

## ***Embodying your Teaching***

*Embodying your Teaching* is a series of workshops designed to link embodiment and teaching from an inside-out perspective. It invites participants to renew their teaching experience through an alternance of exploratory somatic exercises and individual and collective reflection. From one session to another, we build our thematic path and our group learning journey drawing from day-to-day teaching experiences.

*Embodying your Teaching* is offered as an introductory workshop, as well as in an on-going community of practice format (Wenger).

## ***Embodying your Teaching***

*Engage your body at the center of your teaching  
to manage your class with ease*

### **Introductory workshop**

An experiential workshop designed to explore how we perceive our living body while teaching. The main objectives are to enhance the awareness embedded in the dynamic relational-process with students that teaching involves while strengthening the relation with our own body (self).

How does one improve teaching through embodiment? How to be well-grounded in order to be present for the students at the same time? How to cope with the stress involved in delivering content in order to foster a more enjoyable and healthy teaching practice?

Through simple embodied exercises and discussions, you will be invited to share your own teaching experiences in order to construct a common understanding of the relationship with self as well as between self and students; you will be able to use that understanding to apply to your teaching every day. Accordingly, this workshop is offered in a Community of Practice format (Wenger).

Proposed workshop theme: *Center and Periphery (example)*

Participants : Up to 25 faculty members

Duration : 2 to 3 hours

### **On-going workshop - Community of practice format**

The on-going workshop unfolds through 5 encounters of 3 hours each at 3-week intervals. Participants share experiences and integrate/reflect on what they have learned through practice. From one encounter to the next, the themes will emerge from the group work and demands of the participants. Each encounter will follow the same format but will differ according to the chosen themes in order to closely follow and be in tune with actual needs.

This work has been conducted in various settings since 2014 and proven to be very effective and accessible, creating an inclusive space for all faculty members.

Participants : Up to 14, actively teaching during the semester

## **Facilitators**

### **Geneviève Emond**

As a teacher trainer, facilitator and educational consultant, Geneviève Emond helps professionals find ways to improve their teaching and social practices, using a holistic approach and a collaborative pedagogy. After working several years at different levels of educational systems as international projects manager for inclusive education, teacher trainer and teacher, she has dived in an academic path. She holds a Ph.D. in Education on teachers' embodiment and a Master's in dance and somatic education. She is also conducting research projects related to the professional development of teachers and student-teachers. [emondgenev@gmail.com](mailto:emondgenev@gmail.com); <http://muzaeducation.com>

### **Florence Figols**

Florence Figols is a Montreal based choreographer, researcher and has been teaching in the Contemporary Dance Department at Concordia University since 1999. Her fields of investigation-creation encompass sensory connections, stage presence, embodiment and the micro-politics of the dancing body. Her works have been presented on national and international dance platforms. Since 2010, she shares her research on the multi-sensory dimension embedded in the dance practice via symposiums and workshops across the globe. Florence holds a Master's degree in dance from UQAM. [ffigols@me.com](mailto:ffigols@me.com); <https://www.concordia.ca/finearts/dance/faculty.html?fpid=florence-figols>

*Embodying your Teaching* is the English version of the original training project *Donnez du corps à votre enseignement !* created by Geneviève Emond.

## **Testimonials**

*Loved the workshop ! Found it wonderfully nourishing ! It made me think about whether I am in my body or not while teaching and how to be more so.*

**Bonnie Harnden**, Associate Professor & Practicum Coordinator  
Creative Arts Therapy, Concordia University

*It was both a pleasure and a great learning experience to participate in this workshop. I found it engaging and relevant.*

**Bianca Grohmann**, Professor  
Marketing, John Molson School of Business, Concordia University

*I think this approach could really make me a better, more aware, happier and mindful teacher.*

**Geneviève Moisan**, Part-time Faculty  
Studio Arts, Faculty of Fine Arts, Concordia University

*La théorie ne suffit pas; il faut passer par l'expérience. Ce travail par le corps est si plein de sens. Encore!*

**Cécile Nicolas**, Chargée de cours  
Gestion (ESG), Université du Québec à Montréal (UQAM)