



# THE SOMATIC INTELLIGENCE REPORT

TEMPO



# Bravo!

You've made an exciting choice of discovering the mysteries of your **Embodied Personality Type** by taking the **Somatic Intelligence Quiz**.

This unique report has been created for you to deepen your understanding of your Somatic Intelligence and personality type so you can develop more self-awareness on your gorgeous healing and self-growth journey.

Based on your answers to the quiz questions, you are a...

## TEMPO TYPE

Knowing this about yourself is the beginning of a deep and beautiful journey.

For the person whose primary element is "**Tempo**" there is nothing that says fun more than being grateful, surrendering to pleasure, letting go of responsibilities and enjoying the moment, or doing meaningful work that brings joy. Positivity, optimism, motivation and enthusiasm are key. This person does not like to sacrifice time to work harder, doesn't like working excessive hours, and doesn't like to live in a scarcity mentality. Hello abundance!

When you took the **Somatic Intelligence Quiz**, your results were calculated as a percentage of each of the 5 Elements of Somatic Intelligence. This summary helps you know your leading somatic elements and the secondary ones, allowing you to optimize your performance so you can live to your fullest potential and have phenomenal impact.

Your Primary Somatic Element is the type that received the highest percentage. Think of your Primary Somatic Element as a flavour of ice cream you enjoy eating the most. It's the language your body understands and responds to the most, with ease. It's where you feel at home.

You might have scored the same or a similar percentage on more than one Somatic Element. This is because our personality is made up of all of the 5 Elements of Somatic Intelligence, with our unique blend – our flavour – our personality.

Your *Sabor* (your flavor) impacts how you connect with others, how you live your life, the level of stillness, commitment, joy, love and playfulness you experience.

We are estranged from our bodies and live absent within.



# Where did the Somatic Elements Come From?

I'm Chen, an internationally known Somatic Intelligence coach, TED Speaker of the "Power of Seduction in our Everyday Lives," and the founder of the Power of Somatic Intelligence.

For over 25 years I've immersed myself in the study of bodywork and healing, starting with healing my own trauma and later developing this as a method that can heal others. Somatic, means "through the body." My work is deeply rooted in the truth the body reveals to us through feelings and sensations and not so much through what we 'think' or the stories we create to protect ourselves.

I've been traveling back and forth for over 17 years to Cuba where time stood still. I've researched for over a decade what got conserved in Cubans' embodiment that can give us the benefits we now crave in the Western World. And I've investigated how these somatic elements helped me first and foremost heal my body from the deep trauma I personally suffered, and then others.

Cuban culture holds unique embodied wisdom because while the rest of the world was chasing material things, Cubans didn't have access to what we had in the Western World and were focused more on the emotional and humane side of life. They evolved like no other culture and discovered incredible emotional intelligence secrets and hacks – the 5 Elements of Somatic Intelligence.

I've extracted these 5 somatic elements and through coaching and guiding hundreds of clients over the years in group workshops, one on one coaching, retreats and online programs I've discovered that we can heal our trauma by embodying the 5 somatic elements in combination with witnessing healing sessions that restore our nervous system to its natural state.

I tested my method of the 5 Elements of Somatic Intelligence for over 5 years with my private clients, and in various cultures, before introducing it to the world. I needed to know that the method was a repeatable formula that would make a difference for everyone.

At this point, hundreds of my own clients have now had their lives transformed by this ground-breaking work.

It can do the same for you!

Chen





# What's Next

Now that you know a bit more about your **Embodied Personality Type**, it's important that you keep taking action.

I encourage you to start today by making it a daily commitment to work on the embodiment of the 5 Elements of Somatic Intelligence.

The knowledge in this report has given you your baseline, and yet it doesn't scratch the surface of what's possible for you.

Each Somatic Element Type is a world in itself that brings pleasurable colours and flavours to your life.

Most of our clients see powerful transformational results by learning not only who they are but also by embodying the 5 somatic elements daily, enriching their lives with their unique flavour of life. From there, the sky is the limit..

Now, are you ready to expand into more confidence, daring, joy, divine feminine energy, and magnetism?

I can't wait to share with you what 's next..