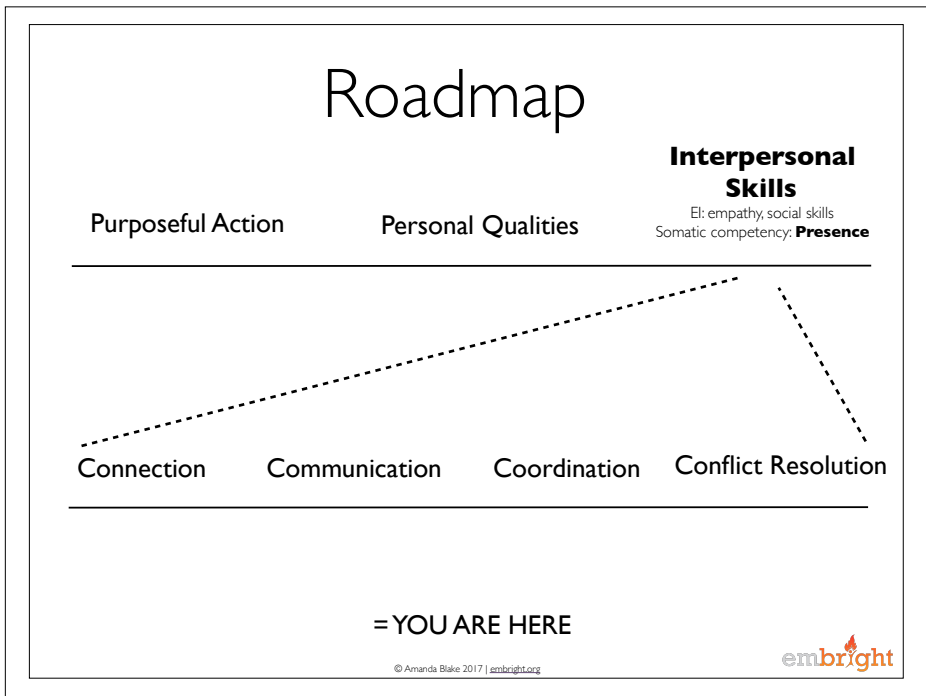
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# ON SCIENCE

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## STRENGTHS OF SCIENCE

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- 🔥 Science is a *methodology*. A powerful tool for exploration.
- 🔥 Systematic, measurable, testable, and *repeatable*
  - 🔥 *Validity & reliability lies in replication*
- 🔥 Subject to peer review
- 🔥 Rigorous... when well-applied.
- 🔥 Inherently open to revision

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## LIMITATIONS OF SCIENCE

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- 🔥 Common mistaken assumptions: science is always *True. Objective. Proven.*
  - 🔥 *Not! Science represents our best understanding to date.*
- 🔥 Not necessarily objective - *research questions colored by assumptions, beliefs, dogmas, individual interests, funding constraints, career concerns, available tools, etc.*
- 🔥 Reductionistic - *parts not wholes; overlooks relationships*
- 🔥 Materialistic - *scientific method is not well suited to studying the immaterial*
- 🔥 Ethnocentric - *whose experience is studied, and how?*
- 🔥 Premature conclusions - *especially in neuroscience, which is in its infancy*
- 🔥 Inherently incomplete - *just one way of knowing about the world*

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## SCIENCE: HOW TO LISTEN

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- 🔥 Science is just one legitimate way of knowing about the world.
- 🔥 It represents our best understanding to date.
- 🔥 It is often *provisional*, not *proof*. **Hold it lightly.**
  - 🔥 *Single studies... leading indicators...*
- 🔥 Taken together, there's quite a lot of solid, grounded evidence supporting the case for embodied intelligence.
  - 🔥 *We are triangulating among dozens of fields in natural & social science.*
- 🔥 Details are the supporting cast. **Listen for the bigger story.**
- 🔥 And... science only tells part of the story. **Listen for the mystery.**

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## HOW TO GET THE MOST FROM THE PROGRAM

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# APPROACH TO LEARNING

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- 🔥 Maintain a healthy skepticism
  - 🔥 *Neither blind faith nor "prove it to me"*
  - 🔥 *Trust your own experience*
- 🔥 Connect to YOUR reason for being here, *your* compass
  - 🔥 *Listen through the lens of your learning objectives*
  - 🔥 *Drop your "good student/bad student" baggage in favor of the learning*
  - 🔥 *Be a curious explorer, an adventurer on a journey of discovery*
- 🔥 Listen for the bigger story
  - 🔥 *Alumni: any practical tips & suggestions for how to do this?*

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# LEARNING PARTNERSHIP

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Consider me the Community Convener,  
Chief Curiosity Officer, & Lead Learner

## My Role

- 🔥 Synthesize & Summarize
  - 🔥 connect the dots of relevant info
  - 🔥 you don't have to read it all yourself!
- 🔥 Principles & Frameworks
- 🔥 Explore & Apply

## Your Role

- 🔥 Design your own learning
  - 🔥 connect material to your own life
- 🔥 Participate actively
  - 🔥 attend, ask, & add
- 🔥 Support each other

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# A CALL TO PRACTICE

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"When you hear something good in these words, a passage that rings true and inspires your spirit, remember that it is not a call to admire the author, but an invitation to practice and embody this freedom in your own life. May [these] teachings and your own true practice bring you a life filled with blessings."

~ Jack Kornfield, in the Foreword to *The Practice of Freedom* by Wendy Palmer

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Questions?



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Who's with us on the journey?

Are you a...



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## INTRODUCTIONS

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- 🔥 Name, Location, + What you do with your time
- 🔥 Why are you in Body = Brain?
  - 🔥 Your primary interest or curiosity *and/or...*
  - 🔥 What you're hoping to get out of the program

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