



EMBODYING SOCIAL + EMOTIONAL INTELLIGENCE

ICF Ireland Chapter

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April, 2018

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

SOMATIC COMPETENCY: SENSE

AWARENESS

ACTION

**Emotional
Intelligence
–
SELF**

FIND PURPOSE

align w. yourself + the mystery

core skill: *self awareness*
somatic competency: SENSE

BUILD RESILIENCE

settle + strengthen yourself

core skill: *self mastery*
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**Social
Intelligence
–
OTHERS**

DEEPEN EMPATHY

*listen deeply
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INSPIRE OTHERS

*act from centered care
...for self + other*

core skill: *social mastery*
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Conceptual Self Awareness

The self *thinking* about itself

How you *define* yourself

based in language & symbols
rational, logical, explanatory
abstract, transcends the present

facts, details, information
narrative, perspective, story
insight, idea, interpretation
self-assessments

Embodied Self Awareness

The self *experiencing* itself

How you *inhabit* yourself

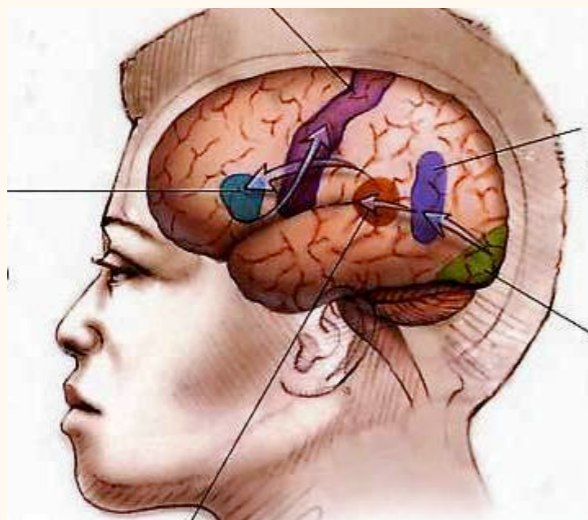
based in sensing, feeling, acting spontaneous,
creative, open concrete, lived in the present

temp, pressure, movement, pain, breath, energy
level, mood, emotion, present-moment
awareness

Adapted from Fogel, 2009

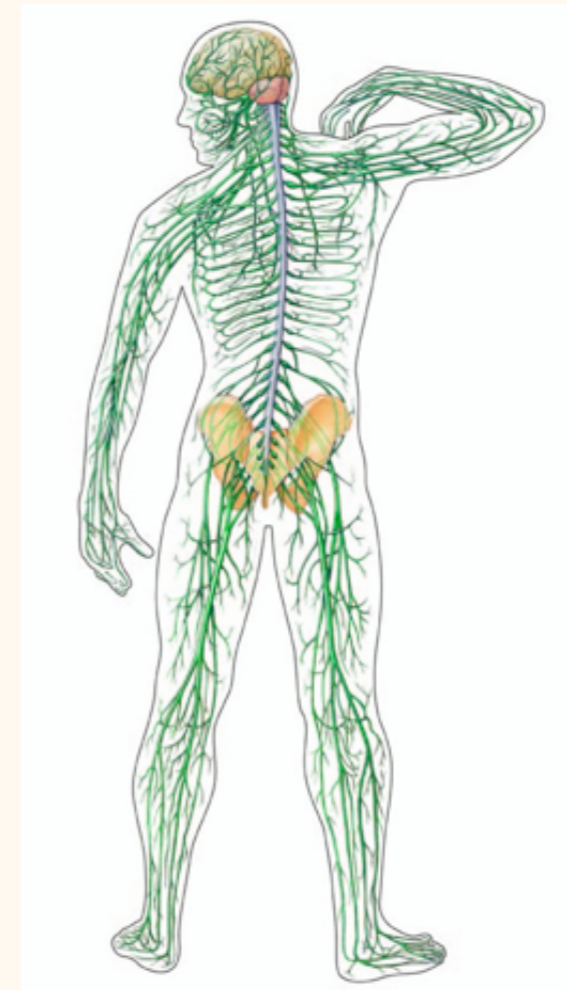
NEUROBIOLOGY

Conceptual Self Awareness



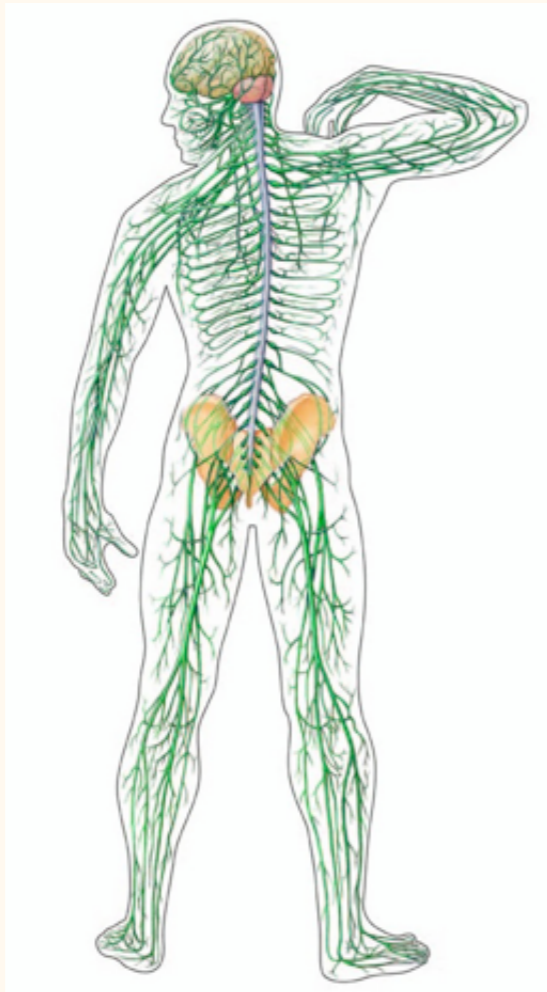
*Different
Neural
Pathways*

Embodied Self Awareness



BENEFITS OF ESA

Embodied Self Awareness



- 🔥 Decision Making
- 🔥 Intuition
- 🔥 Emotional Regulation
- 🔥 Empathy
- 🔥 Wise action

EMBODIED SELF AWARENESS

Exteroception

external events

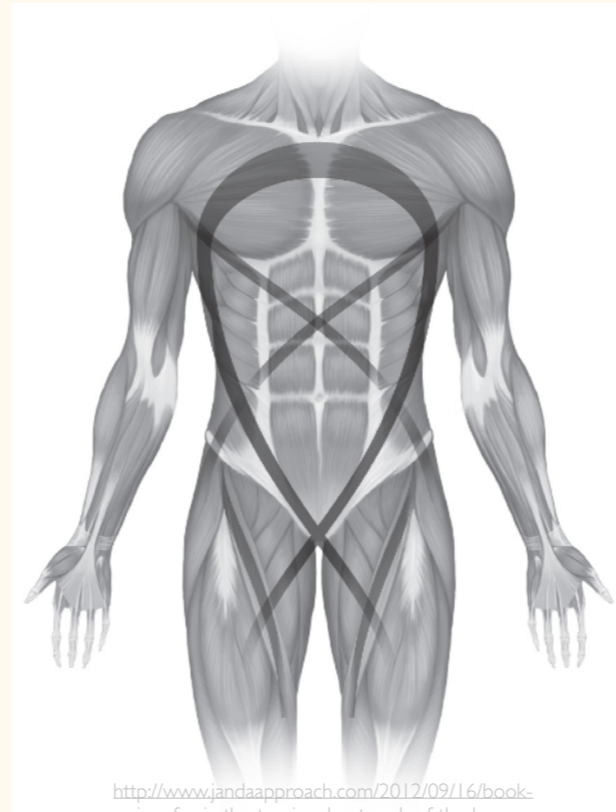


<http://think-anew.blogspot.com/2011/06/beauty.html>

Large • Fast
Mylenated
Often conscious

Interoception

internal sensations



<http://www.jandaapproach.com/2012/09/16/book-review-fascia-the-tensional-network-of-the-human-body/>

Small • Slow
Not mylenated
Often not conscious

Proprioception

position in space



<http://www.theoreticalfitness.info/2012/01/balance.html>

Large • Fast
Mylenated
Often conscious

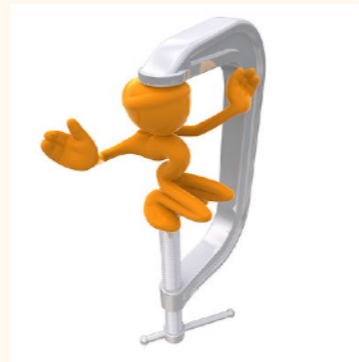
COMPETENCY: SENSE

(INTEROCEPTION)

 Temperature



 Pressure



 Movement



Mood:

Cool Warm

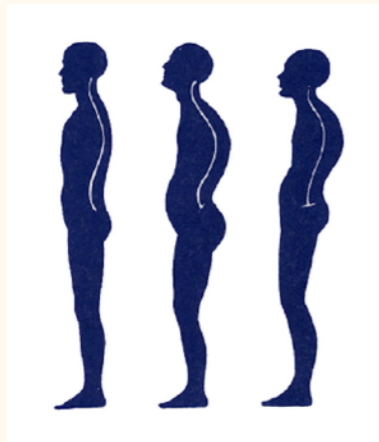
Tight Open

Still Active

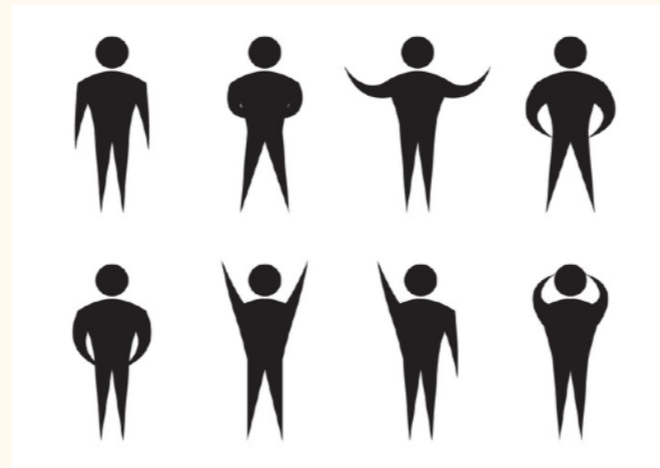
COMPETENCY: SENSE

(PROPRIOCEPTION)

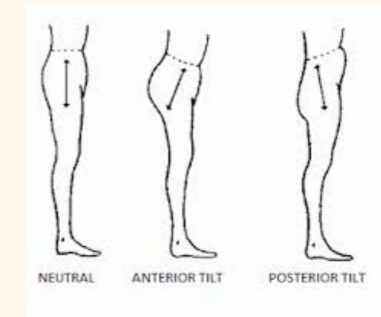
Posture



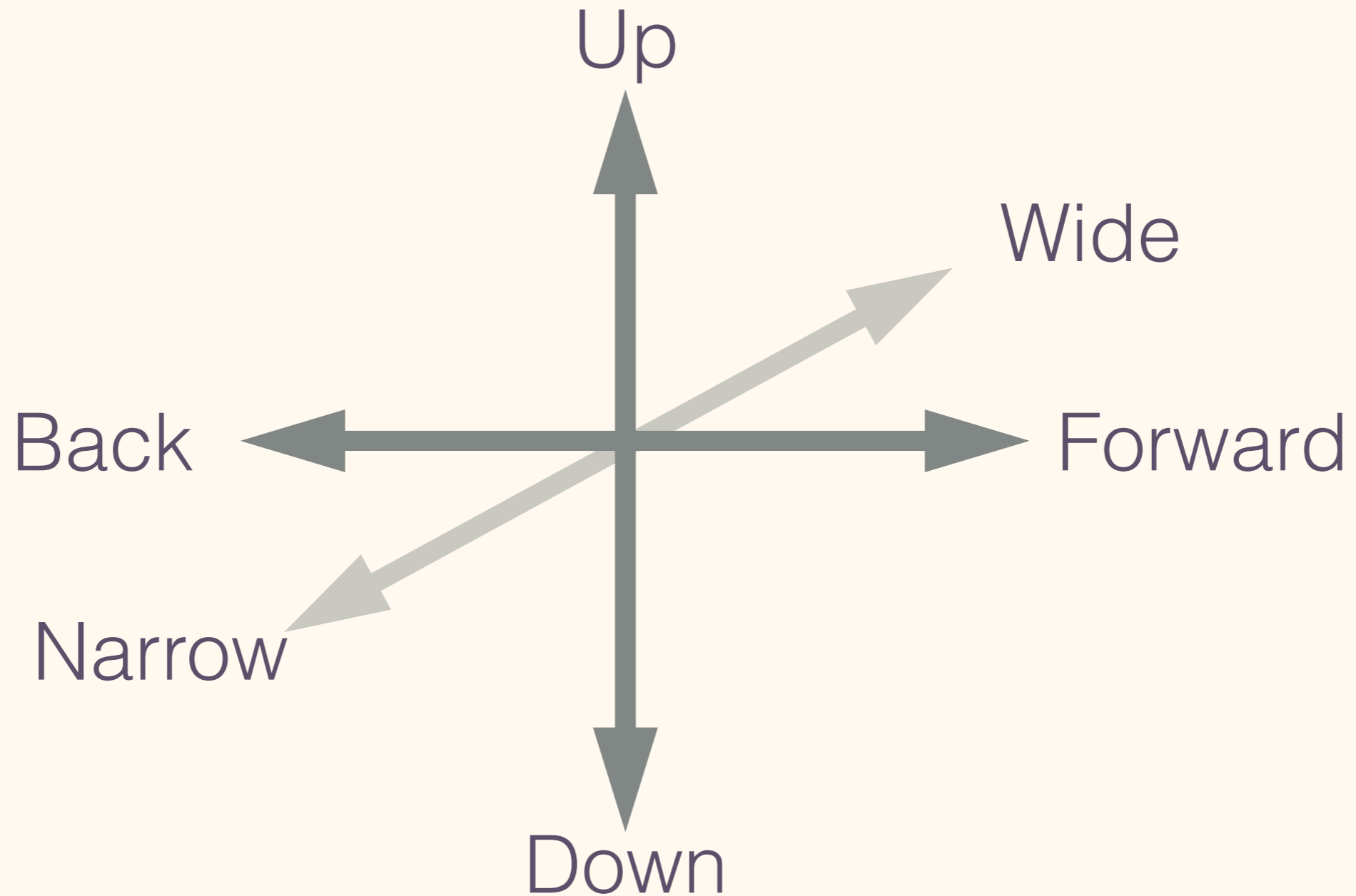
Gesture



Structure



POSTURE: POSITION IN SPACE



SOMATIC COMPETENCY:
CENTER

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SIMPLE TWIST OF FACE

Before & After

WHY DOES IT WORK?

🔥 Polyvagal Theory - anatomically different responses to threat

🔥 *Immobilization - Freeze / Dissociate*

🔥 *Mobilization - Fight / Flight*

🔥 *Communication - Appease*

🔥 *This network involves facial neuromusculature*

🔥 *Facial neuromusculature is under both voluntary & autonomic control*

Porges, S. W. (2009). The polyvagal theory: new insights into adaptive reactions of the autonomic nervous system. *Cleveland Clinic Journal of Medicine*, 76, S86.

HA BREATH

Before & After

WHY DOES IT WORK?

🔥 Breath patterns tied to emotional patterns

🔥 *Anger - fast & deep*

🔥 *Fear - fast & shallow*

🔥 *Sadness - slow & shallow*

🔥 *Happiness - slow, may be shallow or deep*

🔥 Breath patterns can generate emotions

🔥 *Breath is under both voluntary & autonomic control*

Philippot P, Chapelle G, Blairy S. Respiratory feedback in the generation of emotion. *Cognition & Emotion*. 2002;16(5):605–627.

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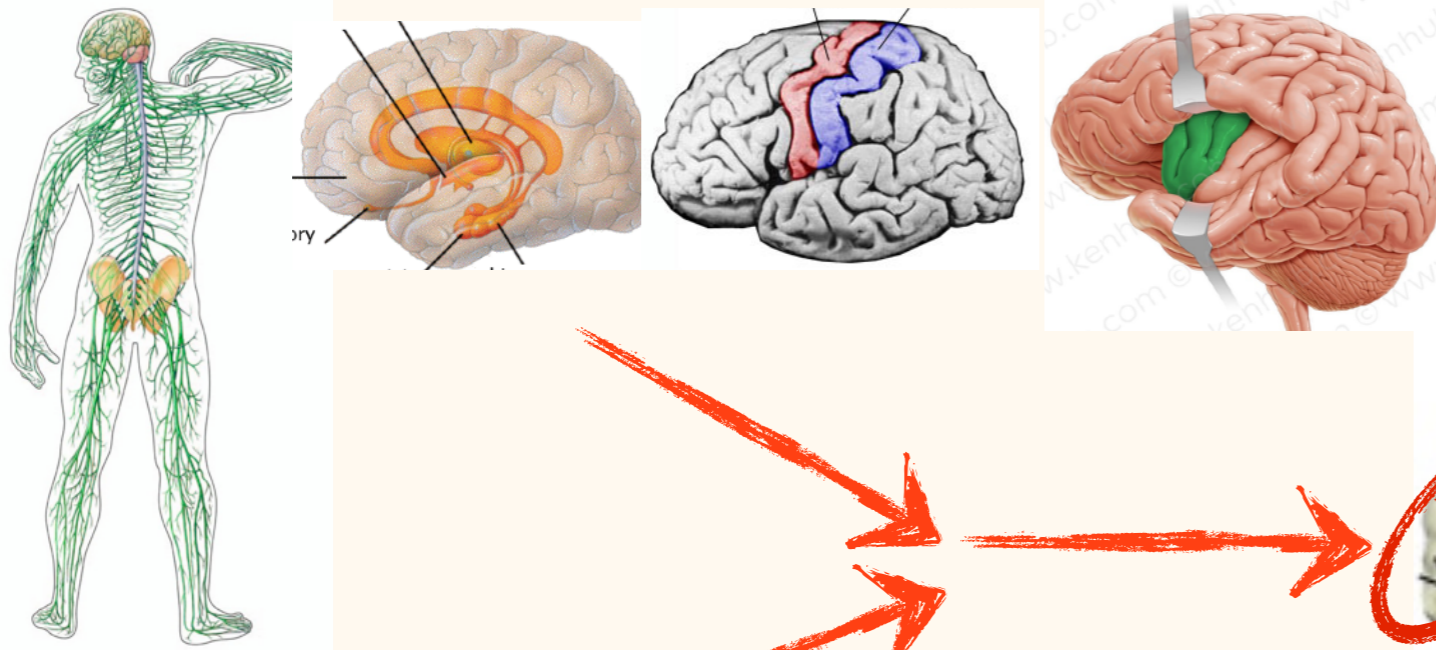
core skill: *social mastery*
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PRESENCE

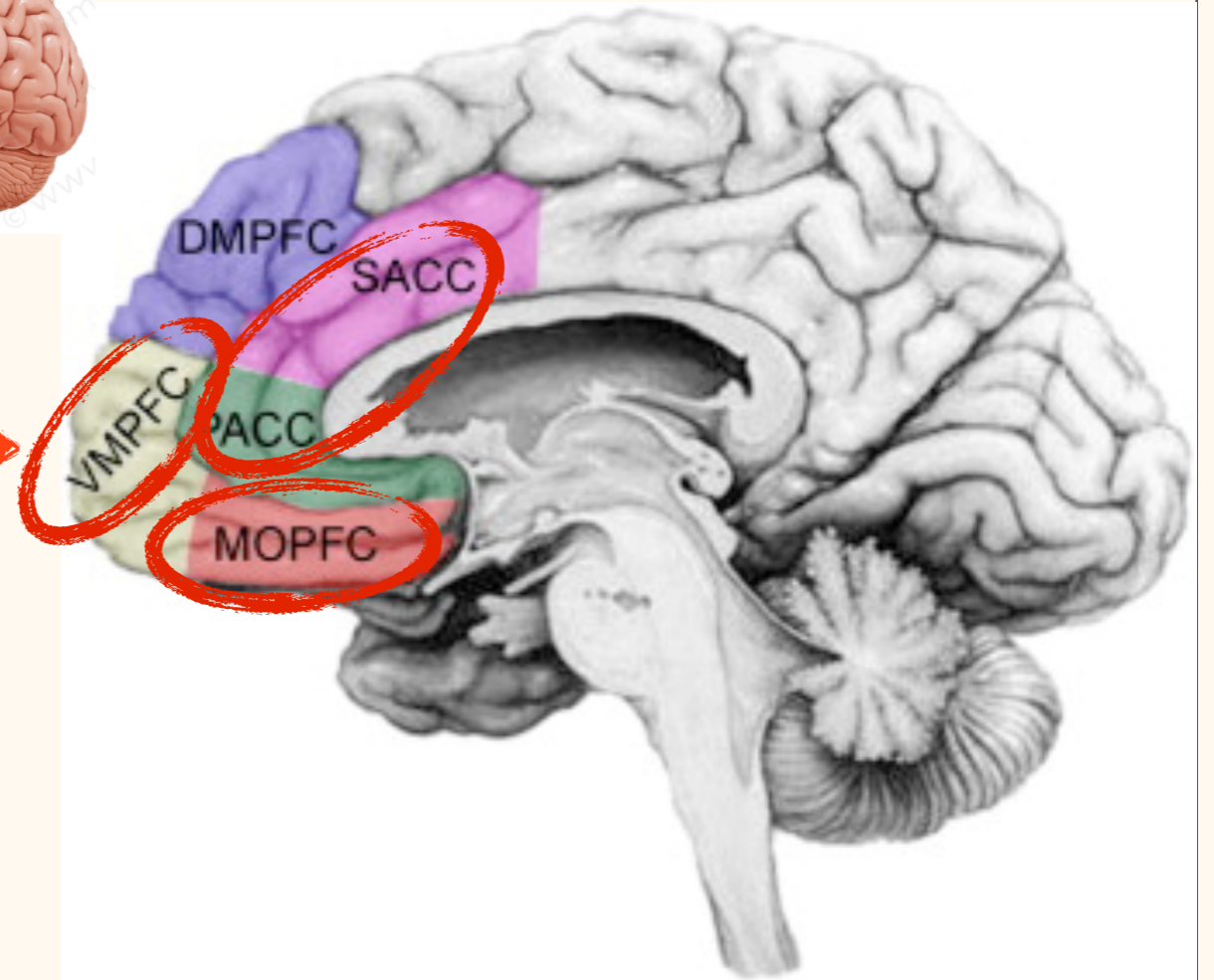
- 🔥 presence is a function of attention
- 🔥 presence creates *choice*
- 🔥 presence = attention on self and other simultaneously
- 🔥 present with self = embodied self awareness
- 🔥 present with another = limbic resonance
- 🔥 present under pressure = centering
- 🔥 presence = being fully with another without losing yourself

PRESENT WITH SELF EMBODIED SELF AWARENESS

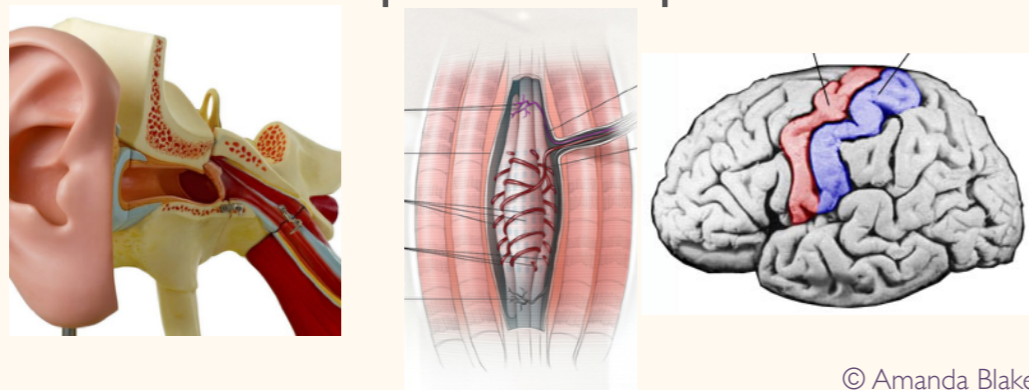
Conscious Interoception



VMPFC
+ ACC & OFC



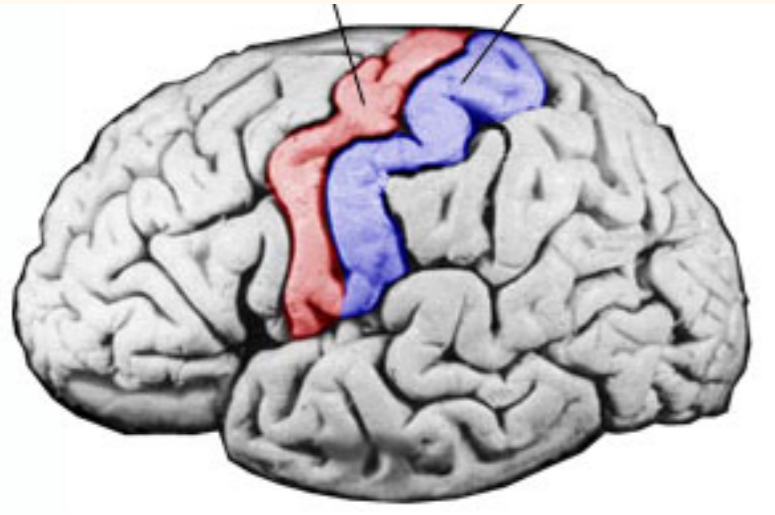
Proprioception



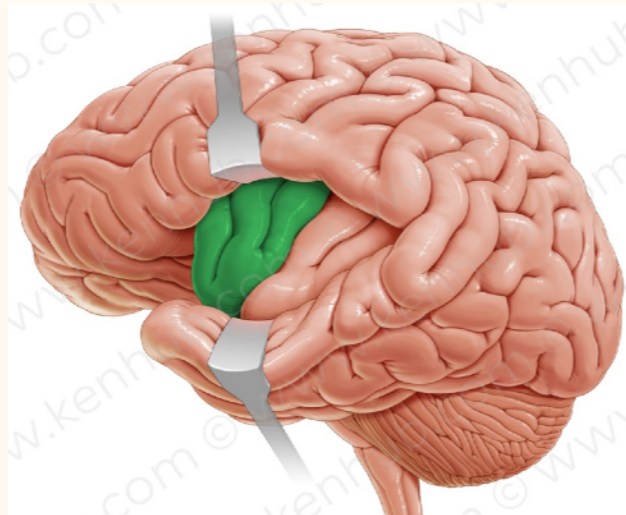
<http://www.jad-journal.com/article/S0165-0327%2807%2900084-5/abstract>

PRESENT WITH ANOTHER

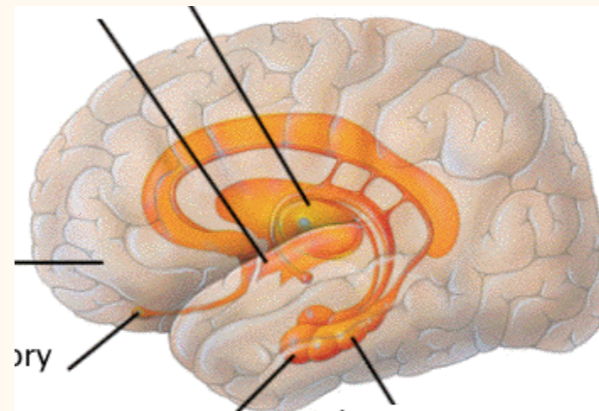
LIMBIC RESONANCE



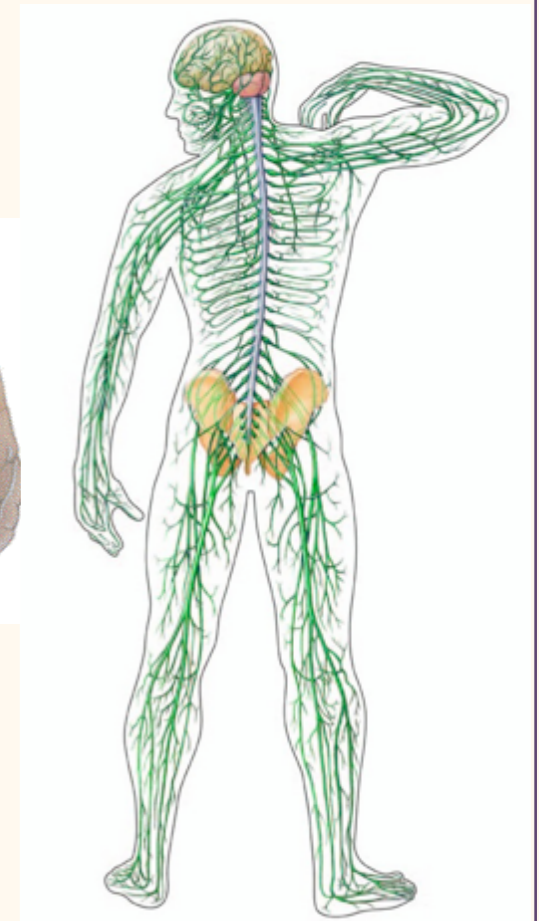
Mirror Neurons
in Motor Areas



Insula



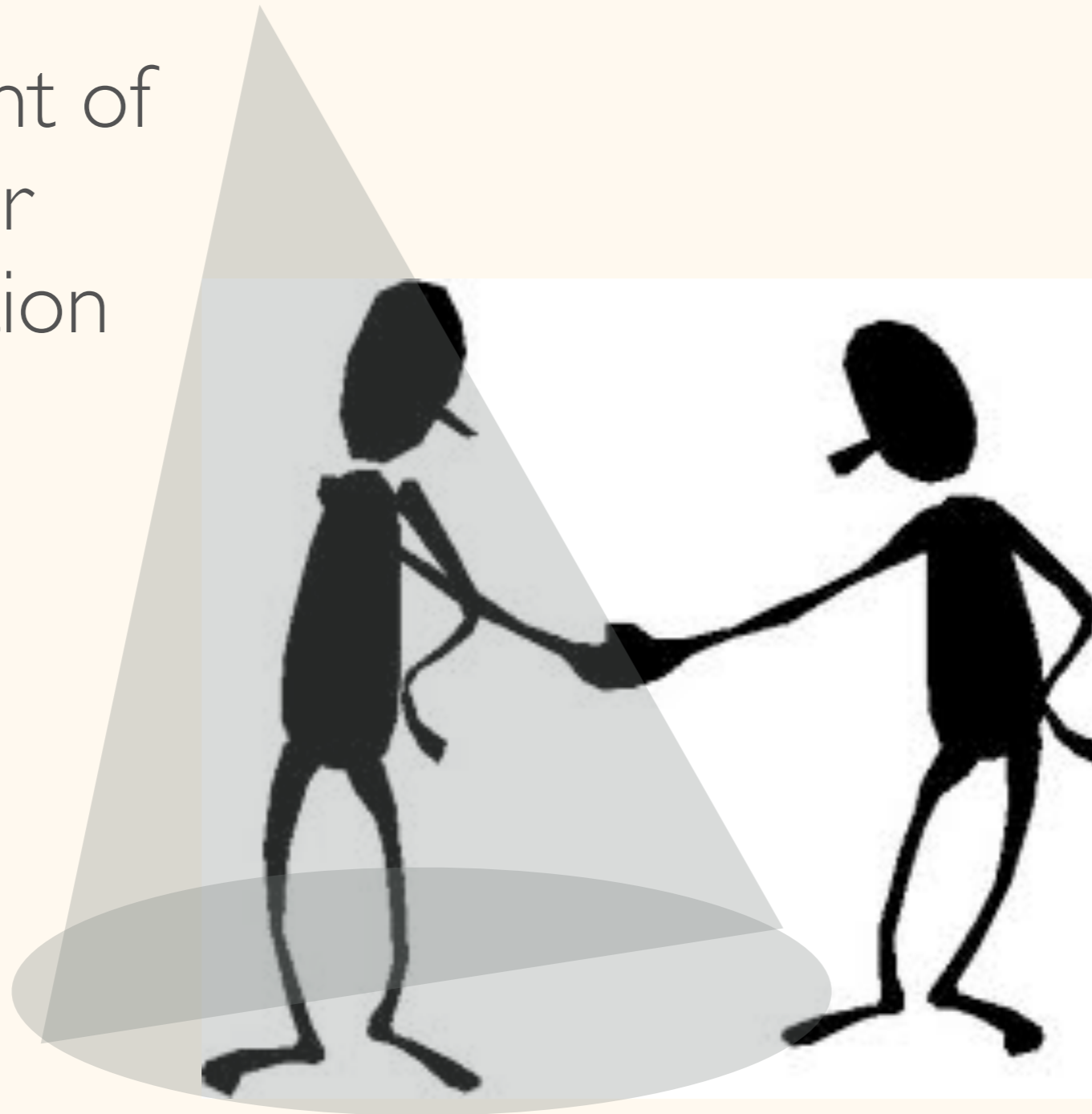
Limbic
System



Peripheral
Nervous
System

SELF ABSORPTION

Spotlight of
your
attention



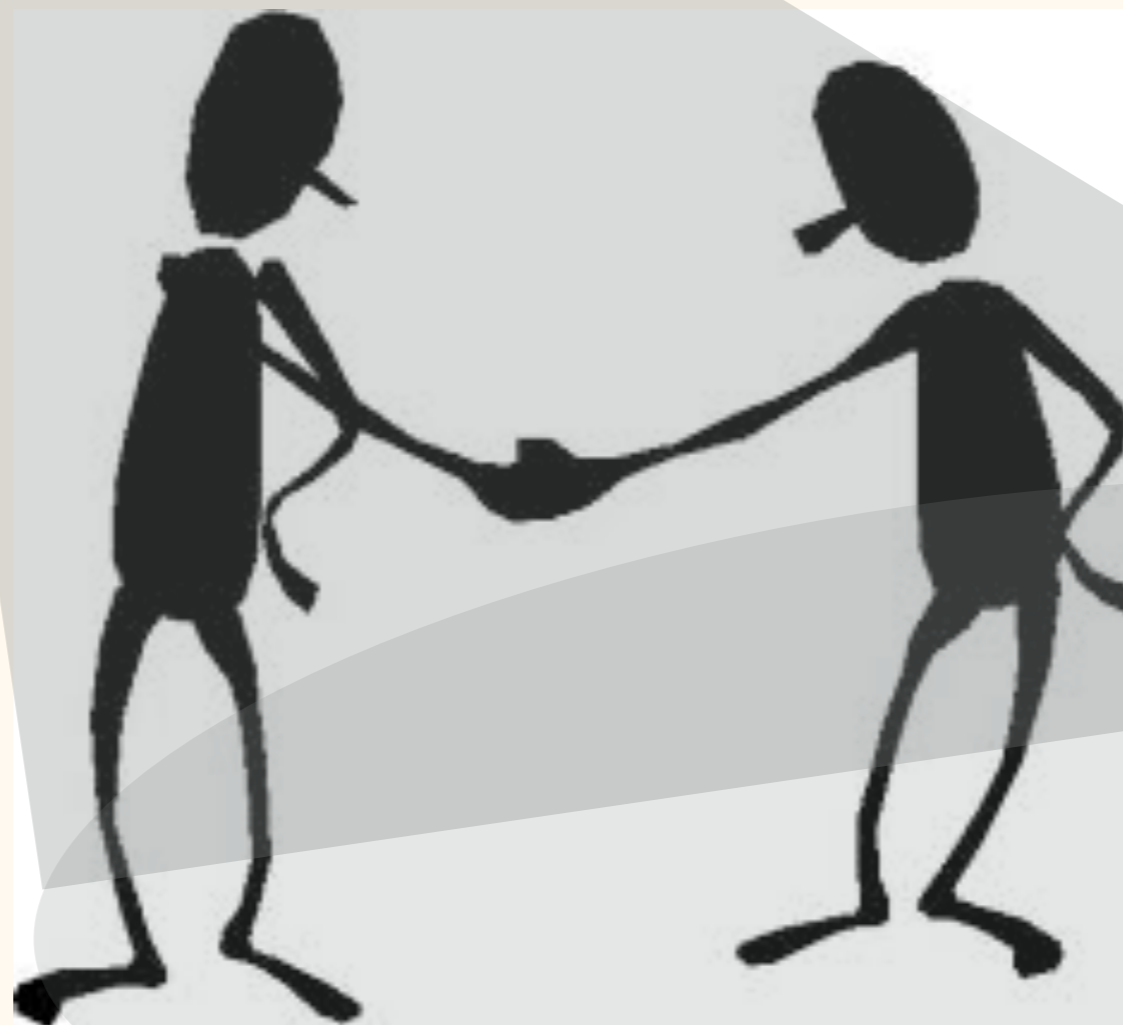
WEAK BOUNDARIES

Spotlight of
your
attention



PRESENCE

Spotlight of
your
attention



SOMATIC COMPETENCY:
GALVANIZE

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SOCIAL CONTAGION

- 🔥 Barsade at Yale: contagion in groups
- 🔥 Fredrickson & Losada: high functioning teams
- 🔥 Eisenberger: does rejection hurt?
- 🔥 Rapport:
 - 🔥 *shared attention + positive mood + synchrony*

THE IMPLICATIONS

- 🔥 The more you SENSE yourself
- 🔥 CENTER yourself under pressure
- 🔥 And get fully PRESENT with others
- 🔥 *The greater your positive influence in the world*
- 🔥 And the stronger your social + emotional intelligence

PRACTICE!

The body *only* learns through rehearsal & practice.

Free Resources

Stress to Serenity Guide

embright.org/resources

Your Body is Your Brain

embright.org/book

