

Simply Somatics – Frequently Asked Questions

What if I have to miss a session?

Many experienced coaches have professional lives, occasional travel or client commitments that are sometimes unavoidable.

Live participation is an important part of the programme and of the learning community we create together. Participants are therefore expected to attend the majority of sessions. As a guide, around 80% attendance enables people to gain the full benefit of the programme while contributing to the cohort experience.

Sessions are recorded, and supporting resources are available through MemberVault, so occasional absences can be caught up independently.

If you know in advance that you'll miss a significant number of sessions, I'd be happy to have a conversation before you apply to explore whether this is the right programme for you at this time.

What is somatic coaching?

Somatic coaching works with the body as a source of awareness, intelligence and change.

Alongside thoughts, beliefs and reflection, somatic coaching pays attention to sensation, emotion, movement, energy, intuition and the coaching relationship itself.

By including more of our experience in awareness, new possibilities for understanding, choice and action can emerge.

How is somatic coaching different from mindfulness?

Mindfulness helps us notice and become aware of our experience.

Somatic coaching includes awareness, but also explores how awareness can be used in service of growth, development and change.

A coach may invite a client to notice what is happening in their body, experiment with a different posture or movement, work with emotion, explore relational dynamics, or discover new ways of responding to a situation.

Mindfulness is one element within somatic coaching, but somatic coaching extends beyond awareness into inquiry, experimentation and integration.

Do I need prior experience of somatic coaching?

No.

Many participants arrive with curiosity rather than expertise.

The programme is designed to make somatic coaching accessible and practical, allowing participants to develop confidence gradually through experience, reflection and practice.

Will I learn practical tools and techniques?

Yes.

Throughout the programme participants build their own Simply Somatics Field Notebook, a collection of practices, experiments, reflections and coaching approaches that can be adapted and applied in their own work.

The emphasis is not simply on collecting tools, but on understanding when, why and how to use them.

My clients are very cognitive. Will this still be useful?

Yes very much so.

Many coaches work with clients who are highly analytical, reflective or intellectually oriented.

Somatic coaching does not require clients to abandon thinking. Instead it helps them access additional sources of information and awareness alongside thinking.

Often small invitations to notice sensation, energy, posture, movement or emotion can open new possibilities that conversation alone may not reveal.

What if my clients don't understand questions about the body?

This is a common experience.

Part of the programme involves learning how to introduce embodied awareness in ways that feel natural, accessible and appropriate for different clients.

Participants learn a range of approaches and levels of inquiry, allowing them to meet clients where they are.

How does this help me become a better coach?

Participants often report increased presence, deeper listening, greater confidence, enhanced relational awareness and an increased ability to notice what is happening beneath the surface of a conversation.

By working with more of themselves, their clients and the coaching relationship, coaches often discover new possibilities that were previously unavailable.

Is this programme accredited?

The programme leads to the Certificate in Professional Somatic Coaching Practice through the Association for Coaching.

The programme is also mapped against ICF and EMCC competencies to support participants seeking credential renewal.

What is the time commitment?

The average weekly commitment is approximately 4–5 hours, including live sessions, reflection, reading and coaching practice.

Participants are encouraged to engage with the programme as a developmental journey rather than simply attend sessions.

What support is available during the programme?

Support includes:

- Live learning sessions
- Coaching triads
- Observed coaching
- Group supervision
- Individual coaching and/ or supervision sessions (founding cohort offer)
- Learning resources and reading materials
- A community of experienced coaches learning together

What makes Simply Somatics different?

Simply Somatics grew from a simple idea:

Somatic coaching can be accessible, practical and enjoyable.

The programme helps experienced coaches deepen their practice by learning to work with more of themselves, more of their clients and more of the coaching relationship.

The intention is not to become a different kind of coach.

It is to become more fully yourself as a coach

Is this a training in a specific somatic methodology?

Simply Somatics is designed to help coaches integrate embodied awareness into their existing coaching practice.

The intention is not to replace your current approach but to deepen and enrich it, helping you develop a practice that is uniquely your own.

Is systems thinking included in the programme?

Yes.

Systems thinking is woven throughout Simply Somatics rather than taught as a separate methodology.

Coaches are invited to explore how individuals are influenced by the wider systems in which they live and work, including families, organisations, teams, cultures and communities.

Through embodied and relational practices, participants develop their ability to notice patterns of connection, belonging, position, exchange and influence, and to work with these dynamics in ways that support greater awareness and choice.

The emphasis is on developing a systemic way of seeing and sensing, rather than learning a particular systems model.

Is shadow work included in the programme?

Shadow work is not taught as a separate topic but is woven throughout the programme.

As awareness expands, we often encounter aspects of ourselves and our experience that have been overlooked, ignored, rejected or kept outside awareness. This may include strengths, emotions, assumptions, desires, fears or ways of being that have not yet found a place in our coaching practice or our lives.

The programme creates a supportive environment in which participants can explore what happens when more of their experience is welcomed into awareness.

The intention is not to fix, analyse or uncover hidden material for its own sake. Rather, it is to develop the capacity to notice, include and work skilfully with more of what is present.

How is this different from coaching psychology, neuroscience or adult development?

Simply Somatics draws from many fields, including coaching psychology, interpersonal neurobiology, adult development, systems thinking and somatic practice.

Rather than focusing on a single theory or methodology, the programme explores how these perspectives can inform embodied coaching practice.

Coaching psychology often helps us understand patterns of thinking, behaviour and change.

Neuroscience helps us understand how our minds, brains, bodies and relationships shape experience.

Adult development helps us understand how people make meaning and grow over time.

Somatic coaching adds another dimension. It invites us to work not only with what clients think about their experience, but with how that experience is lived and expressed through the body and the coaching relationship.

The emphasis is less on applying theory and more on developing the awareness, presence and practical skills needed to notice what is emerging in the moment and work with it skilfully.

For many coaches, somatic coaching becomes a bridge between theory and lived experience; a way of bringing developmental ideas into the immediacy of real coaching conversations

Will this help me work with larger fields of awareness?

Yes.

Many coaches begin by focusing primarily on what is happening within their client. Somatic coaching expands awareness to include what is happening within ourselves, between coach and client, and within the wider contexts and systems in which people live and work.

As coaches develop their embodied awareness, they often become more able to notice patterns, relationships, assumptions, emotions, This includes paying attention not only to what is present, but also to what may be absent, overlooked, uncomfortable or difficult to acknowledge.

Throughout the programme, we explore how awareness emerges within us, between us and around us. Systems thinking, relational awareness and shadow work are woven throughout the programme, helping coaches develop the capacity to work with a wider field of information while remaining grounded in the immediacy of the coaching conversation.

The aim is to notice and include more, creating the conditions for new understanding, choice and action to emerge. dynamics and influences that may previously have remained outside awareness.

The programme writes about inclusion, why is it important to include more of what is present?

Much of coaching focuses on helping clients understand, reframe and change their experience.

Somatic coaching begins with a slightly different question:

What happens when we include more of what is already here?

This might include thoughts, emotions, sensations, intuitions, images, impulses, memories, relationships, assumptions or aspects of ourselves that have previously remained outside our awareness.

It may also include what is happening between coach and client, or within the wider systems and contexts in which people live and work.

As more of our experience becomes available to awareness, new possibilities often emerge naturally. What previously felt stuck can begin to move. What felt confusing can become clearer. What was hidden can become available as a resource.

The intention is not to analyse everything. Rather, it is to develop the capacity to notice and include more of what is present, creating the conditions for greater awareness, connection, choice and aliveness.