

[movementforchange.co.uk](http://movementforchange.co.uk)

## I'd like to share...

1. The Movement for Change story so far
2. An overview of the Strengthening the Core Programme for voluntary sector leaders
3. An embodied practice taster
4. More space for questions (in all directions)

# My training

## **Yoga teacher training**

Ten month-long 200-hour programme with Barefoot Body Training (RYT 200) (July 2019)

## **Facilitation coaching and counselling skills**

Nine-month Embodied Facilitator Course training from Integration Training (2020)

Year-long diploma in facilitation counselling skills and conflict resolution, from NAOS (developed for Forgiveness Project facilitators) (2015)

Alternatives to Violence Project Lead Facilitator training (2014)

Alternatives to Violence Project Facilitator Training and apprenticeship (2012-14)

Restorative Justice Facilitation training with Common Ground (2012)

Narrative Mediation training with Common Ground (2011)

## **Academic**

Diploma in Social Research Methods (Open University)

MSc in Health Policy, Planning and Financing (London School of Hygiene and Tropical Medicine and London School of Economics)

BA in Biological Anthropology (Cambridge)

Strengthening  
the  
Core Online  
Programme



## Programme purpose

To build resilience, collectively and personally

To support wellbeing and community



Through embodied yoga, self-care  
and communication

### What can you expect?

- More experience of embodied movement and yoga
- More self-care tools, including a plan for a sustainable personal practice
- More embodied tools for working with challenging emotions and situations
- Shared ideas for building a more resilience-enabling culture (self-care + other-care)
- More resources for taking your learning further

Supported by our 2019 external evaluation

## What do people say about the programme?

*“When I was doing the sessions, I felt a deep sense of relaxation, this is unusual for me, and it was into the next day too.”*



*“I found the attitude of openness and curiosity releasing, and a fertile base from which to work.”*

*“I am more aware of my own reaction to things, my own emotions and when I get fired up about things. It has given me some tools to be more honest with myself about what is going on.”*

## Eight weekly sessions mix yoga practice and group discussion

- Session 1** Community-building and gratitude
- Session 2** Embodiment intro and listening
- Session 3** Working constructively with anger
- Session 4** Communication and conflict
- Session 5** Creating resilience-enabling cultures
- Session 6** Delivering a high-quality no
- Session 7** Power and privilege
- Session 8** Collective problem-solving and next steps



## The approach

Relational

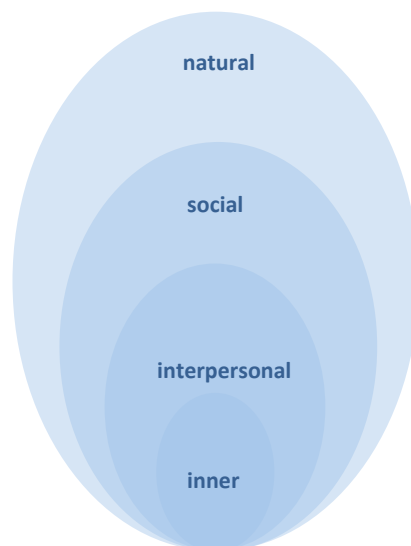
+

embodied

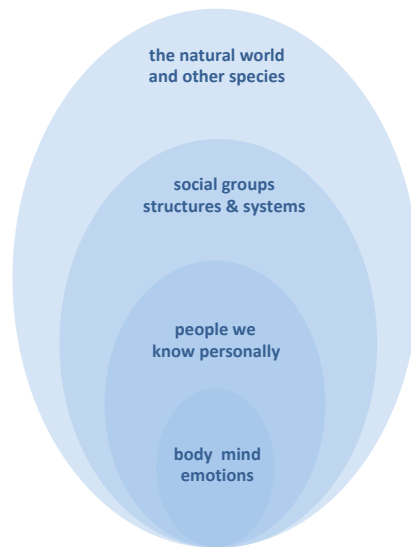


Relational

Our lives are made  
up of many worlds



Each world contains relationships

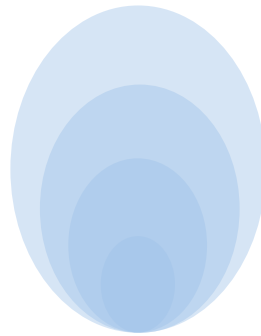


When our relationships struggle, we can suffer



When our relationships thrive, we can thrive

joy  
creative  
engagement  
play  
growth  
generative  
conflict  
freedom



## Embodied

Rene Descartes was wrong

~~'I think, therefore I am.'~~



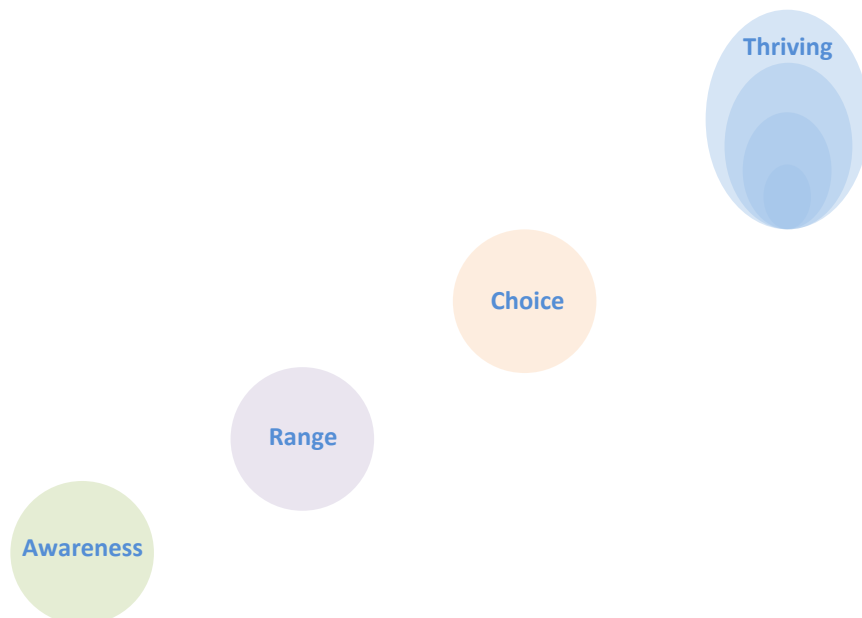
## We are embodied beings

Our mind, emotions, body and brain are fully integrated. In fact, they've never been separate.

The body is more than a brain-taxi.

We can reflect on our patterns and our ideas using the body as part of the whole self.

It's an amazing opportunity for both restoration and growth (depending on what's needed).





## Further exploration

### Books

Resilient –	Rick Hanson (2018)
Nonviolent Communication –	Marshall Rosenberg (2003)
Pleasure Activism -	Adrienne Maree Brown (2019)
Healing Justice –	Loretta Pyles (2018)
The Art of Somatic Coaching -	Richard Strozzi-Heckler (2014)
Mindfulness Yoga –	Frank Jude Boccio (2004)
Skill in Action -	Michelle Cassandra Johnson (2017)

### Online resources

[jbrownyoga.com](http://jbrownyoga.com)  
[embodiedfacilitator.com/blog](http://embodiedfacilitator.com/blog)  
[networkofwellbeing.org](http://networkofwellbeing.org)  
[mindfulnessandsocialchange.org](http://mindfulnessandsocialchange.org)  
[actionforhappiness.org](http://actionforhappiness.org)  
[cnvc.org](http://cnvc.org)