# Coaching Tip: In communicating, your body is a dead give away!

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"***Moment by moment, things are losing there hardness; now even my body lets the light through***."-Virginia Woolf When we enter into a relationship we combine our verbal with our non verbal communications.  We express ourselves verbally showing our power or lack of power; our commitment, or lack of commitment; our compassion or lack of compassion.  Our body does the same thing.  No matter what we are saying, our body is a dead give away.  We feel big or small; confident or self conscious-our body tells it all. The study of **somatics** is a set of practices that allows us to become centered and stand our ground, generate trust, show respect and empathy, develop better listening skills, and combine our energies to work effectively with others. Somatic training helps build **leadership presence**-if you know your own body's actions and reactions, you will be more aware of the body performances of others.  This will enable you to change your method of communicating in the moment to get a more positive response. Activity:

* Become centered: before entering into a potentially confrontational situation; take time to breath deeply and remove your bodily tensions
* Stand tall, shoulders back and feel "big".
* Become the listener in the room-Show this by leaning forward not backward; be welcoming
* Allow yourself to notice your body's reaction and that of the other person.
* Adjust where necessary to allow for openness and acceptance: keep arms out reaching not folded
* Be authentic; when needed, assert your point of view, but keep cognisant of your body's reactions.

You will connect better with individuals.  You will know yourself and be able to understand how to get your point across with more confidence that will be more readily accepted. I recommend the following author for more reading on the subject of Somatics- Richard Strozzi-Heckler : Being Human At Work, Holding the Center, The Anatomy of Change   Please email me with your experiences doing this activity. [Isabel@uniquepathways.com](mailto:Isabel@uniquepathways.com)