

Somatic Focusing: Fast Track Transformation, EQ, and the Neuroscience of Change

Looking to deepen your coaching practice?

Somatic Focusing (“SF”) is a premiere methodology for embodied living, leadership, and cultivation of the self. Based on the neuroscience of change, SF is an experiential approach that creates engagement, compelling communication, trust, and results-oriented action. Clients engage limiting beliefs, and then bypass the “thinking mind” to create new neural pathways that change how they react, and increase their Emotional Intelligence (“EQ”) for sustainable change. SF incorporates simple body movement that creates a deeper and increased emotional range of options available, so you can respond in a way that would have previously been inaccessible. With SF your clients will find new ease with challenging people and situations, greater success, and long-term happiness.

Benefits from this session:

- Learn how to tap into your body’s wisdom to create new neural pathways that increase your range of intelligence
- Shift a limiting belief to an empowering belief
- Access creative solutions when confronted with challenges

Note: There will be group exercises, hot-seat coaching with several individuals and partner exercises. All of these are physical - you will get out of the chair and MOVE, and listen to your body’s wisdom.

Monday, February 12, 2018 • 8:30am-12 Noon

Keller Graduate School of Management, 2nd Floor, Becker Meeting Room #204
(DeVry University Building, Mission Valley)
2655 Camino Del Rio North, San Diego, CA 92108

Non-Members \$25 at the door. First Time Guests are Free.

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Andrea Isaacs is a speaker, coach and trainer who has been empowering the lives of thousands in 25 countries since 1994. Her body wisdom approach has increased emotional intelligence and deeper change in her clients. Andrea’s neuroscience-based brain training techniques have helped clients embody a greater range of healthy emotions, and maximize their potential personally and professionally. She is the creator of **EnneaMotion, Somatic Focusing** (“SF”), and the **EQ Quiz** (at EQQuiz.com), which assesses your strengths and directs a somatic approach to your development, which are being used by conscious high-performing leaders around the world. Andrea has been teaching alongside Don Riso (until his passing in 2012) and Russ Hudson since 1994, was Co-founder and Editor-Publisher of the *Enneagram Monthly* and on the International Enneagram Association (IEA) Board of Directors for six years. Her clients have included the Federal Reserve Bank, the Massachusetts State Government, the New York State Psychological Association, the Institute of Transpersonal Psychology, Loyola University, Wake Forest University, Groover Seminars and the Highland City Club in Boulder, Colorado, where she is a scholar-in-residence.

For more information: www.EQXLive.com and www.EnneaMotion.com