

Preparing for a Difficult Conversation?

Using Embodiment in Pedagogy to Excel Under Pressure

An experiential workshop with Shayna Hornstein, B.Sc. Reg. (P.T.)



There is increasing attention in adult education to the benefits of embracing embodied and emotional learning (Freiler, 2008; Nguyen & Larson, 2015; Walker & Palacios, 2016). This workshop will offer simple embodied activities to explore the topic of difficult situations.

If you're preparing for a conversation with your supervisor or any other challenging exchange, come and explore somatic techniques to support yourself in these situations.

Learning objectives:

- Experience how the body can produce knowledge that we can use to help us when we feel challenged.
- Spark discussion of how embodied pedagogies might be implemented in different educational contexts

Learning activities

- An interactive combination of brain-based learning theory, reflective dialogue and guided embodied exercises
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Shayna recently completed a graduate certificate at EDST. Outside UBC she is a body-focused counsellor and adult educator. Her organizational development work improves resilience and workplace communication. In her clinical practice she helps people lessen the impact that stress has on their bodies. She returned to university to study education with a particular focus on embodied pedagogy and its use in social movements.

References

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