



**BODY = BRAIN ®**

Orientation & Kickoff

# AGENDA

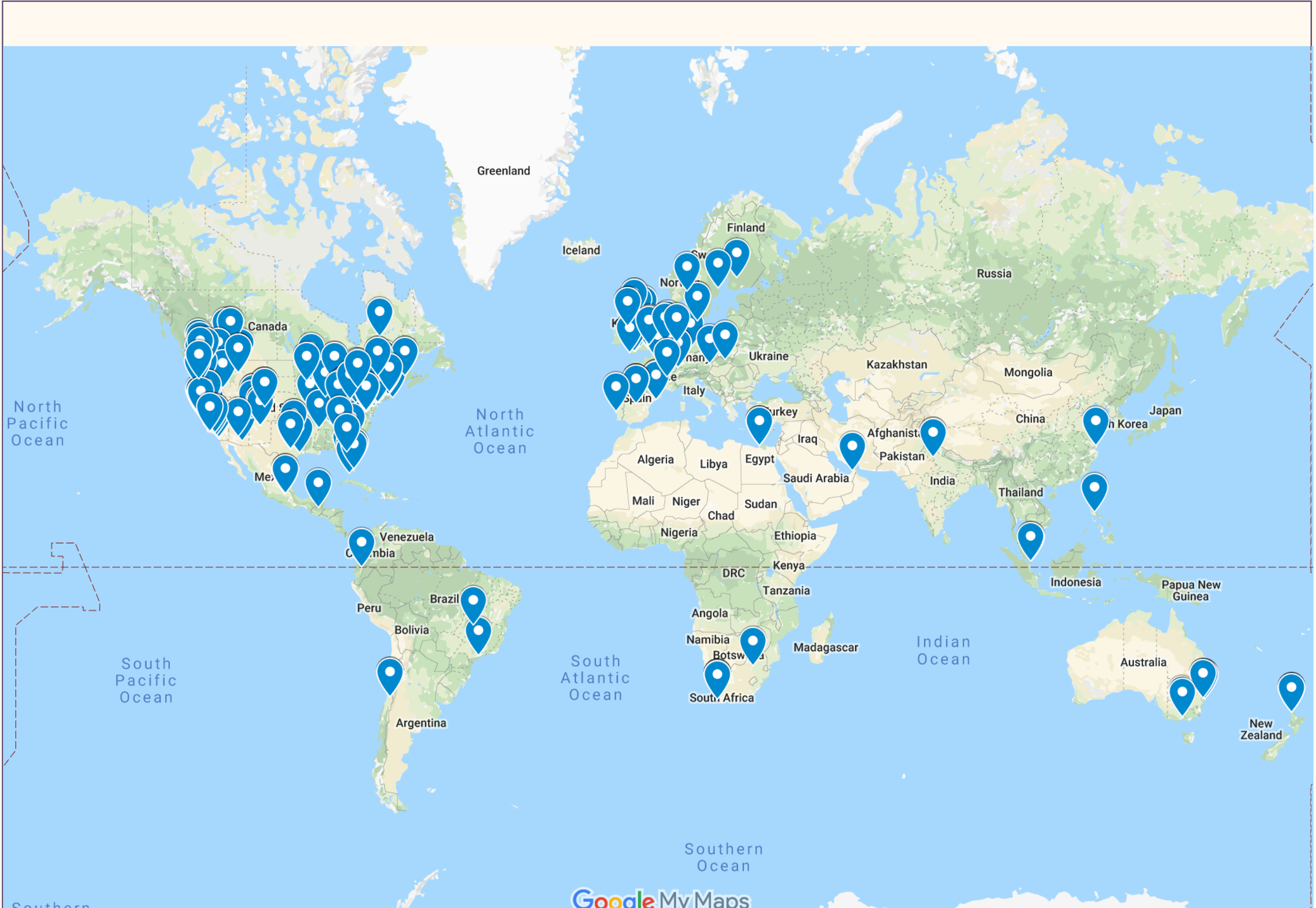
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 Team Intros

 Logistics Orientation

 Content Orientation

 Introductions



Google My Maps

TEAM



# 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)

# 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



# MEET MANDY



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

## Stanford Science

## Embodiment + Leadership

**Bill Durham**

*Program in Human Biology Chair  
Emeritus, Stanford*

**Robert Sapolsky**

*Faculty, Program in Human Biology, Stanford  
Author, Why Zebras Don't Get Ulcers*

**Ginny Whitelaw**

*Founder, Institute for Zen Leadership*

**Richard Strozzi-Heckler**

*Founder, Strozzi Institute for Embodied Leadership*

**Wendy Palmer**

*Founder, Leadership Embodiment*

**Suzanne Roberts**

*Founder, Unifying Solutions*

**Joel Westheimer**

*Research Chair, Democracy &  
Education, Univ. of Ottawa*

## Athletics

**Chris Carver**

*Olympic Coach,  
Synchronized Swimming*

**Betty Hazel**

*President,  
Synchronized Swimming USA*

**Alan Fogel**

*Author, BodySense & Rosen Method Instructor  
Emeritus Professor of Psychology, Univ. of Utah*

## Social Change

**Paul Hawken**

*Author & Business Leader*

**Chris Laszlo**

*Author, Flourishing Enterprise  
& Quantum Leadership*

**Richard Boyatzis**

*Author, Primal Leadership  
Distinguished Professor of  
Organizational Behavior, CWRU*

**Karl-Henrik Robert**

*Founder, The Natural Step*

**Mandy**

**You**

Lineage

embright







# LOGISTICS

# USING ZOOM

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🔥 Mouse over to see controls

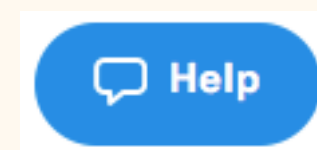
🔥 \*6 to mute / unmute

🔥 Breakout rooms

🔥 See Zoom email or calendar invite for dial-in numbers

🔥 Getting help during a call

🔥 [support.zoom.us](https://support.zoom.us)



# ZOOM CONTROLS

The screenshot shows a Zoom meeting window with the following elements:


- Header:** Zoom Participant ID: 19 Meeting ID: 763-200-116
- Top Right:** Gallery View button (highlighted with a green arrow).
- Right Panel:** Participants (2) list showing Amanda Blake (me, participant ID:19) and Amanda Blake (Host).
- Center:** Video feed of a smiling woman with glasses.
- Bottom Bar:** Mute, Stop Video, Invite, Participants (2), Share Screen, Chat, Record, Leave Meeting, Mute Me, Raise Hand, Claim Host. The Participants, Chat, and Raise Hand buttons are highlighted with red arrows.



# PROGRAM STRUCTURE

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## 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.

# AGREEMENTS

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- 🔥 Confidentiality & Sensitivity
- 🔥 Course Co-Creation
- 🔥 Recording Agreement
- 🔥 CCEs and Certificates of Completion
- 🔥 Respect the Work; Don't Be a Jerk

CONTENT



Serve Your Clients Better By Leveraging The Relationship Between Body, Brain, & Behavior.

**BODY = BRAIN® 2018**

Final Wrap-Up  
10-23

S0: Orientation  
05-01

**Emotional Intelligence:**  
self-awareness, motivation  
Somatic competency; **Feeling**

S1: Awareness & Intuition  
07-31

S2: Decision Making & Commitment  
08-14

**Emotional Intelligence:**  
self-mastery, Somatic competency; **Centering**

S3: Developing Resilience  
08-28

S4: Building Courage  
09-11

**Social Intelligence:**  
empathy, social skills  
Somatic competency; **Presence**

S5: Presence & Empathy  
09-25

S6: Coordination & Conflict Resolution  
10-09

**Purposeful Action**

**Personal Qualities**

**Interpersonal Skills**

**Part 2:**  
Embodying Social & Emotional Intelligence

**Part 1:**  
The Embodied Self

**Theoretical Foundation Building**

**Wisdom Of The Body**

S1: Head & Heart  
05-08

S2: Gut, Skin & Body  
05-22



**How You Become Who You Are**

S3: Basis & Process of Learning  
06-05

S4: Influences & the Embodied Self  
06-19



**How You Change**

**6 Elements of Neuro-plasticity**

S5: Relationship, Emotion & Attention  
07-03

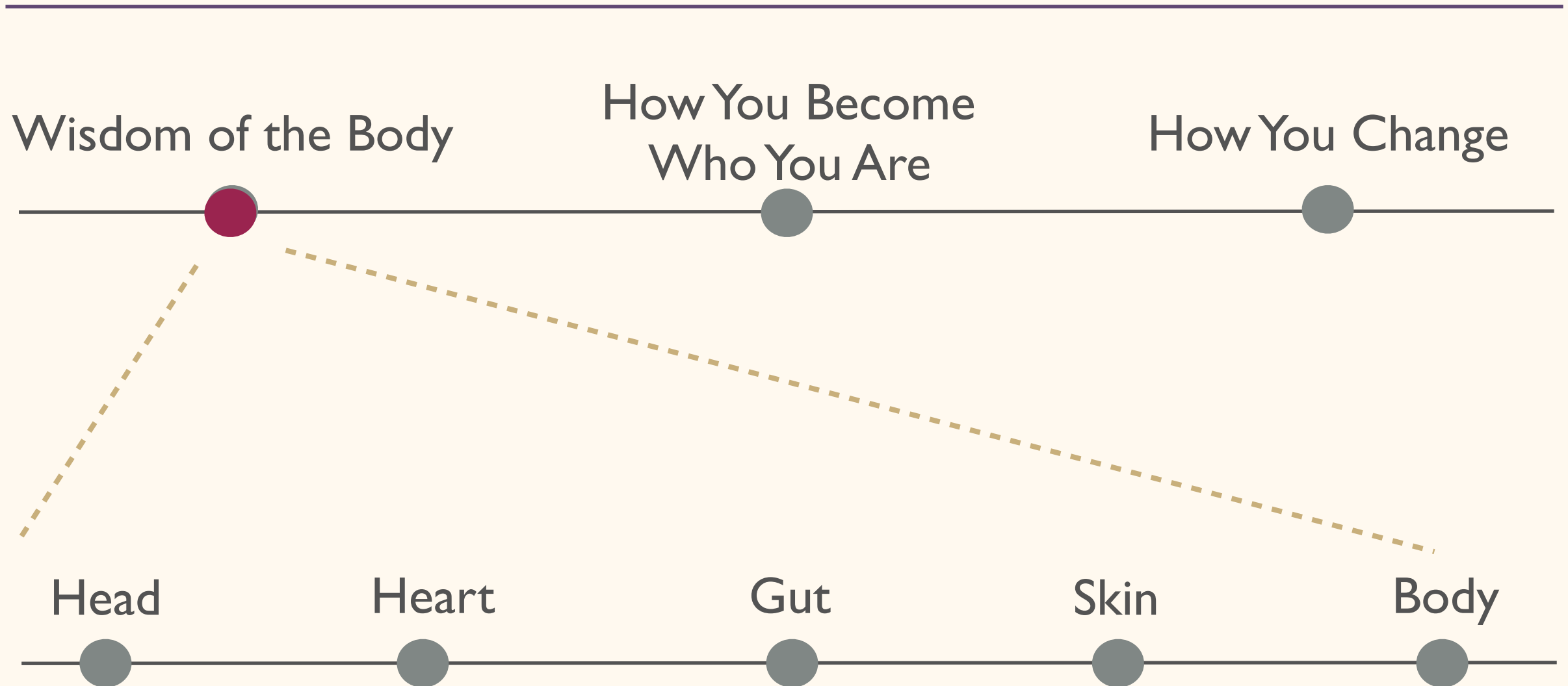
S6: Disruption, Practice & Movement  
07-17

Links

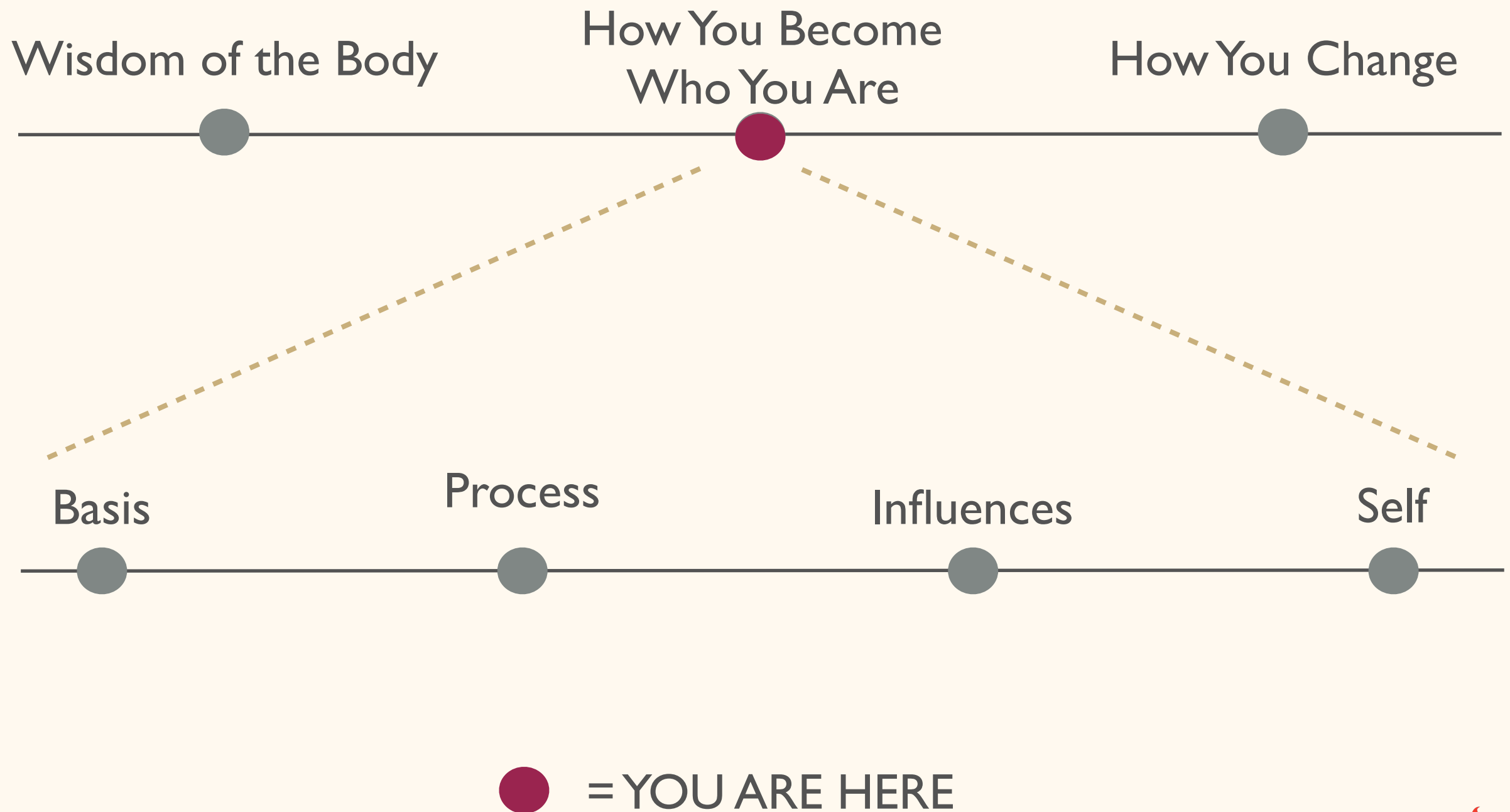
REF: Amanda (Mandy) Blake 2018  
www.embright.org support@embright.org

	<i>AWARENESS</i>	<i>ACTION</i>
<i>Emotional Intelligence</i> – <b>SELF</b>	<b>FIND PURPOSE</b>  <i>align w. yourself + the mystery</i>  core skill: <i>self awareness</i> somatic competency: SENSE	<b>BUILD RESILIENCE</b>  <i>settle + strengthen yourself</i>  core skill: <i>self mastery</i> somatic competency: CENTER
<i>Social Intelligence</i> – <b>OTHERS</b>	<b>DEEPEN EMPATHY</b>  <i>listen deeply</i> <i>w. <u>all</u> of your senses</i>  core skill: <i>empathy</i> somatic competency: PRESENCE	<b>INSPIRE OTHERS</b>  <i>act from centered care</i> <i>...for self + other</i>  core skill: <i>social mastery</i> somatic competency: GALVANIZE

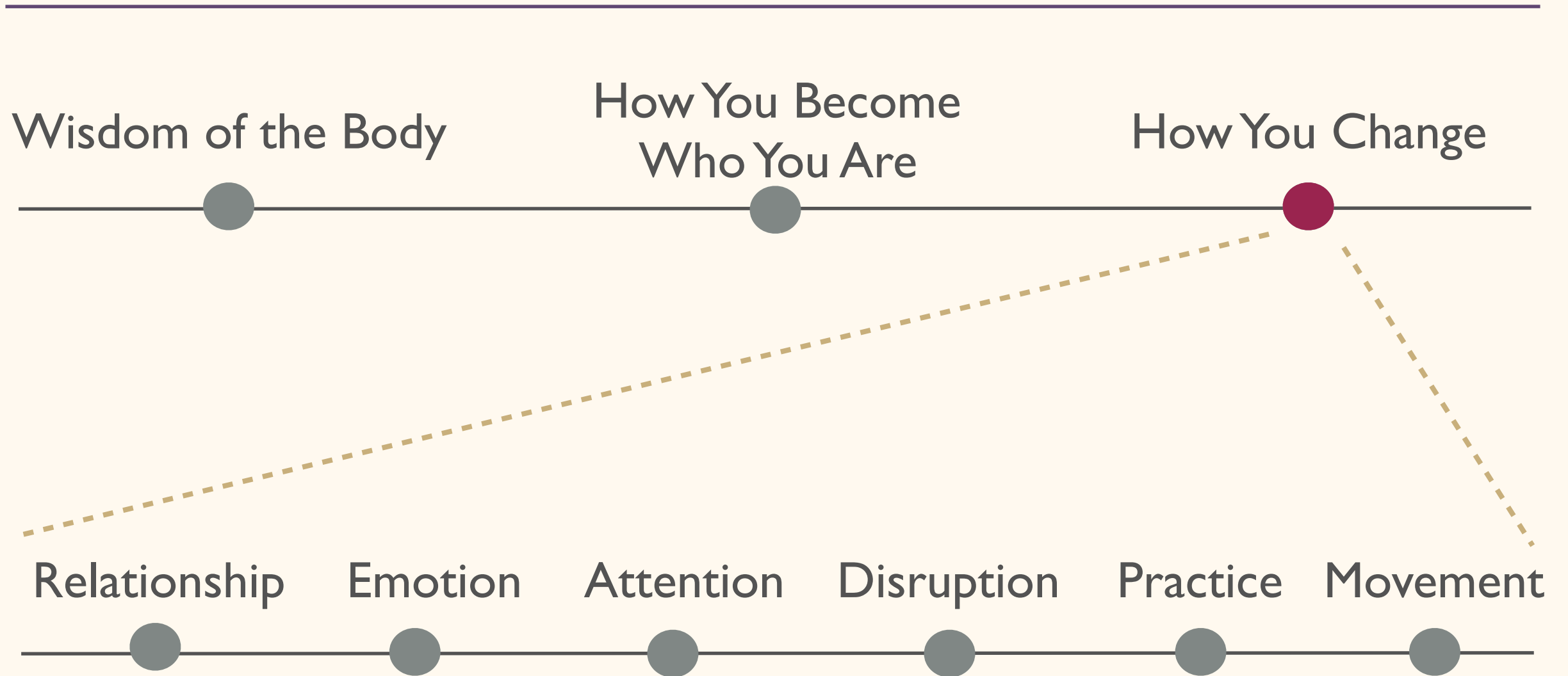
# Roadmap



# Roadmap



# Roadmap



● = YOU ARE HERE



# Roadmap

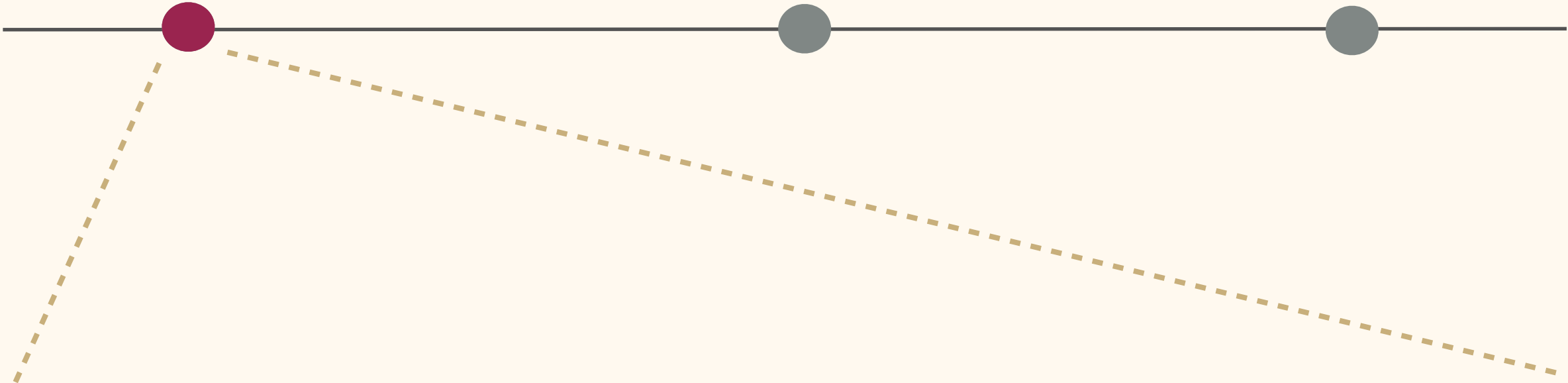


## Purposeful Action

EI: self-awareness, motivation  
Somatic competency: **Feeling**

Personal Qualities

Interpersonal Skills



Awareness

Intuition

Decision

Commitment

 = YOU ARE HERE

# Roadmap



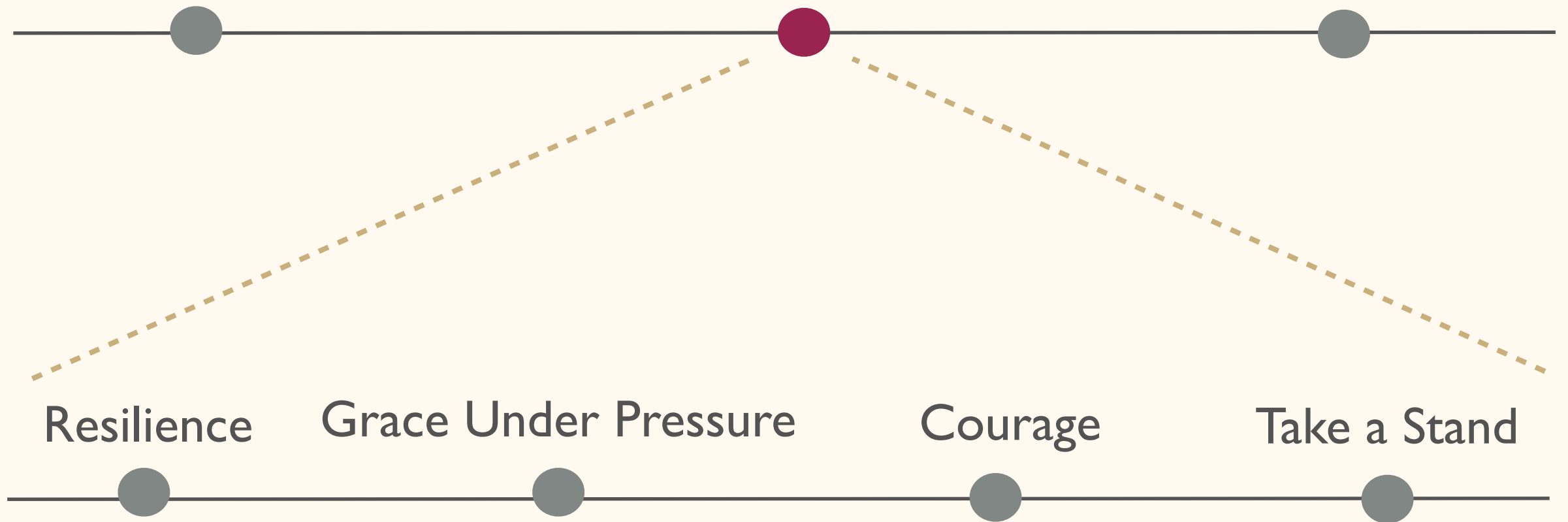
## Personal Qualities

EI: self-mastery

Somatic competency: **Centering**

Purposeful Action

Interpersonal Skills



 = YOU ARE HERE

# Roadmap



## Interpersonal Skills

El: empathy, social skills  
Somatic competency: **Presence**

Purposeful Action

Personal Qualities



Connection

Communication

Coordination

Conflict Resolution



 = YOU ARE HERE

ON SCIENCE

# 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

# 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*

# 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.**

# HOW TO GET THE MOST FROM THE PROGRAM



# 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?*

# 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

# 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

Questions?



Who's with us on the journey?

Are you a...



# 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