

Uniting Thought and Action

SF and the Feldenkrais Method (FM) are both solution-based approaches to changing thinking and action. From an SF point of view, a change in action can occur when there is a change in thinking. From the FM point of view, thinking can change when there is a change in action (movement). By experiencing these two methods, we will be able to explore the connection between thought and action.

Thought and action cannot be separated from one another, i.e. a person's movements reflect their thinking and visa versa. A real change in thinking will be reflected in movement. If a new idea or solution (thinking) is to take hold, then there must be corollary change in action (movement). This holds true for the client as well as the coach. In this workshop, you will become more aware of your own actions and how to sense them while still focusing on your client. Additionally, you will experience how your own actions can influence your thinking, enabling you to work more effectively as a coach and be better able to observe the signals coming from your client.

To get a sense for this, we'll combine practical coaching exercises with Awareness Through Movement lessons to examine and experience how kinesthetic awareness (awareness of self through movement) influences and enhances the process of coaching, leading, training, and teaching.

However, movement is visible; thoughts can only find their expression in language. Of course it's possible to say one thing but feel have feelings that do not correlate with the verbal expression. How as a coach can you detect this disunity?

Another way to influence thought is through movement:

„A fundamental change in the motor basis within any single integration pattern will break up the cohesion of the whole and thereby leave thought and feeling without anchorage in the patterns of their established routines, In this condition it is much easier to effect changes in thinking and feeling, for the muscular part through which thinking and feeling reach our awareness has changed and no longer expresses the patterns previously familiar to us. Habit has lost its chief support, that of the muscles, and has become more amenable to change.“

Moshe Feldenkrais

Facilitator John Tarr
Solution Focused coach

