

Your energy introduces you before you even speak

Somatic Speaker Self-Assessment

The level to which you are able to feel and connect with your audience will depend on your ability and availability to feel and connect yourself and your present experience.

Many think that speaking and presenting is words, structure and message, though within the successful somatic speaker, a deeper world of emotional sensitivity is at play. An increase in conscious resonance with oneself, the 'other' and the relationship together help elevate the transmission and leave a deeper impact into all parties. Learning the world of somatics is simple, though it takes time, practice and self awareness. Let's start here...

Take a few moment to assess the ways in which you occupy your awareness on a daily basis (scoring from 1-10, where 1 is "not at all" and 10 is "very often")

Do you stop thinking and just feel yourself?

1 2 3 4 5 6 7 8 9 10

Are you aware of stress/tension in your hands, arms, back, belly, neck, legs, or anywhere else as you speak?

1 2 3 4 5 6 7 8 9 10

Are you aware of any restrictions in your breathing?

1 2 3 4 5 6 7 8 9 10

Aside from sleeping at night, do you ever rest during the day?

1 2 3 4 5 6 7 8 9 10

Do you practice/receive any type of leisure activity that calls for embodied self-awareness such as yoga, massage, and other bodywork, meditation, dance, arts and crafts, music or sports?

1 2 3 4 5 6 7 8 9 10

Do you practice this with the intention to expand self-awareness and relaxation, or are you caught up in achievement at the expense of awareness?

1 2 3 4 5 6 7 8 9 10

Do you stop and smell the roses, engage in open-ended play with a child or companion animal, walk in nature with all your senses alert, take a hot bath, or go to a spa with no agenda except to relax?

1 2 3 4 5 6 7 8 9 10

Can you identify and talk about your emotions easily (or do you push them aside)?

1 2 3 4 5 6 7 8 9 10

WELL DONE!!

Feel free to send me your answers and I will happily share some exercises and practices to start developing your somatic speaking awareness and skills

