

ROUTLEDGE FOCUS



THE FELDENKRAIS
METHOD FOR EXECUTIVE
COACHES, MANAGERS,
AND BUSINESS LEADERS

Moving in All Directions

Garet Newell and Simon Paul Ogden

With a foreword by Sue Knight

ROUTLEDGE

Focus

The Feldenkrais Method for Executive Coaches, Managers, and Business Leaders

In this fascinating and practical book, Garet Newell and Simon Paul Ogden show how the Feldenkrais Method can be used by coaches and managers as a resource to improve both the performance of individuals and the health and wellbeing of the people they work with.

The Feldenkrais Method is based on sound mechanical and neurological principles that are easily accessible through simple practical lessons. Through its emphasis on experiential learning, *The Feldenkrais Method for Executive Coaches, Managers, and Business Leaders* offers a means to improve many aspects of everyday working life: from sitting and walking more comfortably, improving interpersonal relations, developing personal impact and presence, to performing a highly developed skill more efficiently. By exploring patterns of everyday movement, the method encourages the discovery of new possibilities and choices providing a remarkable approach for expanding potential.

Although widely recognised within the performing arts and sports as a method for improving skills, performance and recovery from injury, the Feldenkrais Method is not as widely known outside these arenas, yet the principles and practice behind it are equally applicable to the workplace. Using case studies, the book highlights common issues that coaches and managers are frequently asked to deal with. Each case, and the impact it has in the workplace, is explored from the perspective of the Feldenkrais Method. Included at the end of each chapter there is a practical Awareness Through Movement lesson that addresses some of the themes raised.

The Feldenkrais Method for Executive Coaches, Managers, and Business Leaders provides an invaluable resource for professionals interested in both learning and development, and health and wellbeing in the workplace. It will also appeal to counsellors and therapists interested in somatic approaches.

Garet Newell is the educational director of the Feldenkrais International Training Centre in the UK. She studied with Moshe Feldenkrais and became one of the first Europe-based trainers. She has been instrumental in introducing the Feldenkrais Method to a wide variety of people in both the UK and Europe. She played a crucial role in the formation of the International Feldenkrais community, having been a founding member of the International Feldenkrais Federation and of the European Training Accreditation Board.

Simon Paul Ogden is a learning and development practitioner with a background in strategic management consultancy. Specialising in interpersonal communication in business he is also a professional voice and performance coach working with senior executives from some of the UK's leading businesses. He is also a qualified mediator, accredited by Regents College School of Counselling and Psychotherapy.

“This book opens up new avenues for business coaches and practitioners alike – it helps us to take practical steps in making the links between well-being and performance in the workplace. As an approach, its value lies in reminding us that ‘self-awareness’ tends to be our main barrier to unlocking our potential. With examples taken from real-life and incorporating practical lessons to help us develop our awareness, this book is likely to resonate well with those looking to unleash their own business potential as well as offer useful advice to those typically charged with helping others improve their performance. As an approach to self-development, it is also likely to receive a welcome reception on enlightened MBA programmes.”
Dr Anjali Bakhru, BSc(Econ), MBA, PhD; Director of MBA Programmes, Middlesex University, UK

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First published 2017
2 Park Square, Milton Park, Abingdon, Oxon OX14 4RN

and by Routledge
711 Third Avenue, New York, NY 10017

Routledge is an imprint of the Taylor & Francis Group, an informa business

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British Library Cataloguing in Publication Data

A catalogue record for this book is available from the British Library

Library of Congress Cataloging in Publication Data

A catalog record for this book has been requested

ISBN: 978-1-138-23091-0 (hbk)

ISBN: 978-1-315-31656-7 (ebk)

Typeset in Times New Roman
by Swales & Willis Ltd, Exeter, Devon, UK

**This book is dedicated to the memory of
Moshe Feldenkrais and to all those who
are furthering his vision**



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Acknowledgements

The process whereby two people come together, collaborate, and write a book, especially one which seeks to bring two specific subjects together in a way that has not been considered extensively before (i.e. the Feldenkrais Method and Learning and Development in the workplace), can be especially complex. In this case the collaboration was much easier than expected. For the sake of clarity:

- Paul took responsibility for writing the text for each chapter, introducing and exploring workplace issues and their impact on health and wellbeing.
- Gareth designed and wrote the Awareness Through Movement lessons addressing some of the issues raised and providing a practical example of how the Feldenkrais Method can be used to address the many issues that executive coaches, managers, and business leaders are faced with on a daily basis. In this endeavour we were helped by a number of people who we would like to acknowledge.

Obviously a big thank you to our commissioning editor, Susannah Frearson, from Routledge Focus who first suggested that we might like to submit a proposal to write this book. A second thank you to her for taking it through the editorial panel. Routledge initially published a couple of books by Moshe Feldenkrais including *Body and Mature Behavior: A Study of Anxiety, Sex, Gravitation, and Learning*. It is a privilege to be following in this tradition

Roger Russell, co-director of Feldenkrais Zentrum Heidelberg, provided some early input and advice regarding the neurological aspects of the Feldenkrais Method at the start of this project.

A special thanks to Rebecca Duncombe of Loughborough University for her contribution to Chapter 6 and permission to use her research into early child development.

We are delighted that Sue Knight agreed to write the foreword to this book. Sue is a highly regarded international consultant, author and coach with an outstanding reputation for her role in introducing NLP into the world of business. A big thank you to Julie Willis, senior production editor of Swales & Willis, for her perseverance and resilience in managing the production of this book.

Paul would particularly like to thank Christopher Killick for his comments and support throughout the writing of this book. Imogen Willgress provided some much needed proof reading on the initial draft. And an especial thank you to Janey Blackburn without whose support and input, he would not have been able to contribute to this book.

Foreword

I can count on one hand the number of times in my life when someone doing something has captured the attention of every fibre of my being; when I sensed that what I was experiencing was something way beyond the ordinary and even beyond the great. And that there was something not yet fully untapped in the way it can bring a paradox shift to who we are and the way we think and move. My own business and writing and teaching of NLP (Neuro Linguistic Programming) was based on one such experience and it changed my life not only because of the power of the whole concept but because of the way in which I was able to connect it to the workplace when few, if any, had done the same.

And it was not long after my journey into NLP that I was introduced to Gareth Newell an International trainer and practitioner in Feldenkrais, predominantly because I had some physical issues – one being a ‘frozen shoulder’. I thought of it initially as just a treatment for the lack of free movement I was experiencing only later to realise very emotionally that it was indeed connected to my self-image and my lack of vision and purpose going forward in my life. What I had never experienced previously was how that realisation came from new movements I was being encouraged to explore. I was gradually seduced into the remarkable world of Moshe Feldenkrais (a man whose genius paralleled others whose thinking and work moved the world forward into a new understanding in line with how we were naturally born to be) and the trainings of my teacher Gareth Newell.

And yet the same issue faced this concept of Feldenkrais – of those training in this remarkable approach few had really managed to promote its understanding and application in the world of commerce and business. After all what had physical movement to do with business performance and success?!! The answer is in these pages . . . well certainly the opening to this answer and what a great and timely opening it is. Paul and Gareth are a remarkable team in the way that they have united to bring the power and the

practicality of Feldenkrais into the minds of those concerned with business performance, fulfilment and success.

Paul and Garet have linked the significance of our self-image and our movement and our attitude to learning to some of the issues that are so commonplace at work – as an example – stress, poor performance and limited potential. And they have done this with clear explanations and links but more importantly with Awareness Through Movement lessons for the reader to try for themselves. As with all natural and generic learning Feldenkrais is experiential and that is the beauty of it. Learning and relearning our natural ways of moving is for us to discover with expert guidance.

I recommend Feldenkrais to nearly everyone I meet who shows signs of interest in discovering how they can create new choices for themselves and subsequently an elegant way of living their life. And now we have this illuminating book to support them in that exploration.

Sue Knight
author of *NLP at Work*
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