



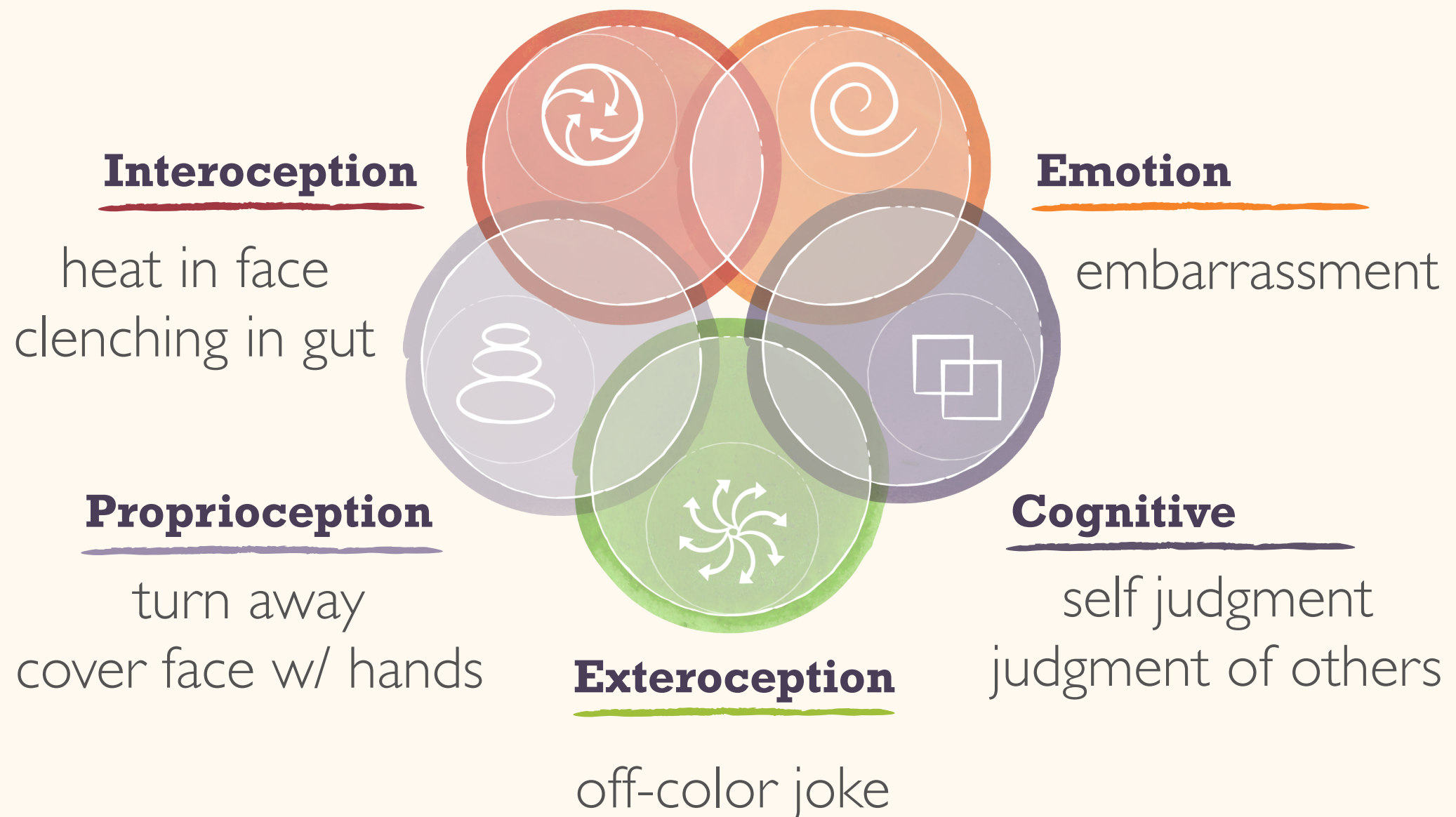
INTERPERSONAL NEUROBIOLOGY OF CONNECTION

Amanda Blake
Capital Coaches Conference
Oct 1, 2016

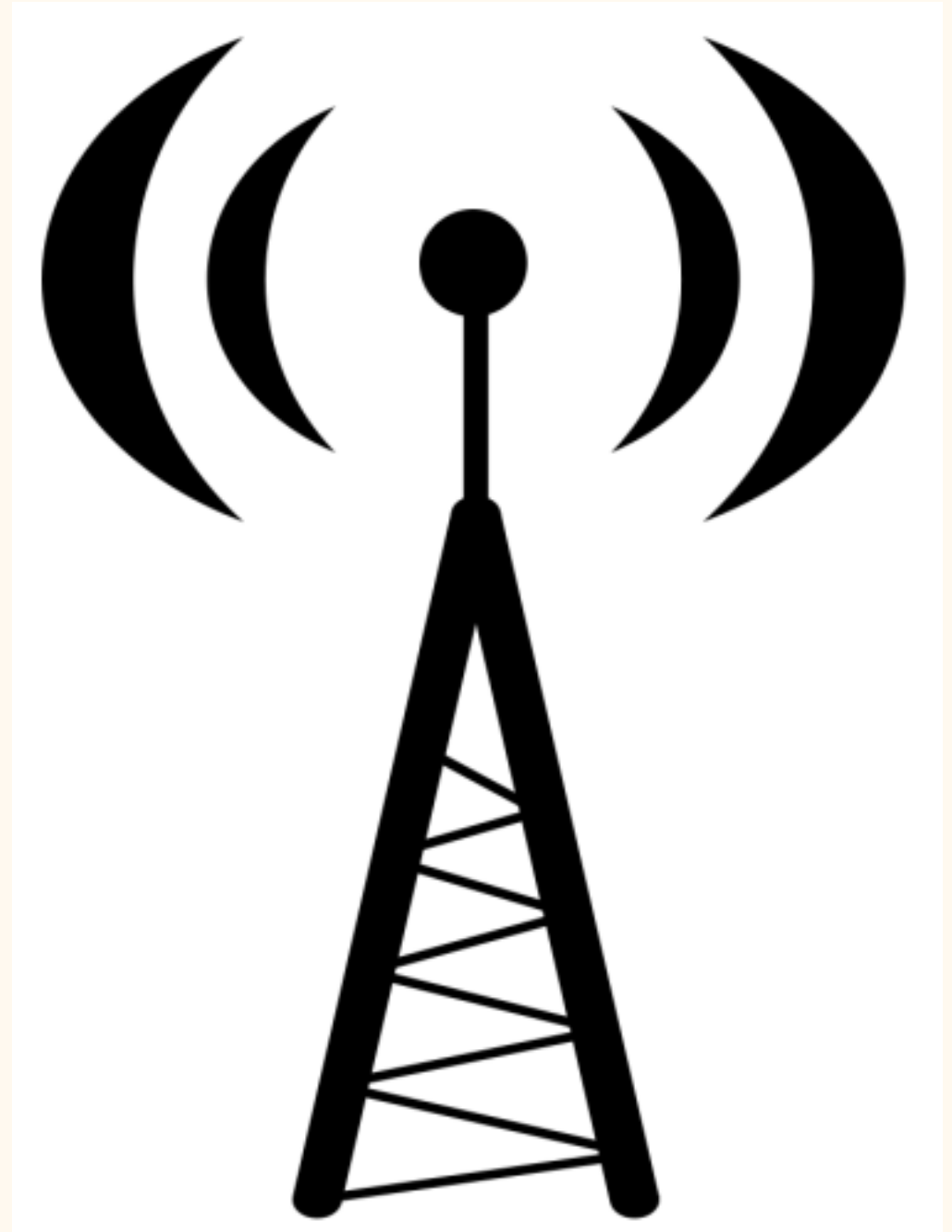
**Your body is
your social
& emotional
sense organ.**



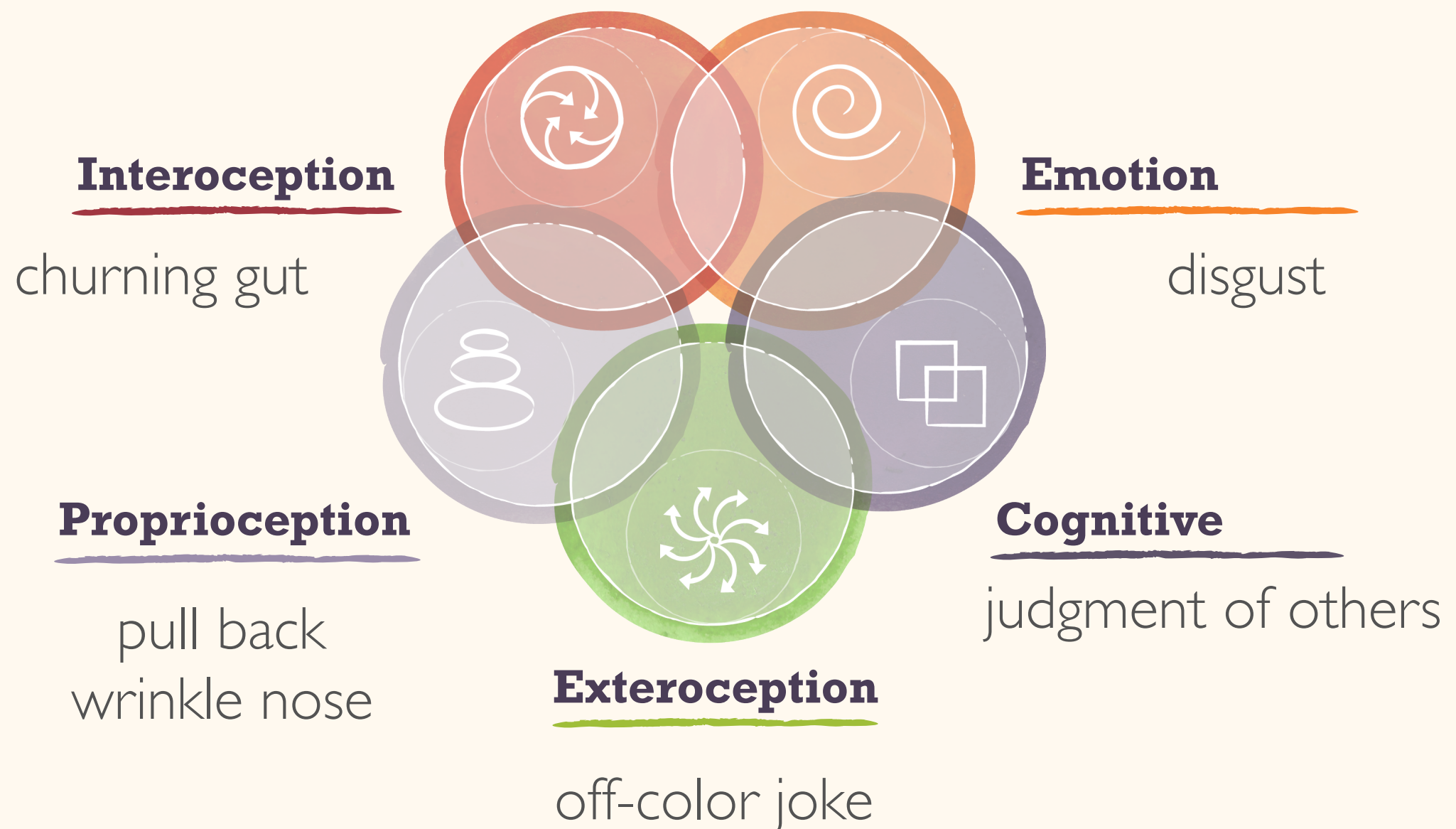
NEUROBIOLOGY OF A BLUSH



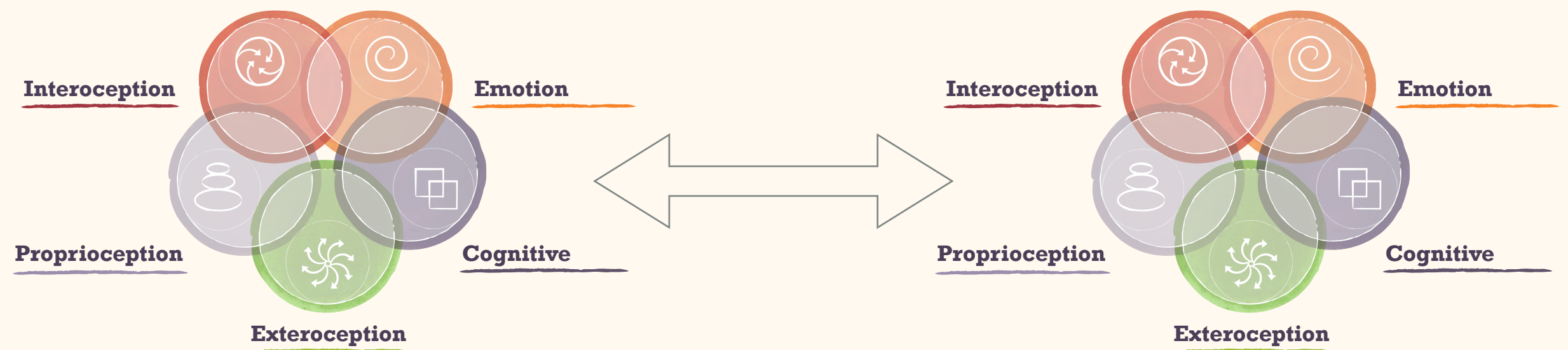
Disgust



NEUROBIOLOGY OF DISGUST



THIS AFFECTS CONVERSATIONS



ENTRAINMENT

- 🔥 Mother & infant “Skype”
- 🔥 String quartet
- 🔥 Rhythmic walking



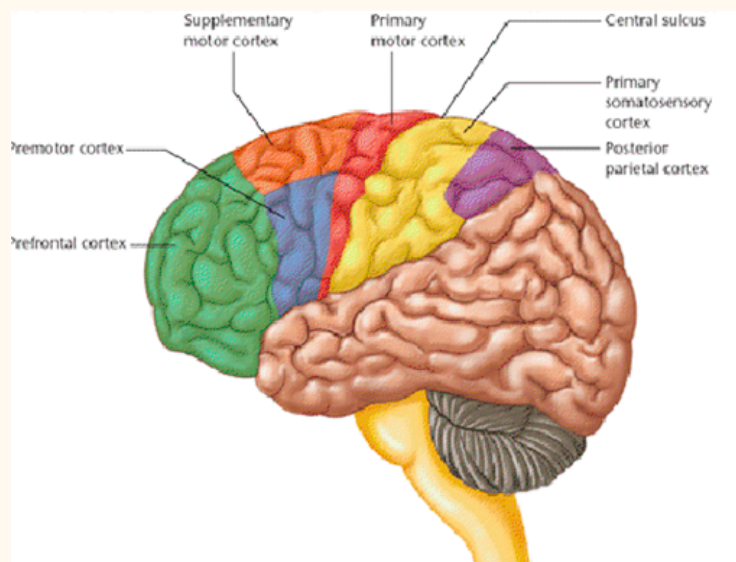
<http://www.druminar.com/faq.html>

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

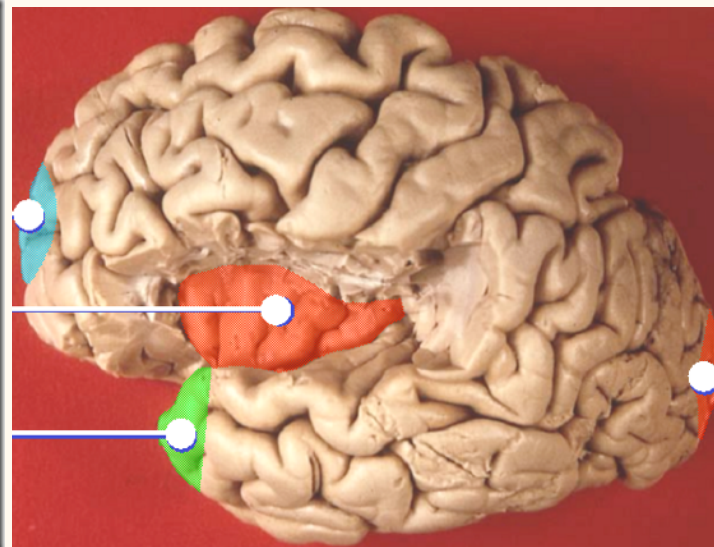
PRESENT WITH ANOTHER

LIMBIC RESONANCE

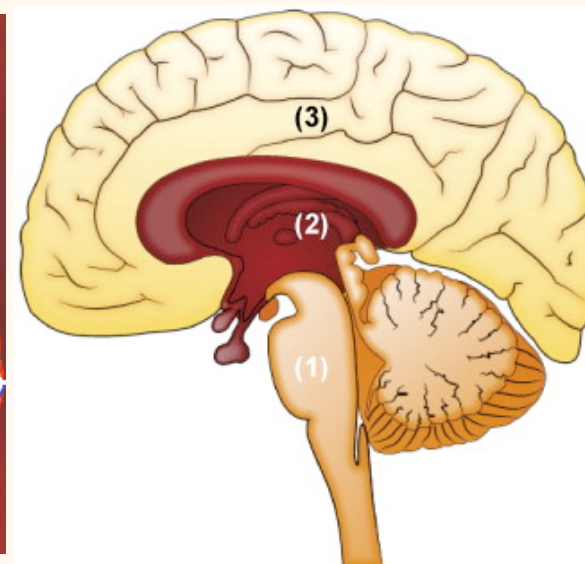
Mirror Neurons
in Motor Areas



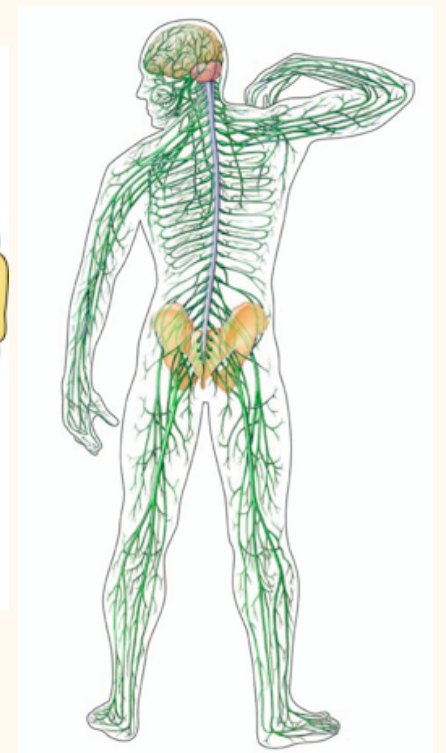
Insula



Limbic
System



Body
Sensations

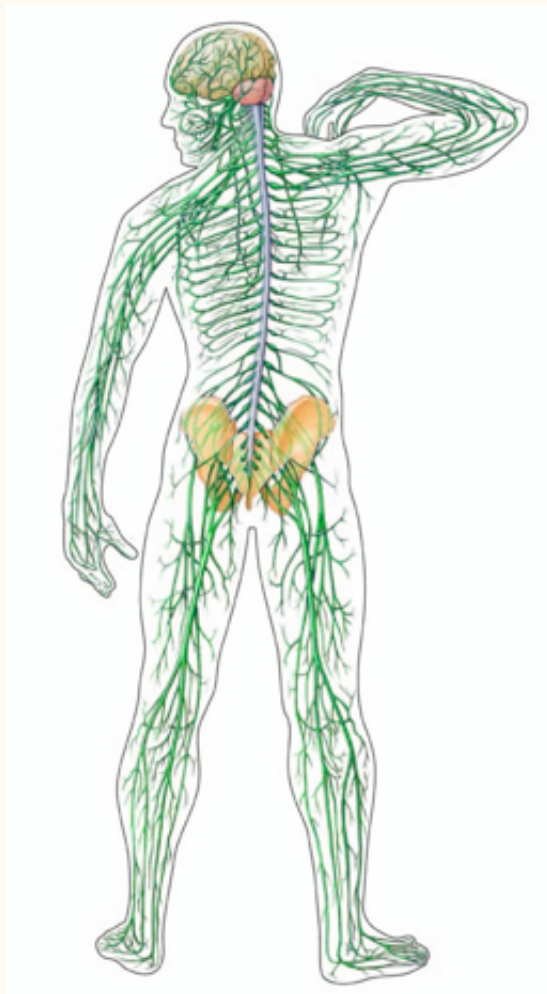


“Our brains use sensory information to create representations of others’ minds,
just as they use sensory information to create images of the physical world.”

~ Dan Siegel

MIRROR NEURONS + ESA

Embodied Self Awareness



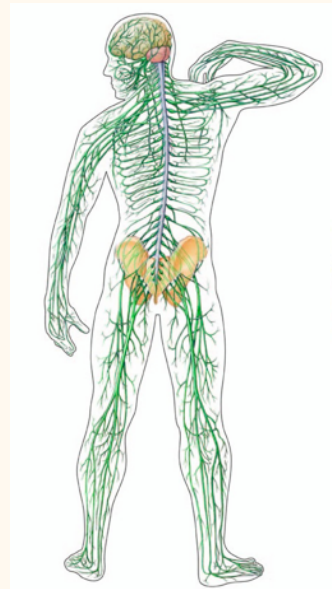
Mirror neurons help us *model* another's experience in our own bodies.

But if you haven't felt something yourself, it's a foreign experience to you.

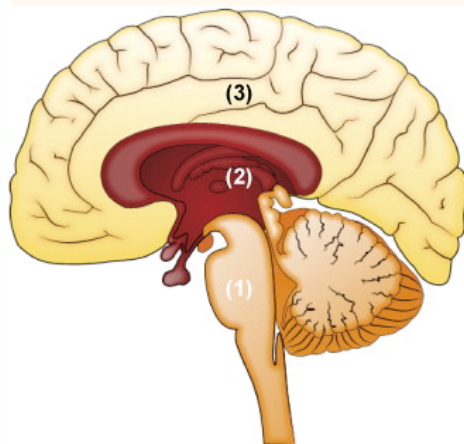
PRESENT WITH SELF

EMBODIED SELF AWARENESS

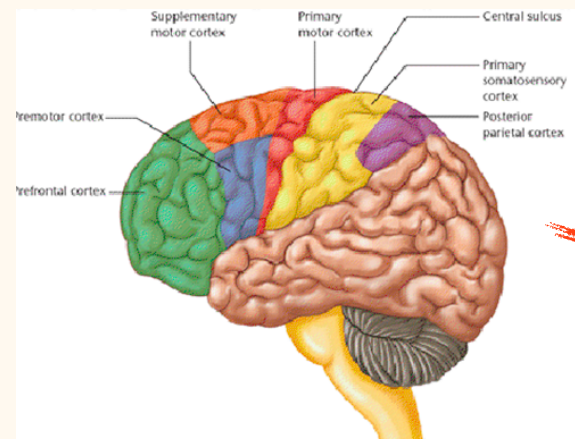
Body
Sensations



Limbic
System

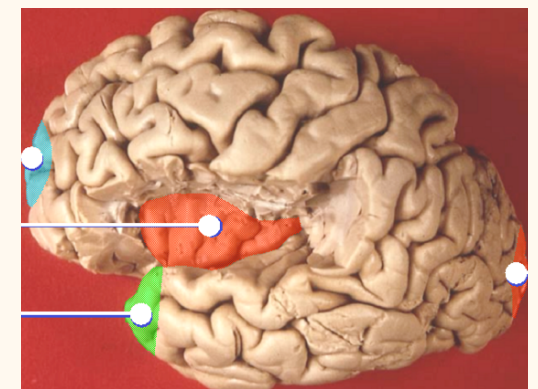


Sensory Motor
Cortex

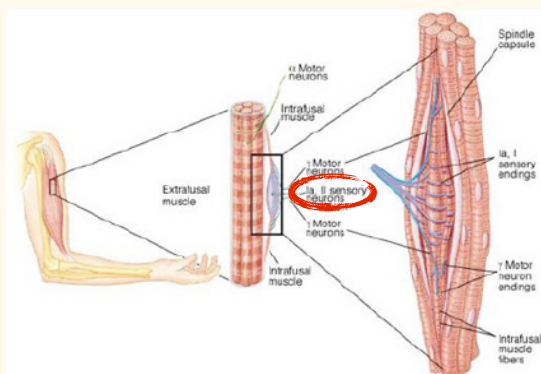


««« INTERNAL
interoception

Insula



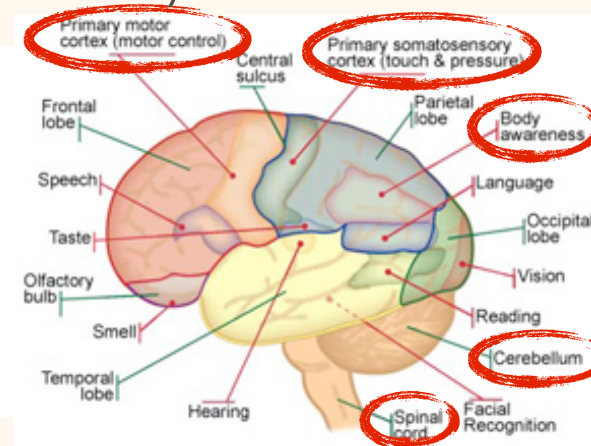
Spindle Cells



Inner Ear



Sensory Motor Cortex



««« POSITION
proprioception

PATH TO PRESENCE

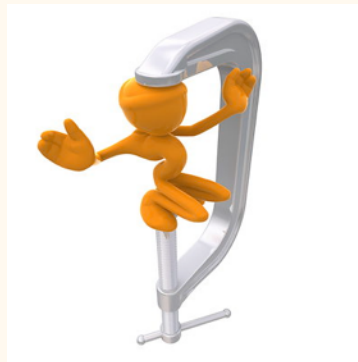
	AWARENESS	ACTION
Emotional Intelligence – SELF	FEEL MORE <i>align w. yourself</i> core skill: <i>self awareness</i> somatic competency: FEEL	CENTER <i>settle + strengthen yourself</i> core skill: <i>self mastery</i> somatic competency: CENTER
Social Intelligence – OTHERS	PRESENCE <i>listen deeply w. <u>all</u> of your senses</i> core skill: <i>empathy</i> somatic competency: PRESENCE	ACTION <i>act from centered care ...for self + other</i> core skill: <i>social mastery</i> somatic competency: ACTION

COMPETENCY: FEEL MORE

 Temperature



 Pressure

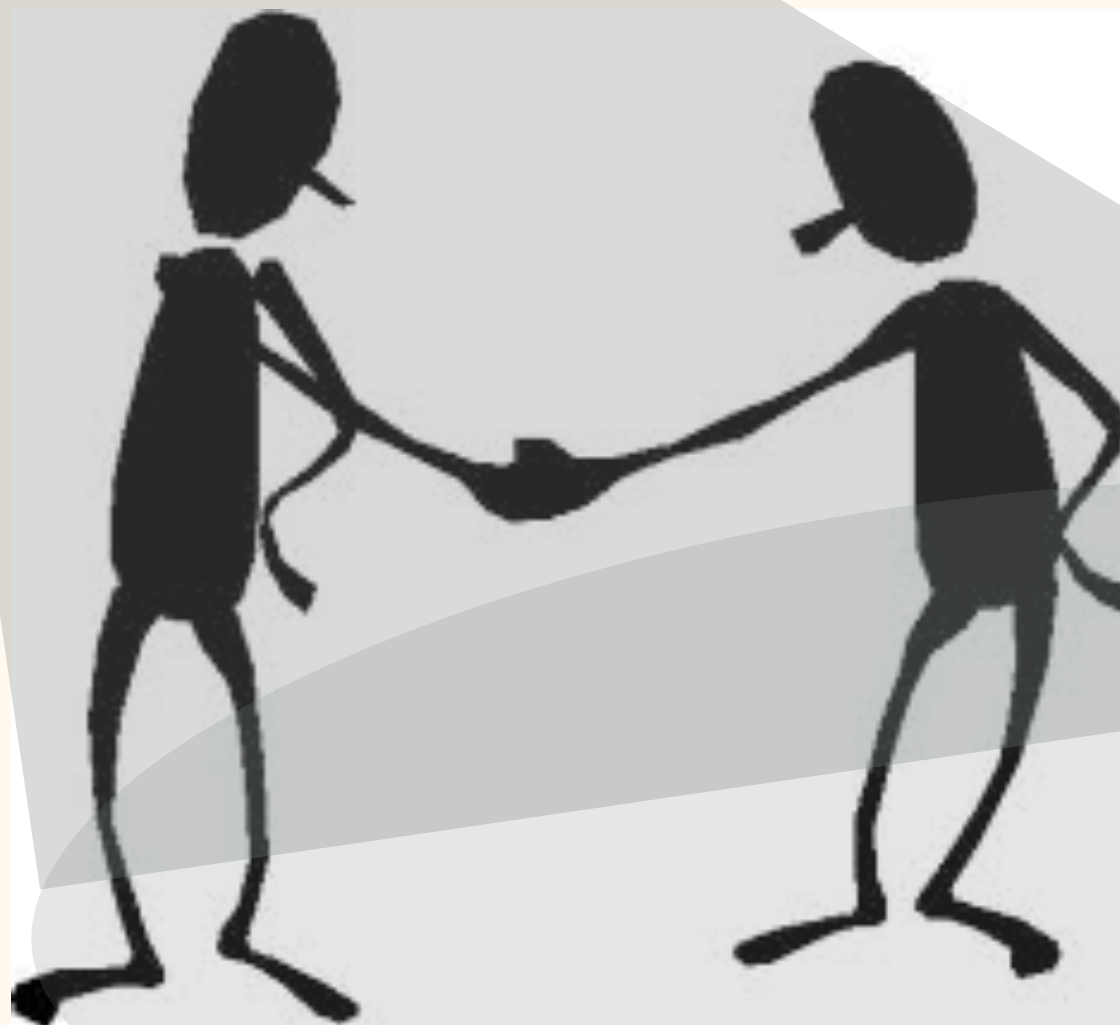


 Movement



GET PRESENT

Spotlight of
your
attention



**“How you
arrive at the
beautiful
question is by
having listened.”**

~Warren Berger



Q & A



NEXT: PRACTICE!!

RESOURCES

🔥 Awareness creates **choice**. Practice creates **capacity**.

🔥 The body only learns through rehearsal & practice.

🔥 Free support:

🔥 **Stress to Serenity Guide:**
embright.org/centering-challenge

🔥 **ABCs of Embodied Transformation:**
embright.org/ABCs-read