

LUNCH 'N LEARNS

MOVING BEYOND EQ > BQ

Developing Body Wisdom for Conscious Living

WHY develop Body Intelligence?

- ✓ **self-awareness:** understand your tendencies, how you work best & how you interact with others.
- ✓ **connection:** improve empathy, communication & relationships by understanding others' tendencies.
- ✓ **resilience:** regulate your nervous system, reactivity, stress levels, mood & emotions. Be more centered & reduce burnout.
- ✓ **performance:** improve focus, efficiency, creativity & productivity.
- ✓ **discernment:** improve ability to live IN integrity and make decisions with confidence, clarity & ease.

WHAT YOU'LL GET?

1. METRICS: An intro & exit survey to track progress
2. NEW PRACTICAL SKILLS: 2-3 take away tools/strategies to implement immediately
3. AN ACTION PLAN: ideas on how to integrate these habits/practices into their current life
4. ROI: Increased engagement & retention of staff

Bonus add-ons:

- A follow up accountability video
- A self-check quiz to track progress

Ready to Learn More?

Let's schedule a call to discuss tailored options for your team.

BQ TOPICS

BQ FOR SELF- AWARENESS

- What is interoception & why it matters
- Guided body scan
- Visualization practices
- Mindful muscle building

BQ FOR INTERPERSONAL AWARENESS

- What is proprioception & exteroception
- 4 elements - model of embodied behaviour
- Leader-follower - which one are you

BQ FOR TIMES OF CHAOS & CHANGE

- Nervous system overview
- Quick tools for getting out of panic mode
- Up & down regulation practices
- "Take 5" daily practice

BQ FOR PERFORMANCE

- Embodying Confidence
- Embodying Centeredness
- Embodying Focus & decisiveness
- Embodying Balance & self-care
- Embodying Fresh Perspective
- Embodying Leadership

BQ FOR DISCERNING THE BEST WAY FORWARD

- How to train & trust your intuition
- Examples of HOW to listen correctly
- Practices to develop this inner compass

Christianne Zurowski

Your BQ Expert



ICF Coach, Educator, Facilitator, Presenter
Internationally Certified Organizational Coach - C.O.C.,
Certified Embodiment Coach - C.E.C.
Canadian Association of Professional Speakers- CAPS

WHO AM I?

Hi there, I'm Christianne, your go-to Embodiment Coach and professional speaker, and I'm passionate about helping the world **move beyond EQ to BQ** by teaching super practical Body Intelligence skills.

Through my 1-1 and group coaching, I help people harness their **Body Intelligence (BQ)** so they can live consciously and authentically, navigating life with greater confidence, clarity, and ease.

But what the heck IS BQ??

IQ is about cognitively knowing information,
EQ is about emotionally feeling that information.
BQ, is the sensory experience and outward expression of both.

By developing this form of intelligence, we align the head, heart, and body, enabling us to act with intention. BQ is the conscious **DOING** that stems from knowing and feeling. **It's the final missing piece of the puzzle for living fully alive, congruent, and conscious.**

From improving resilience, presence, communication, connection and alignment, BQ is at the core of efficient and meaningful change. But the best news is, you already have everything you need within you – and I'm here to show you, with a little humour and grace, **HOW** to tap back into it.

Ready to bring this transformation to your team?

Set up your complimentary discovery call NOW

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Testimonials

see Google for more public reviews

Christanne's energy is contagious. You will feel uplifted and empowered after her session! Awesome session - thank you!

~ Sara Wanner

This workshop was so helpful. I'm a counsellor and even though I knew a lot of the info, this was a really practical way to put these skills into practice. I especially loved the mantra portion. Yes, the visceral feeling and intuition that we get when we're on track. Thank you so much for your time and knowledge :)

~ Randi Jassmann

I found this quite helpful and will use some of it with my neurodivergent students. This feels really helpful and healing Christianne.

~ Kim T.

I love that we react physically when we say the right things. So cool. I love that we **KNOW**we just need to do the work to remind ourselves

~ Laura Parker-Jervis

