Finding Your Voice Through the

Powerful Pause

Capital Coaches Conference Lynne Feingold | June 5, 2014 Marilyn.N.Feingold@uscis.dhs.gov

Finding Your Voice Through the Powerful Pause

Tips for helping the Coach/Client to work with the techniques of movement, breath, and song.

Prepare in advance for session with clients

- Center youned prior to session. Take 3 minutes with singing and movement to feel more grounded, courageous, compassionate, and intuitive.
 Offer it to dieths to center themselves prior to the session Notes: Neuroscience research by Angelo Boles, Irb. J. shows that singing and movement (at the same time) integrates neural networks, thus creating cauching presence.

- Offer it to clients to ravigate challenging situations
 Examples: Fear of public speaking for presentations, briefings, interviews, etc.

 Note: How we parcitic create: new neural pathways. It is critical to be present-based during practice to facilitate dynamic movement of emotion, thoughts and feelings during the actual challenging situation

- A. Use singing and movement to be present during the practice of preparing for the challenging event.

 8. Use singing and movement to express current reality (i.e. Real AND to vision the future

 C. Ask clients to find a piece of music componer that feels essenant with their challenge, journey, and vision for resolution.

 Best approach is a song they can sing or hum rather than passive listening

 D. Ask clients to stoon their future story of success and have them sing the story with movement for a minimum of 3 minute/day. Sing any thoughts and feelings that come up.

 E. Use music as a metaphor for their journey such as different movements leading to transformation.

 F. Note: The treath and pause carry the emotion through the body. When the emotions get stock, so do our stories.

 To keep stories generative requires working with breath, movement, and pause.

The intention of story is to create wholeness, to synthesize and make meaning of our lives. The brain's obligation is to seek through the body and bring the stories to awareness. That's why movement is so important in telling stories.

NEUROSCIENCE

PAUSE

- Alerts the brain to immediately focus and pay attention
 Serves as reset button to become present
- > Bridges verbal Left Brain language and Right Brain meaning/emotion

SINGING

- ➤ Helps create presence by focusing the mind and accessing emotions ➤ Requires more breath than talking
- > Accesses more of the Brain than talking
- Enhances the Right Feeling Brain especially the right Temporal Lobe

SINGING AND MOVEMENT COMBINED

- Accesses more of the Brain than singing alone
- > Integrates neural networks and causes instant presence

NEUROSCIENCE RESEARCH

•	Pause (breath control) enhances the whole brain and heart
	Heart Math Neurophysiologist
	Fried, Robert – Psychology and Physiology of Breathing

- Music enhances the right brain especially the right temporal lobe as well as enhancing relationships and emotional intelligence Joseph R. Ph.D., <u>Right Brain</u>
- Movement enhances both left and right brain and also enhances subcortical brain function of the inner brain Kandel, Eric MD, <u>Principles of Neuronal Science</u> Hannaford, Carle PhD, <u>Smart Moves</u>