

Self-Regulation

Quick recap

Annie conducted a session on self-regulation, introducing various tools and techniques for managing intense emotions and building regulation habits. She demonstrated these techniques through a coaching session with Claudia, focusing on helping participants connect with their bodies' sensations and trust their physical wisdom. The sessions emphasized the importance of practicing regulation regularly and working from the body up rather than relying solely on thoughts.

Summary

Self-Regulation Tools for Coaches

Annie led a session on self-regulation, emphasizing its importance for coaches and humans alike. She explained how early experiences shape our expectations of safety and soothing, often influencing our romantic relationships. Annie introduced tools for self-regulation, including breathing techniques, visualization, and physical exercises, and demonstrated how to use these tools to manage intense emotions. She stressed the importance of practicing these techniques in calm moments to build the habit of regulation. The session concluded with a brief demonstration and an invitation for participants to practice regulation techniques.

Body Wisdom Coaching Session

Annie led a coaching session focused on helping participants regulate their nervous systems and trust their bodies' wisdom. She demonstrated this process with Claudia, who shared her struggle with expressing herself and her fear of making mistakes. Through guided exercises, Annie helped Claudia reduce her anxiety and connect with her body's sensations. The session concluded with Annie emphasizing the importance of working from the body up, rather than relying solely on thoughts, and encouraging participants to practice regulating their emotions regularly.