

BODY-UP CO-REGULATION AMBASSADORS TRAINING

Application Form

NAME:

DATE:

EMAIL:

ADDRESS:

PHONE:

Use as much space as you need, but please type it!

1. Why do you want to become Co-Regulation Ambassador?

Embodiment skills, Communication skills and Self regulation skills

Basic skills competency is a necessary foundation for learning to be a Body Up Co-Regulation Ambassador. This form helps both of us to assess your basic competency. All three areas are relevant and will be considered.

If you have extensive experience, just include a few highlights!

2. Embodiment Skills:

A. What activities, training or practices in your life have developed your capacity for **sensing your own body**? (e.g. yoga, sports, dance, physical labor).

B. What activities, training or practices have developed your capacity for **sensing your own body, in relational space** (meaning around others)? (e.g. child care, parenting, training animals, partner dance, contact improv, collaborative physical labor)

C. What activities, training or practices have developed your capacity for **somatic resonance** (reading other people's bodily comfort or discomfort)? (e.g. parenting, doing bodywork, being a lover, teaching body based activities, being an empath)

3. Verbal Communication Skills:

A. What activities, training, experience or practices have developed your **capacity to talk about your own and other people's physical experience?** (e.g. being a healer, working with children, teaching body based activities, sports, tasks, yoga)

B. What activities, training or practices have developed your capacity to **adjust your language to your communication partner's level?** (E.g. working with: children, people who speak a different language or see the world very differently from you, people with high levels of dysregulation)

4. Self Regulation Skills:

A. What activities, training, experience or practices have developed your capacity to **track, understand and regulate your nervous system?** (e.g. parenting, management positions, teaching, living in community, following through on difficult, long term projects, mediation or therapy, being a trailblazer or innovator, and last but not least, surviving trauma)

B. What are your self regulation **challenges?** (e.g. anger, hyper-vigilance, despair, anxiety, getting overwhelmed by intensity or complexity, deadlines, issues around money, sex or power, rejection, shame, loss,)

4. This section helps us understand the skills and perspective you come in with. If you prefer to attach a resume, just be sure it covers the questions below.

Current Occupation _____ Years _____

Previous Work History or Relevant Experience:

Education/Degrees:

Professional Associations or Community Memberships:

Personal Development (courses, programs, etc and # of hours):

Personal Practices:

Please share any other information (concerns?) you feel would be relevant to this application.

