Embodied Intelligence

It is a set of concrete basic life skills we need to develop to become fully embodied and to make the best use of ourselves in coaching and in life.

	SELF	OTHER
AWARENESS	**Short term:** basic body awareness, mindfulness **Long term:** traits and patterns	Observing others, aware of bodies, deep listening and sensory acuity.
LEADERSHIP	Self-regulation with the ability to predict triggers, shift with states and use centering.	Inspire and influence people with integrity. Help people grow, change, transform.

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