

Ep 25 Show Notes: Do You Listen To Your Body When It Speaks with Jen Aks | 11/15/2024

Join us for a powerful and emotional conversation post-USA election!

Today we are LIVE in the HIVE with dance educator and emotional intelligence and somatic teacher, Jen Aks for a compelling conversation about accessing the wisdom of the body vs that of the intellect and other others forms and pathways of knowing and learning.

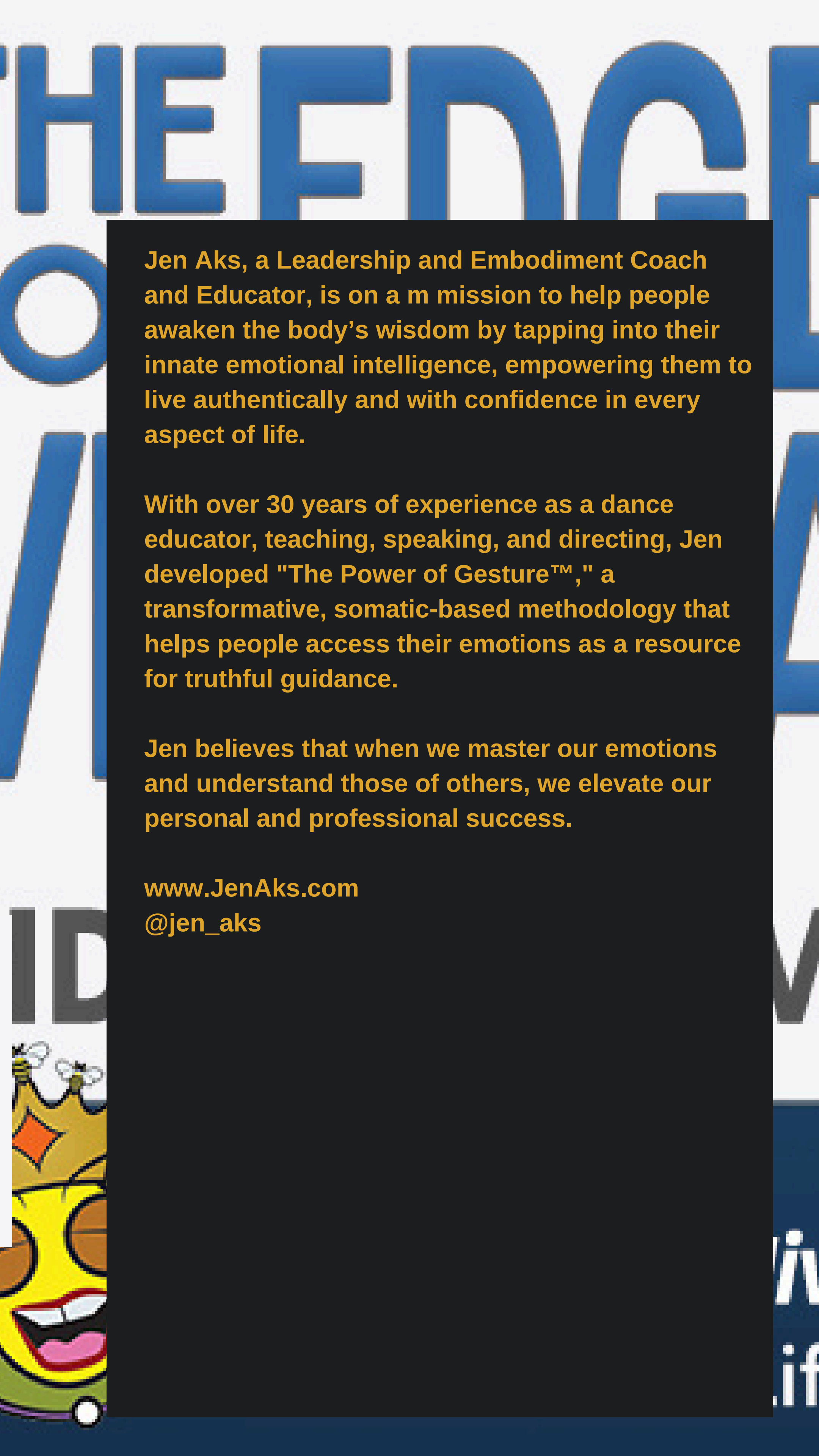
The words Embodiment and Somatic are words we are hearing more often these days – across the fields of spirituality and religion, in mental health work, and in our growing understanding of nuero-diversity and gender fluidity.

Jen shares her story of discovering her kinesthetic way of learning and her journey of helping others to unlock their own somatic wisdom.

In this episode, we touch on...

- What is kinesthetic learning? What does embodiment mean?
- Jen shares her struggle with linear learning and creating a story of shame and debilitation.
- Her world cracked open when she discovered the work of multiple styles of intelligence by Howard Gardner.
- HERstories and The Power of Gesture was born!
- Jen shares a personal video of herself sharing about her own experience of listening to her own body to make a very difficult life choice.
- Jen shares about her upcoming book - part memoir and part methodology.
- All this and SO much more...

#TheEdgeofEveryday #TheEdgeofEverydayPodcast
#EmbodiedWisdom #ThePowerofGesture



Jen Aks, a Leadership and Embodiment Coach and Educator, is on a mission to help people awaken the body's wisdom by tapping into their innate emotional intelligence, empowering them to live authentically and with confidence in every aspect of life.

With over 30 years of experience as a dance educator, teaching, speaking, and directing, Jen developed "The Power of Gesture™," a transformative, somatic-based methodology that helps people access their emotions as a resource for truthful guidance.

Jen believes that when we master our emotions and understand those of others, we elevate our personal and professional success.

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