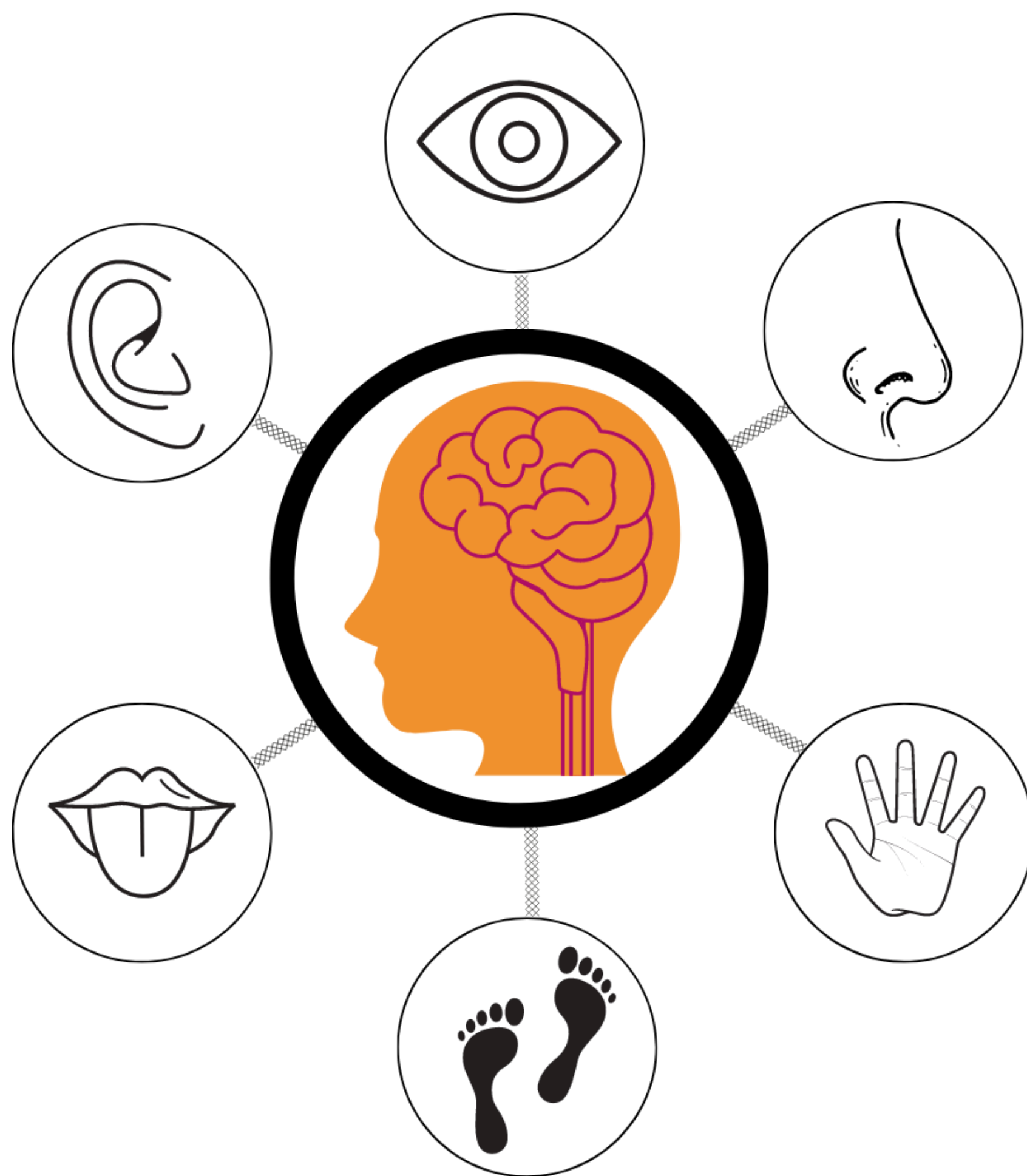




COACHING WITH THE SENSES



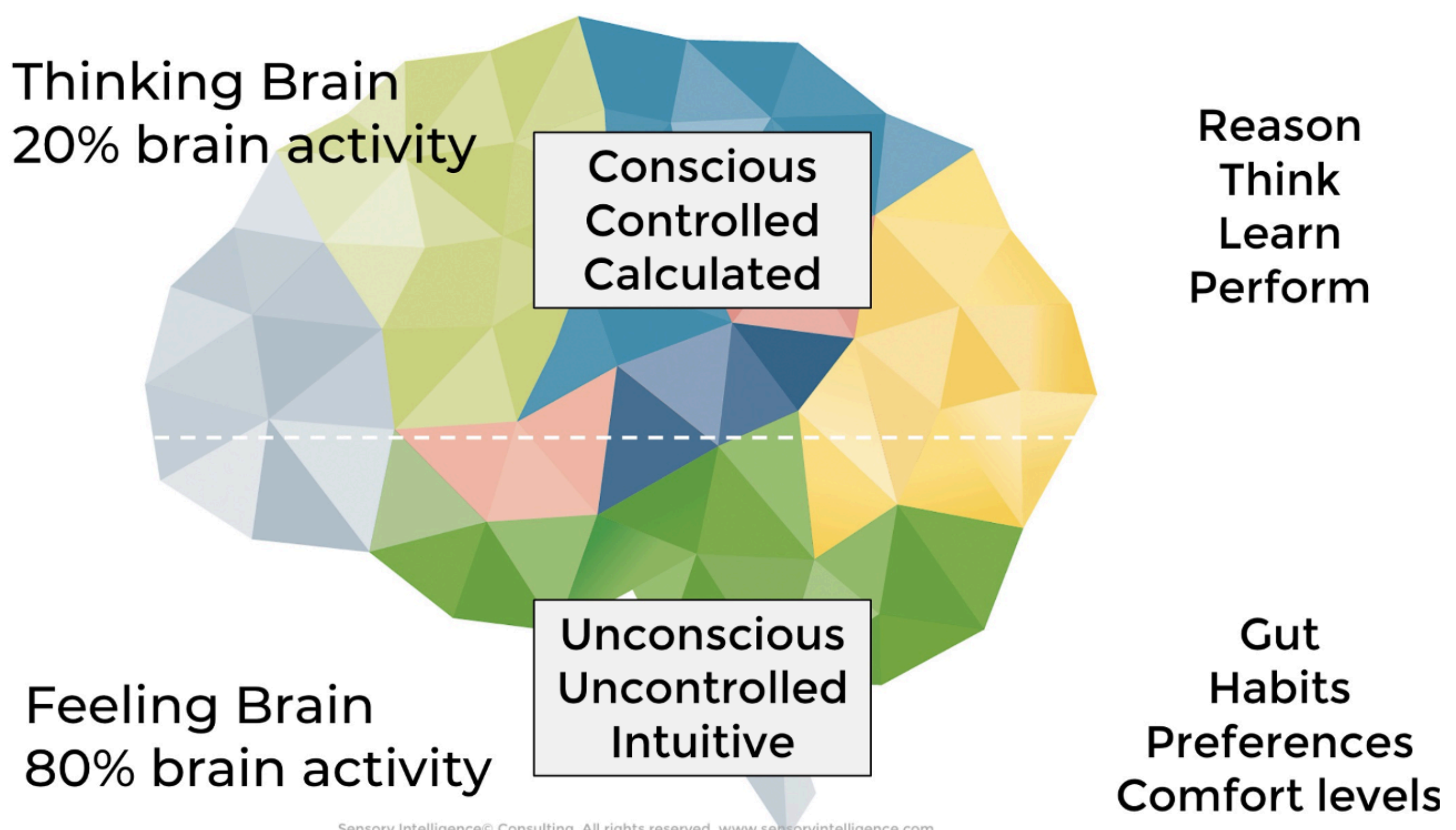
BY: LIZ DOBBINS, ICF MCC



OUTCOMES

SENSORY FINGERPRINT

- Understanding of Sensory Systems and Sensory Language
- Self-regulation tools to adapt to your environment
- Introduction of Sensory Matrix™ for your self-awareness of you as a Coach



SENSORY FINGERPRINT

Learn fundamentals of sensory awareness and sensory strategies for both coach & client aligned to ICF Coaching Competencies.

Support yourself as a coach with:

- Sensory self-awareness to effectively connect with your clients, the environment, experiences, values and beliefs based on your unique sensory system.
- Developing your ongoing reflective and self-awareness practice to enhance your coaching while remaining aware of culture and values of the client.
- Seek to understand the client within their context and with their sensory fingerprint which may include their identity, environment, experiences, values and beliefs.
- Ask sensory style questions within a coaching session to ensure clarity for both coach and client.

COACHING WITH THE SENSES

Support yourself as a coach with:

- Demonstrates curiosity during the coaching process and notices energy shifts and sensory queues. For example, modulation in voice and or body language.
- Sensitive to creating or allows space for silence, pause or reflection before, during, and after each coaching session.
- Tuning into to your sensory thresholds and your client's sensory thresholds.
- Focuses on what the client is and is not saying to fully understand what is being communicated in the context of the client systems and to support client self-expression



COACHING WITH THE SENSES

Support yourself as a coach with:

- Explore The I WE ALL tools for coaching. For example: In our 10 sessions in partnership we will start with the (I first, then the collective, which moves to the ripple effect.)
- The importances of the 90 sec rule and tools to self regulate.
- A deeper dive into the science behind our Sensory Thresholds and Preferences.
- Identify each sensory system thresholds. Application and integrating the sensory lens with the ICF Competencies
- Sensory process is fully rooted in neuroscience

I am still learning
Michelangelo, age 87



SENSORY SENSE

ICF COMPETENCIES

APPLICATION IS FOR BOTH COACH & CLIENT

1. Foundation - Demonstrates Ethical Practice
2. Embodies a Coaching Mindset
3. Co-creating the Relationship
4. Cultivates Trust and Safety
5. Maintains Presence
6. Communicating Effectively - Listens Actively
7. Evokes Awareness
8. Cultivates Learning and Growth

Aligning ICF Competencies using sensory questions to support health, wellness and relationships will open up a new way to manage stress, time and energy.

SENSORY SENSE



We have 7 different sensory systems that our brain must integrate in order to interact appropriately with our environment.

Our brain works hard to integrate all of those sensations without becoming too overwhelmed, distracted, or disengaged.

These Sensory Systems Include:

PRIMARY FUNCTION FOR LEARNING & WORKING

AUDITORY

VISUAL

PRIMARY FUNCTION FOR RELATIONSHIPS

SMELL

TASTE

TOUCH

PRIMARY FUNCTION FOR ATTENTION

VESTIBULAR (MOVEMENT)

PROPRIOCEPTION (MOVEMENT)

INTEROCEPTIVE (PHYSICAL & EMOTIONAL)



SENSORY SENSE



INFORMATIONAL SENSES

PRIMARY FUNCTION LEARNING & WORKING

AUDITORY

- Our body's ability to process sounds and gather information from our surroundings.
- It isn't simply about our ability to hear (an innate ability which can't be taught), but our ability to listen which allows our body to interact with the sounds in our environment and make sense of what we hear.
- We receive auditory input through our ears to gauge the importance of the sounds we hear, where they come from, how close they are and whether we have heard those sounds before.

VISUAL

- The **visual sensory system** enables you to be aware of color, light level, contrast, motion and other visual stimuli.
- If you "saw it" – your visual system was responsible for that.
- The visual system is part of the body's central nervous system.
- This is the sensory system that allows us to see and process visual information.

SENSORY SENSE



SOCIAL SENSES

PRIMARY FUNCTION RELATIONSHIPS

SMELL

- The parts of the olfactory pathway are located inside the nose and connect to the olfactory cortex in the brain.
- What we smell can affect behavior, emotion, memory, and thoughts.

TASTE

- **Taste**, refers to the capability to detect the taste of substances such as food.
- The sense of taste is often confused with the “sense” of flavour, which is a combination of taste and smell perception.

TOUCH

- Our ability to sense the world around us through our touch. We interpret EVERYTHING through our tactile system.
- Interpret our world through our hands, feet, skin, and entire body.
- We receive information from our tactile system through our skin (from head to toe) to gauge everyday sensations such as temperature, vibration, pressure, itching and pain.
- Everything in your world is affected by the way your tactile system interprets it...hugs, clothing, the grass or sand under your feet, the food you eat, the coffee you drink.
- There is a relationship between touch and the emotional centers in the brain, helping us make decisions and remember details about tactile experiences that we find pleasurable and ones that aren't so pleasurable.

SENSORY SENSE

A horizontal row of 20 orange dots of varying sizes, with the largest ones in the center.

REGULATION SENSES - MOVEMENT SYSTEM PRIMARY FUNCTION ATTENTION


VESTIBULAR

- Vestibular input is received in the brain each time we move our head.
- Receptors are located deep within our inner ear.
- The vestibular system is made up of canals that are lined with tiny little hairs and these canals also have some fluid in them.
- When we move, the fluid swishes around in the canals and touches the hairs.
- The brain gets the message about what hairs the fluid has touched and we know how and where to move!
- The greater the movement, the more vestibular input we receive

PROPRIOCEPTION (UNIVERSEL REGULATOR)

- Proprioception is our body's ability to know where it is at any given time (otherwise called body awareness.)
- Just like we see through receptors called our eyes, with proprioception, we know where our body is because of receptors that run all through our **muscles and joints.**
- Proprioception is stimulated by pressure to the receptors all throughout our body.
- Anytime we squeeze through a tight space, hug someone, or jump up and down we are getting proprioceptive input.

SENSORY SENSE

A horizontal row of 20 orange dots of varying sizes, with the largest dots in the center and smaller dots towards the ends.

PRIMARY FUNCTION PHYSICAL & EMOTIONAL INTEROCEPTIVE SYSTEM

- The Interoceptive system gives us the ability to feel what is happening inside our body. It has special nerve receptors all over our bodies including our internal organs, bones, muscles and skin. These receptors send information to the brain which uses it to determine how we feel.
- The purpose of the interoceptive system is to help our bodies stay in a state of optimal balance.
- The interoceptive system has a foundational role on our general physical and emotional regulation, it is not surprising that it also directly impacts several other important skill areas.

Related areas include

- Self-regulation
- Self awareness
- Social thinking
- Flexibility of mind
- Problem solving
- Intuitive social skills
- Social participation

Questions to check in include:

- Is your heart beating fast or slow?
- Are you breathing deeply or shallowly?
- Are your muscles tense or loose?
- How does your stomach feel?

SENSORY MATRIX™

Sensory Matrix™ is an online, 120-point assessment tool, measuring sensory processing. It measures all the sensory systems (smell/taste, visual, touch, auditory, movement and multisensory) to determine an individual's neurological thresholds and responses for each sensory system.

The report provides

- Results: What are your sensory thresholds
- Insights: What is the impact of your sensory thresholds on productivity , health well being and relationships
- Sensory Strategies: using customised self regulation tips and tools to best manage your environment

Throughout the training Sensory Matrix™ examples are addressed to give the insight on sensory thresholds, listening for sensory language and as examples of dual roles as both coach and client, dialing into where to meet your client or clients for effective awareness and results.

