

CARING IN MOTION

Embodied self care exploration.

A research upon soft skills and emotional intelligence through movement.

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Hello everybody, my name is Alexandre May, I am twenty eight years old and moving is fascinating and nurturing me since the age of five years old. I am a dancer, performance artist and choreographer. Alongside using movement professionally , **I am passionate about the power that movement has in helping us feel at ease with ourselves, in our bodymind.**

## **THE WORKSHOP**

- The workshop's aim is to explore and cultivate ways of moving that can help us taking care of our bodymind.
- The workshop is a space to explore and elaborate on the different soft skills also known as emotional intelligence.
- We will explore the body through the practice of sensing and feeling to let movement and dancing emerge, through visualization exercises, by using our breath and voice and enjoying physical and emotional mindfulness.

### **What are soft skills ? What is emotional intelligence ?**

You may have heard people talk about soft skills as 'non-cognitive', 'social and emotional' and 'life skills'. Soft skills are patterns of thought, behaviors and communication. They support you in navigating your emotions and how you deal with interpersonal relationships.

Few examples : Identifying Emotions ; Self-Confidence ; Self-Perception : Recognizing Strengths ; Goal Setting ; Seeking support ; Dealing With Frustration ; Taking Care Of Oneself ; Expressing needs ; Setting Boundaries ; Dealing With Uncertainty & Complexity ; Stress Management ; Adaptability And Flexibility ; Patience ; Taking Care Of Others ; Understanding & Appreciating Differences ; Active Listening ; Negotiation ; Co-Operation ; Empathy... (To be completed)

**Every session ends up with a closing sharing circle where the group will bring to their awareness and reflect together onto what soft skills have been necessary to bring into the space in order to access and develop movement and dancing and how can those influence positively our life outside the dance floor.**

### **INSPIRATION**

Contemporary Dance,  
Body Mind-Centering®  
Neurosciences  
(studies upon neuroplasticity and  
the polyvagal theory),  
Mindfulness.

### **HUMAN PRINCIPLES**

Listening (desires and limits)  
Curiosity,  
Respect,  
Benevolence,  
Towards oneself and other people present,  
Creation of a healthy safer and securing space.

## ***PRACTICALITIES***

WHAT : Movement exploration / dancing

FOR WHOM : Everybody

WHEN : One Sunday per month

HOW LONG : 2h

HOW MUCH : sliding scale from 5 to 20€

LANGUAGE : English - French - Spanish

WHY : For you to take care of yourself

WHAT FOR : For self love and connecting with  
like minded people

WHERE : To be announced

HOW : Bring comfortable cloth to move in and  
your curious body-mind

## ***PHYLOSOPHY AND GOALS***

I conceive "care" (both personal and communal) in a broad way as an act of regulation, the possibility to navigate from one state to another, from one quality to another, to be able to act either by mobilizing or disengaging. It is the possibility to reach without staying stuck, to navigate, in a word, to be in motion.

The practice of movement as a self regulatory practice allows us to open a channel of communication with our emotions and their powers. Through movement, those emotions, feelings, sensations, energies, express themselves to find a way to both a certain form of liberation as well as a process of integration. Movement is this connection between the felt and the proclaimed.

On a broader perspective, I strongly believe in a society where individuals are empowered by their capacities to understand themselves, their environment, their relationship to their environment and their abilities to share their understanding. This way we can recognize ourselves through others and recognize the presence of the others within us and can celebrate both our singularities and commonalities and cultivate our sense of compassion.



## ***ABOUT ME :***

I am Alexandre May. I am dancing since I was five years old.. One day my mother proposed me to take a dance class and it seems like I liked it. So here I am dancing all around Europe. On my way to become a professional dancer, I needed two operations on my left leg and dealt with a very off balanced body. Off balanced body - off balanced mind. Since the age of nine years old, I am very much aware of the intrinsic character of the body and the mind. Today with you, I want to cultivate the wellness aspect of moving and dancing to celebrate the open window movement creates onto the body-mind relationship. In parallel of the different dance techniques and esthetics I practiced all along my career, I have gained knowledge of my body through Feldenkrais and am currently studying Body-Mind Centering ®. The world of Somatics has helped me sensing what the world of Neurosciences has helped me understanding : we are one bodymind with fascinating mechanisms for self and co-regulation and once those are being cultivated, we have gained experiential and existential wisdom.

# LIST OF SOFT SKILLS (NON EXHAUSTIVE)

- Identifying Emotions
- Self-Confidence
- Self-Evaluation
- Self-Discipline
- Self-Efficacy
- Self-Perception
- Recognizing Strengths
- Goal Setting
- Navigating Impulses
- Perseverance
- Seeking Support
- Dealing With Frustration
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- Taking Care Of Oneself
- Expressing needs
- Setting Boundaries
- Managing Information
- Dealing With Uncertainty & Complexity
- Stress Management
- Risk Taking | Managing Risk
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- Resilience
- Adaptability And Flexibility
- Patience
- Taking Care Of Others
- Teamwork
- Understanding & Appreciating Differences
- Active Listening
- Dealing with « No » as an Answer
- Negotiation
- Co-Operation
- Problem Solving
- Empathy
- Conflict Resolution
- Critical Thinking
- Creativity

To be explored and completed...