

# Get out of your head and into your body

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## **Purpose**

This strategy shifts the focus of attention from the head to the body with the aim of helping people clear their minds and create space in order to develop clarity. It works well if people arrive at a session flustered with things they don't want to interfere with the coaching session. It can be used effectively when clients are feeling stuck and overwhelmed. At times people tend to overcomplicate matters by trying too hard and not allowing any spontaneity or deeper expression to come through. Sometimes things just get too heady!

## **Description**

The technique works as a kind of human *defragmentation*. Defragmentation is a computer program that clears space on a hard drive. It gets rid of any unnecessary programmes and documents that are causing the system to go slow. Likewise, shifting attention from the cognitive to the kinaesthetic helps people slow down a bit, releases confusion and creates space in the mind. As a result, people feel more clarity and be less stuck. It is an opportunity to shift energy and the mind. The coach can also use the strategy if they feel stuck when coaching.

## Process

Invite your client to *get out of their head and into their body*. I suggest that you, as coaches, do the technique with your client, so clients feel supported. Identify a time when a shift in energy is required and ask your client: 'Would it help to take a moment to refocus?'. Assuming they say yes, continue by inviting them to move. Use some or all of the following suggestions:

- Stand up and take a moment to stretch.
- Deepen your breath.
- Rotate your neck in both directions to release any tension.
- Rotate your shoulders to release tightness.
- Stretch your spine in all directions.
- Rotate your wrists and ankles.
- Finish by asking your client: 'Is there is anything else your body needs?'.  
• They may then make a few more movements.

## Pitfalls

- There are no contra-indications to these instructions as they allow clients to stretch within their own movement range.
- Kinaesthetic tools can be powerful. It is important, however, that the coach feels comfortable and confident from experience of working with the body. If the coach feels at all awkward, it can transfer to the client.
- Clients may feel a bit silly at first, a sign that they are moving out of the head!

## Bibliography

Arewa, C. S. (2003) *Embracing Purpose, Passion and Peace*, London: Inner Vision Books.