

# Somatic Cognitive Coaching

And the Power of 'Bodywork' in Executive Coaching  
2 Day Workshop

with Nick Kitchen

At its simplest, Somatic Cognitive Coaching, a development of 'Bodywork', is paying attention to and acting on, the vast amount of information from our own and others' bodies, *as well as* our thoughts and perceptions and how one informs and dynamically interacts with the other.

We can use this to significantly **enrich the coaching experience**, to **enhance our effectiveness in facilitating group processes**, and in some cases it may be the only way to help **create powerful, sustainable changes for our client**.

We are increasingly trained in our society, to emphasise verbal representation, abstracting all too easily from our reality and 'felt' experience.

Because of this, we often overlook the wealth of visual and 'felt' information right in front of us, presented, perhaps unconsciously, by our client...and also experienced within ourselves.

Nick's work in this area is influenced by a diverse range of sources including the work of Lowen, Keleman and Goleman and the philosophies of Chi Kung and Ayurveda.

## On Day 1 of this popular 2 day experiential workshop we will explore:

- The basic morphic types and their day-to-day effect on our well-being and effectiveness.
- How our body (or our clients' body) often holds onto old, unresourceful Somatic Cognitive patterning, frequently outside of conscious awareness and how to begin to change this.
- Reading our clients 'real' communication and body language.
- How to create deeper, sustainable changes with your clients
- How to help our clients enhance their resilience and manage their stress better and indeed manage our own stress better
- How to work with this awareness in an executive coaching context without seeming weird!

## On Day 2 we'll build on Day 1 looking at:

- The 4 basic somatic emotional types; porous, expansive, contained and rigid, their implications and how to work with them.
- Working particularly with expansive and rigid 'alpha' type clients.
- The 'Dance of Hands'; working externally to support deeper changes internally. The client's hands are often in motion as she/he is talking, framing, shaping, supporting or disagreeing with the spoken word, *normally out of the client's awareness*. This deep, highly visible (to us), link between the external and the internal is a powerful information and intervention source in a number of ways.
- How to work effectively in creating sustainable changes with commonly requested, hugely important, but abstract coaching client requirements such as 'develop **greater presence**', 'project more **gravitas**' and '**enhanced confidence**'. *Classic Somatic Cognitive challenges!*
- How to develop greater personal presence

## Who should attend?

This course is ideal for practising executive coaches or consultants who would like a greater insight into and understanding of Somatic Cognitive Coaching.

Delegates frequently report that as well as enhancing their practice, there are often personal benefits experienced in greater personal awareness and well-being.

## Nick Kitchen

Nick is an inspirational trainer, conference speaker and consultant who has worked with both small and large British and multinational organisations over the last sixteen years, **helping create new ways of working and sustainable change**.

He is also a senior executive coach, his style working particularly well with dynamic senior people and "high potentials"

Nick was previously New Business Director of international advertising agency TBWA, following a successful career in advertising, sales and marketing.

Nick still does a lot of work internationally and this business and customer-focus background still informs much of his work.

For Individuals

For Organisations

For Alumni

As well as classic business approaches, in his work Nick integrates a diverse range of qualifications, models and experience including dynamic creativity and lateral thinking approaches, Neuro Linguistic Programming, Gestalt psychotherapy, Bodywork, transactional analysis and systemic and field theory.

Nick is a member of faculty of the Academy of Executive Coaching and a visiting lecturer at the London Business School.

As he assists individuals, groups and teams through complex change, developing business, or in assimilating new skills, Nick's particular interest is in attending to the well-being and dynamic balance of both the visible: targets, outputs, processes, and the less visible: the emergent, passion, spirit, relationship and sustainability.

A keen cyclist, runner and hill walker, Nick lives and plays in North London and Sweden with his Swedish partner and two daughters.

### Dress

Comfortable, casual clothing.

### Booking Procedure

Please fill in an application form on-line at: [www.aoec.com](http://www.aoec.com)  
Please attach a CV to your application form.

### Dates

12<sup>th</sup> & 13<sup>th</sup> June 2012

### Times

The programme runs from 9.30am to 5.00pm each day.

### Fees

£600.00 plus VAT

*For Credit Card bookings call Sue on 01727 864 806  
An invoice will be sent with acceptance of your application.*

### Venue

The event is held at Bonhill House located in the heart of London near Old Street station.

### Location

Etc Venues Ltd  
Bonhill House  
1-3 Bonhill Street  
London  
EC2A 4BX

To talk through the details of our programmes and how we can help you, please contact:

**Mike Smith**  
Tel: + 44 (0) 208 916 9063  
email: [mike.smith@aoec.com](mailto:mike.smith@aoec.com)

**Academy of Executive Coaching**  
64 Warwick Road, St Albans, Hertfordshire AL1 4DL  
[www.aoec.com](http://www.aoec.com)