



THE NEUROSCIENCE OF EMBODIMENT

Building Social Intelligence

EMOTIONAL INTELLIGENCE

Awareness

Action

Self:
Emotional

Self Awareness

Self Mastery

Other:
Social

Empathy

Social Dexterity

with credit to Goleman & others

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EMOTIONAL INTELLIGENCE



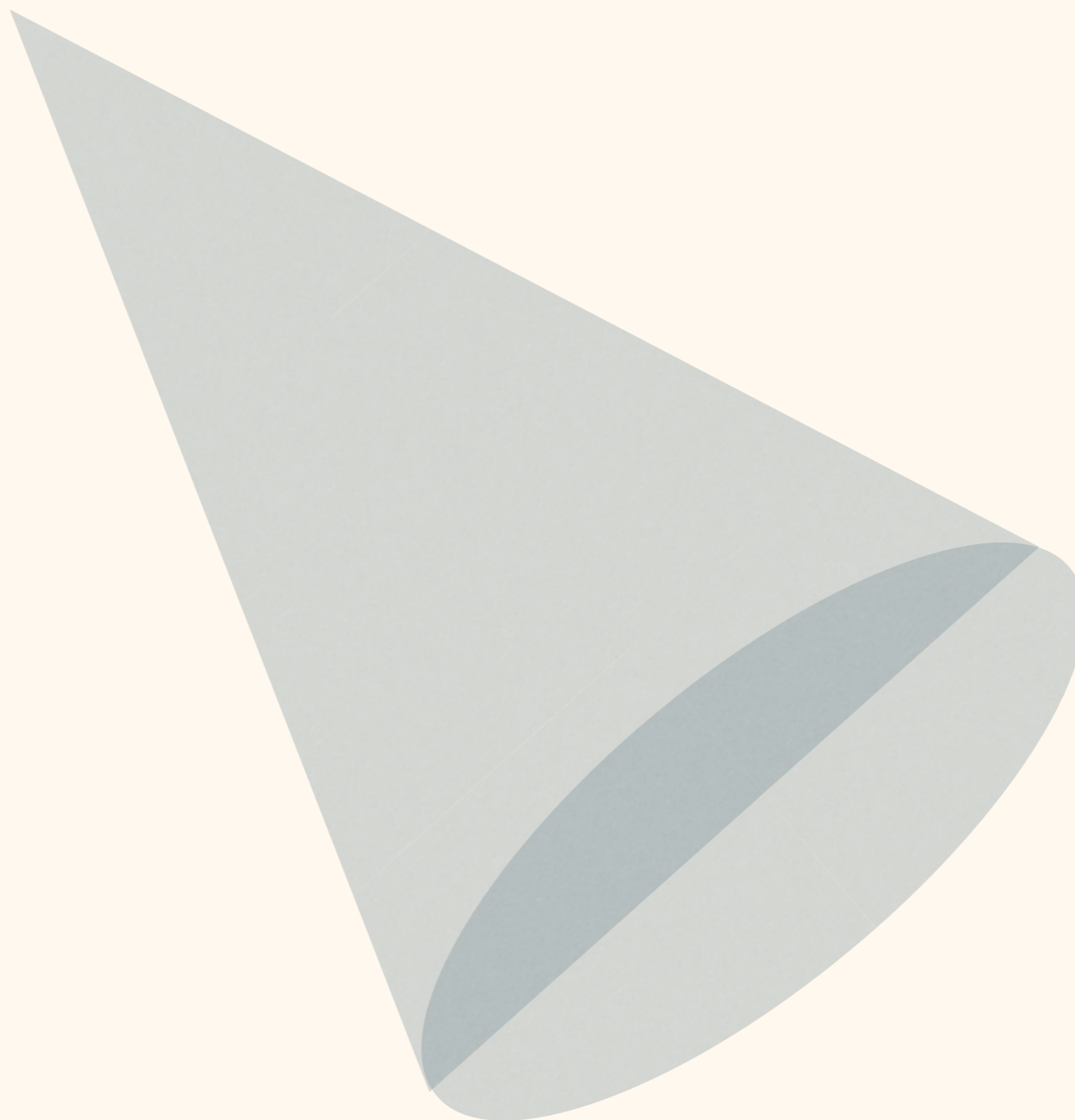
with credit to Goleman & others

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EMPATHY

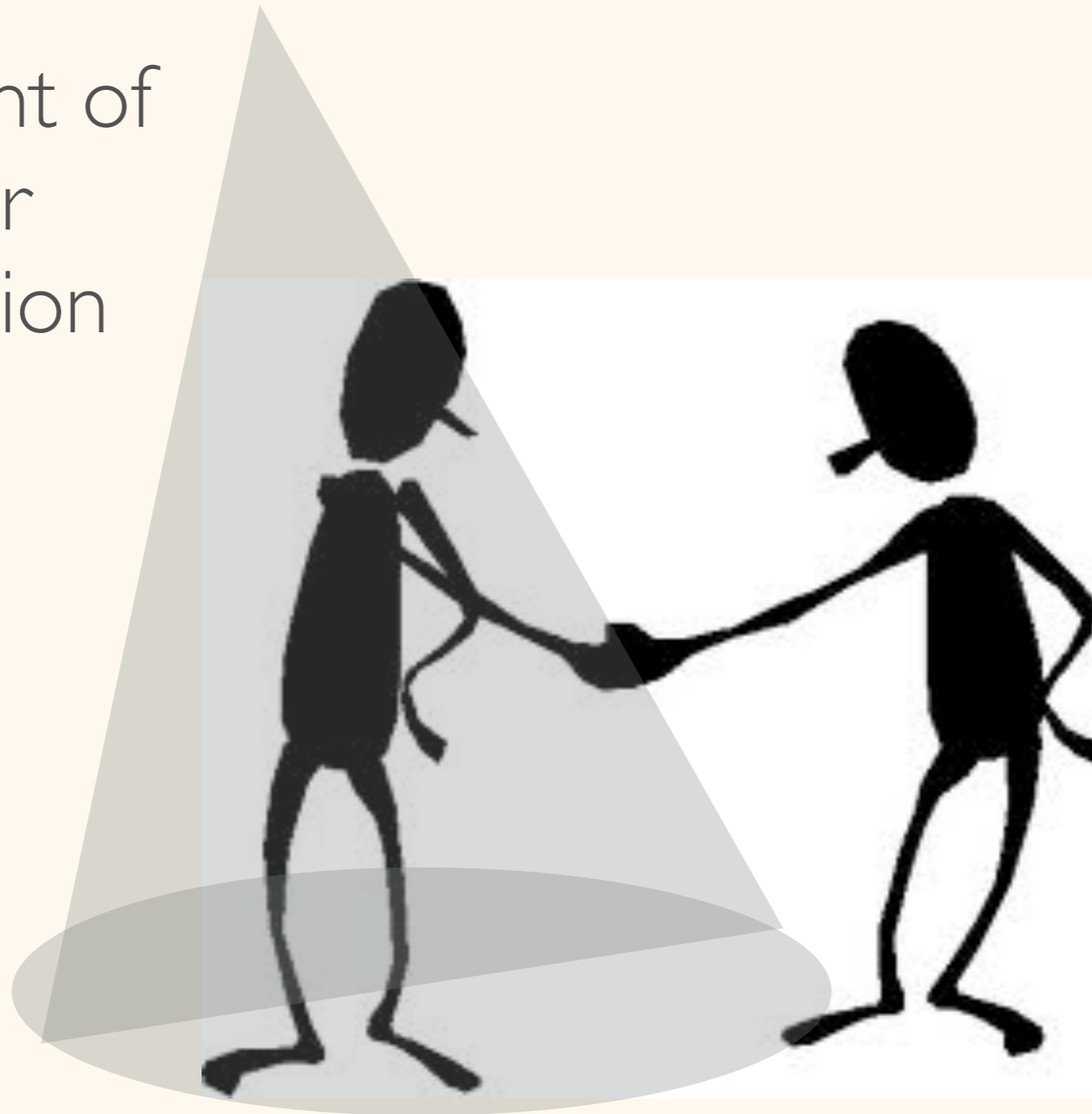
Foundation of Compassion and Connection

SPOTLIGHT OF ATTENTION



SELF ABSORPTION

Spotlight of
your
attention



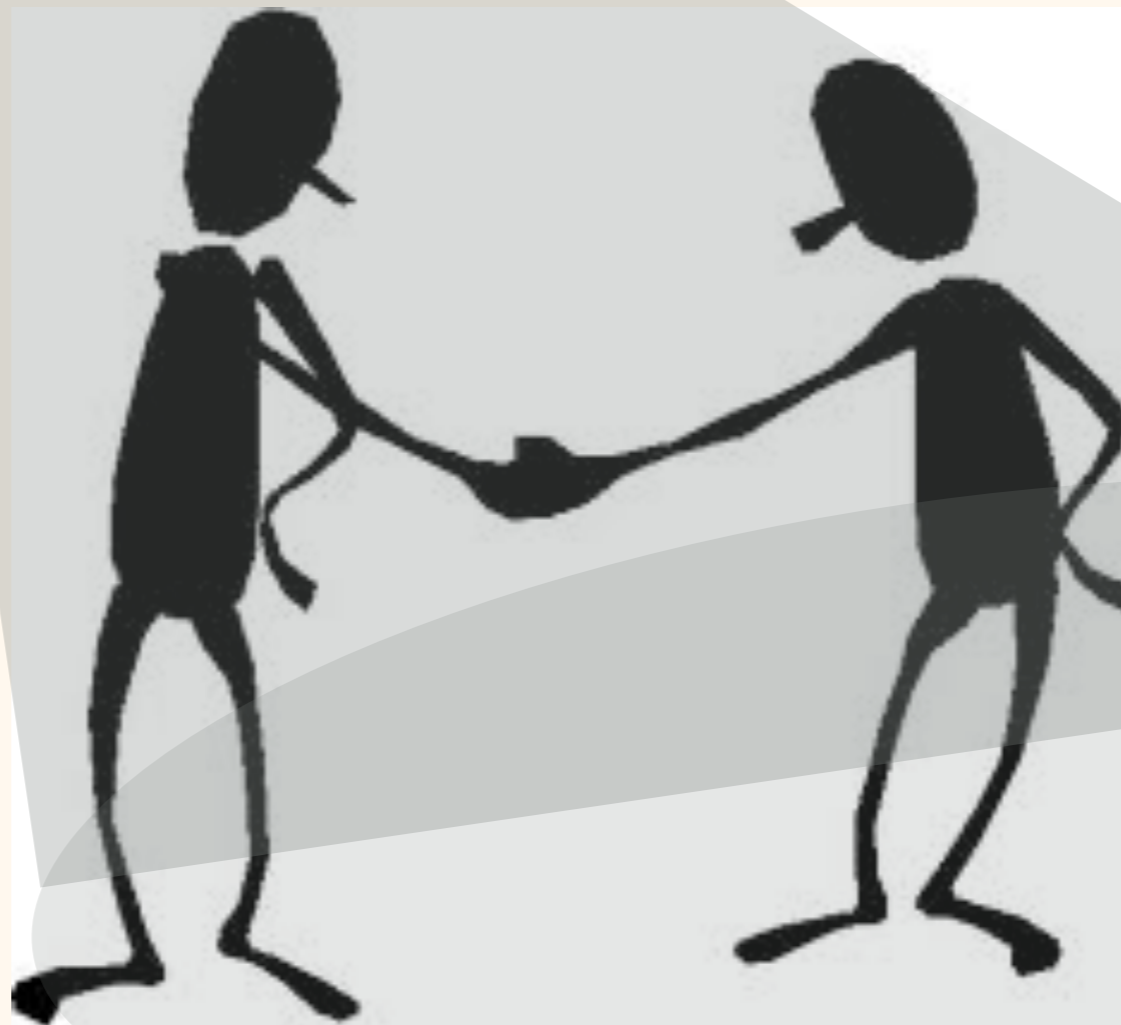
WEAK BOUNDARIES

Spotlight of
your
attention



PRESENCE

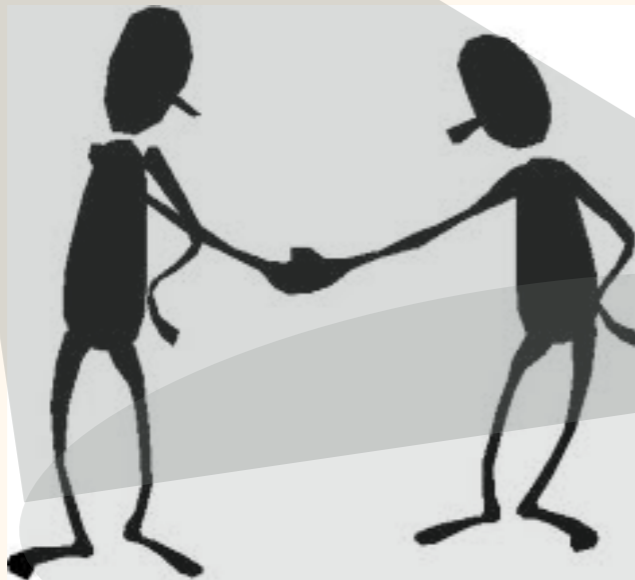
Spotlight of
your
attention



ATTUNEMENT

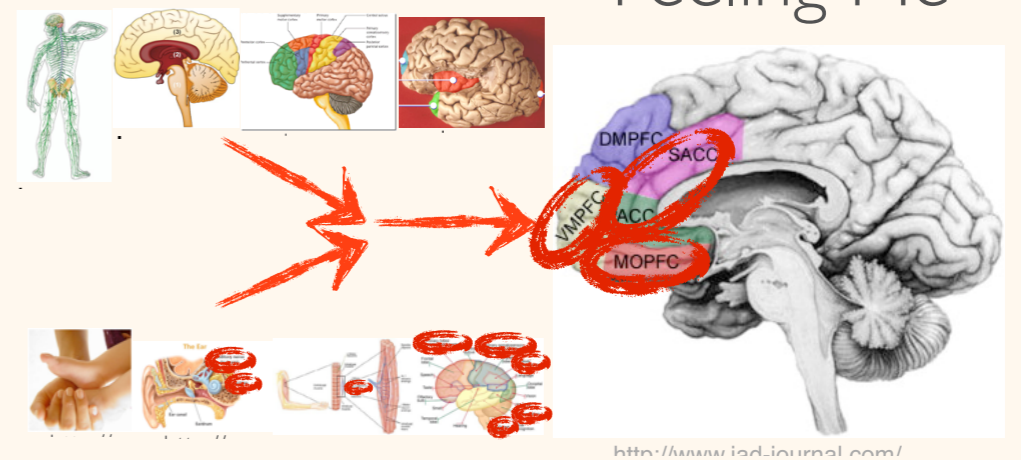
“FEELING FELT”

Presence

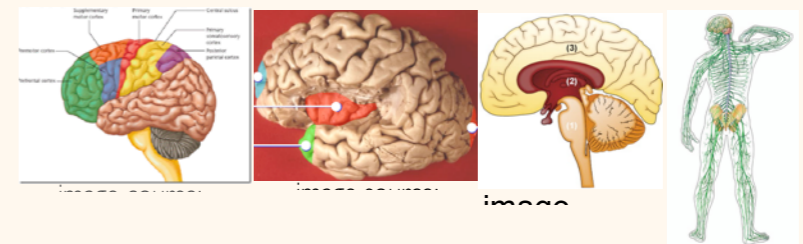


Limbic Resonance

Feeling Me



Feeling You



PRESENCE

- 🔥 presence is a function of attention
- 🔥 presence = attention on self and other simultaneously
- 🔥 present with self = embodied self awareness
- 🔥 present under pressure = centering
- 🔥 present with another = limbic resonance
- 🔥 presence = you are fully with another without abandoning yourself

SOCIAL DEXTERITY

Foundation of Clear Communication & Conflict Resolution

MOOD IS CONTAGIOUS



<http://www.healthqualitypartners.co.uk/page4.php>



http://www.teamrise.com/site/epage/54304_696.htm

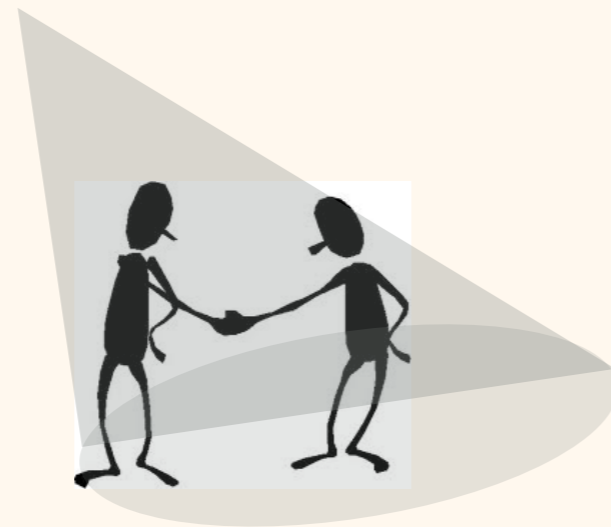
SYNCHRONY



<http://izifunny.com/2012/03/06/catch-a-positive-mood-90-pics.html>

RAPPORT

Shared Attention
Presence



Positive Feeling
Mood



<http://ivyleagueinsecurities.com/2010/12/smiley-faces/>

Synchrony

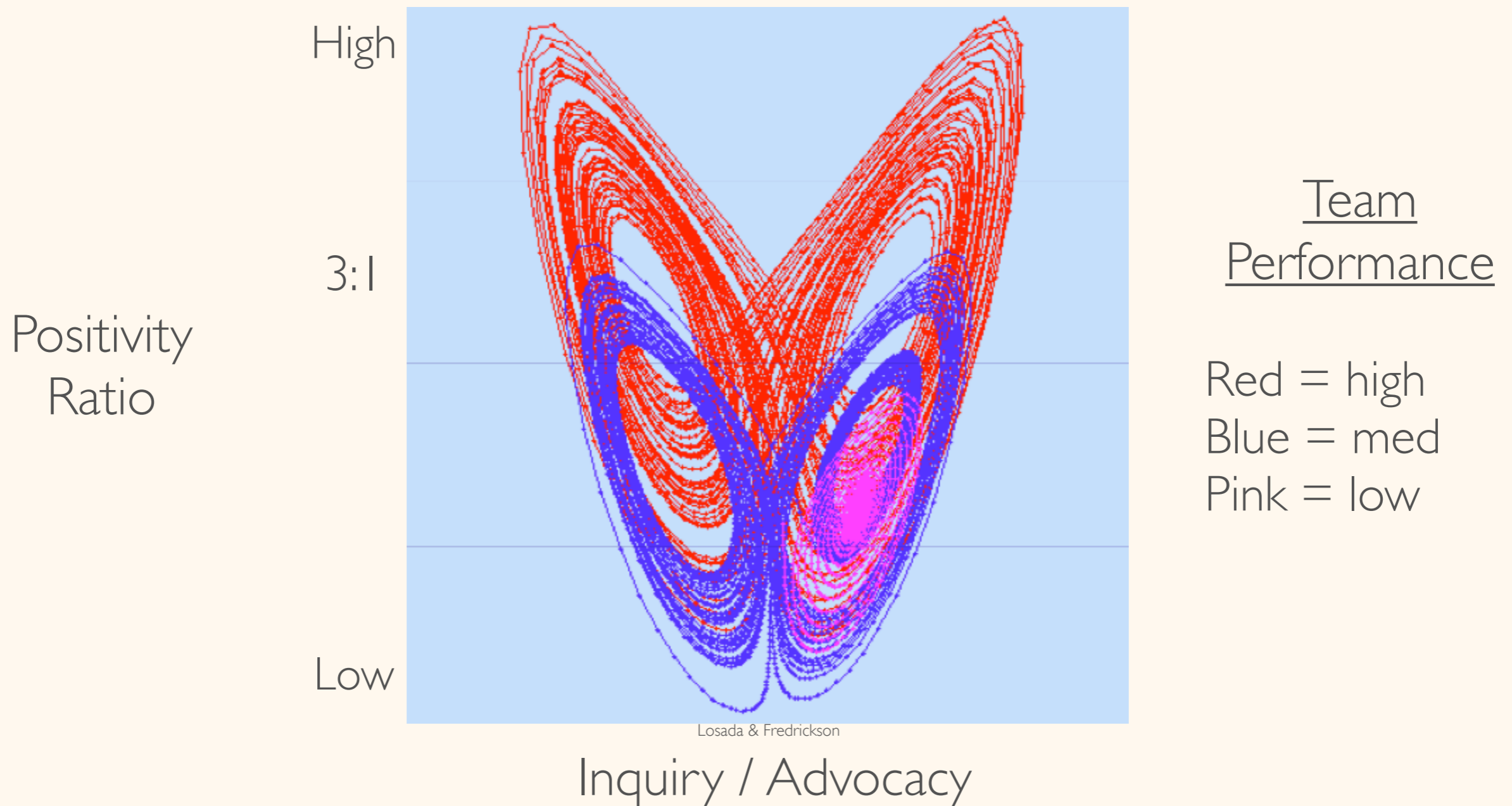
breathing
heart rate
posture
gesture
timing of speech
sweat response



<http://capecodastrologer.com/the-right-time/attachment/timing-is-everything/>

oscillators scan
for timing
& rhythm

MOOD IMPACTS RESULTS



FOSTERING COORDINATION



<http://www.strozziinstitute.com/alumni/associates-news-and-offers>



<http://www.druminar.com/faq.html>



<http://www.firstpointusa.com/blog/2012/08/olympic-rowing.html>

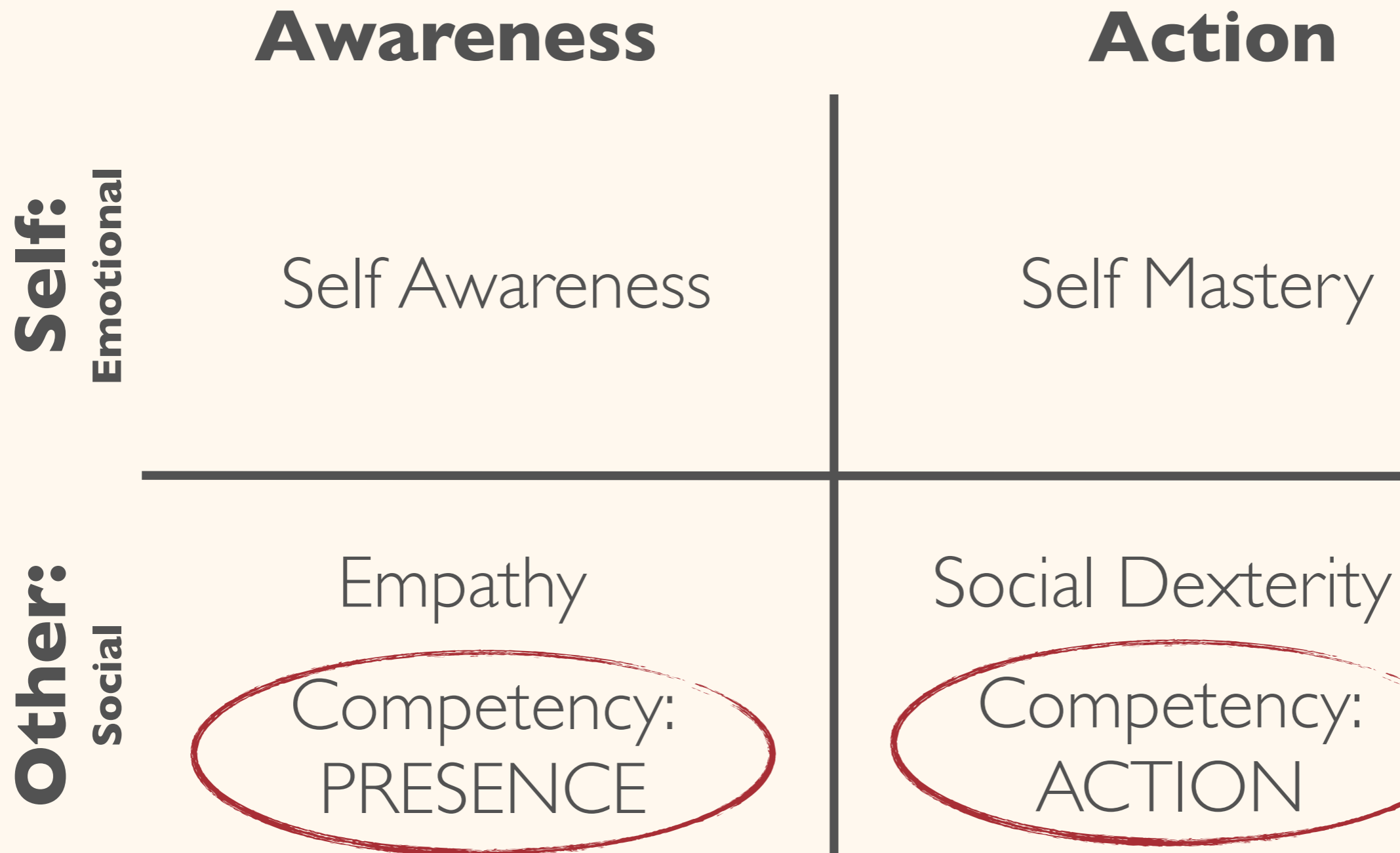
ALL DAY LONG...



Request
Offer
Promise
Assessment

NEXT: PRACTICE!!

EMOTIONAL INTELLIGENCE



with credit to Goleman & others

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RESOURCES

- 🔥 Today's experience probably won't make you very much more present or dexterous in your dealings with others.
- 🔥 The body only learns through rehearsal & practice.
 - 🔥 *music, sports, theater, chess...*
- 🔥 Free support: **Stress to Serenity Guide**
 - 🔥 **embright.org/centering-challenge**