The 4 Core Elements of UZAZU Embodied Facilitation

The Client's Experience
OVER/THROUGH TIME

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Dynamic Change Processes

Being IN, and Directly ENGAGING WITH
The Client's Experience CHANGING OVER TIME

State shifting techniques, Centering, Embodied Practices, Re-patterning Protocols, Core Change Process such as Rebalancing, Differentiation, Integration, and Synergizing

Developmental Stages Journey

Relating TO, or TALKING ABOUT
The Client's Experience CHANGING OVER TIME

Using a solid developmental framework for understanding your client's life journey & growth possibilities, aligning around a powerful & integrated sense of larger Purpose

Being IN, and Directly
ENGAGING WITH

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Relating TO, or
TALKING ABOUT

Embodied State Activations

Being IN, and Directly ENGAGING WITH
The Client's Experience IN THE MOMENT

Embodying the Experience, Deepening Self-Awareness, Safely activating dysregulated AND desired states, Concrete assessment of current embodied conditioning, Bringing stuff up, in the field, in the moment.

Interpersonal Facilitation Interactions

Relating TO, or TALKING ABOUT
The Client's Experience IN THE MOMENT

The way we dialogues and communicate (verbal response modes) , The relational dynamics & energetics of how we interact, including our body-language

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The Client's Experience
IN THE MOMENT/NOW

UZAZU
Embodied Intelligence

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