

ATELIER

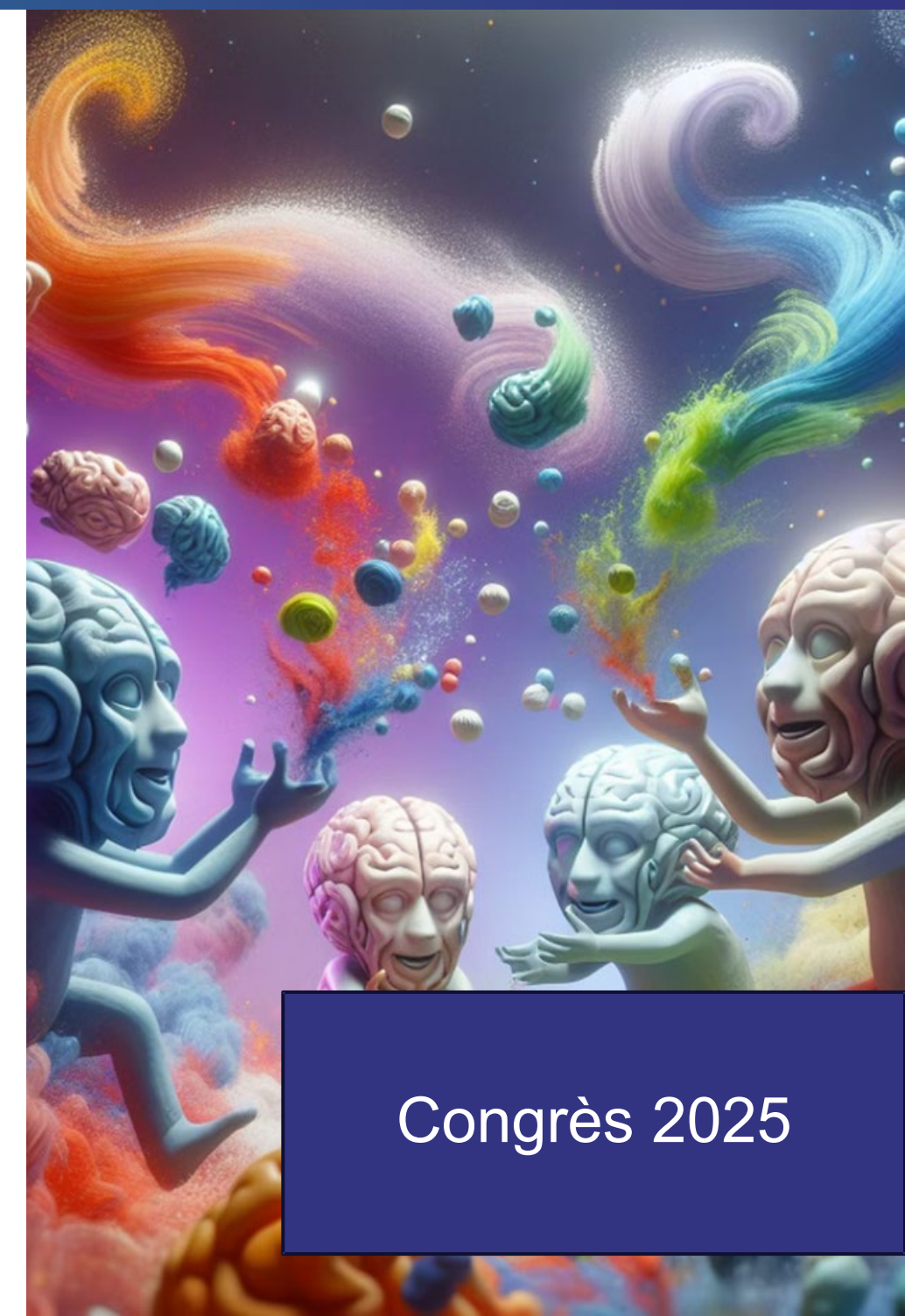
Co-Constructing Emotions in Coaching: An Experiential Deep Dive



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Myths about emotions

- Hard-wired into the brain
- Based on "ancient" and "mammalian" brain circuitries
- Already present at birth
- Universally experienced, expressed and recognized
- Triggered by internal or external events



Constructing emotions

Categorizing experiences

Grouping bodily experiences, context, memories, and predictions

Social construction

Deriving categories from shared cultural "recipes"

Unconscious Process

Automatic categorization gives rise to sense of emotions "happening to me"



A new view of emotions

No Fundamental Distinction

The brain doesn't distinguish between emotions or between thoughts and emotions.

Variation is the norm

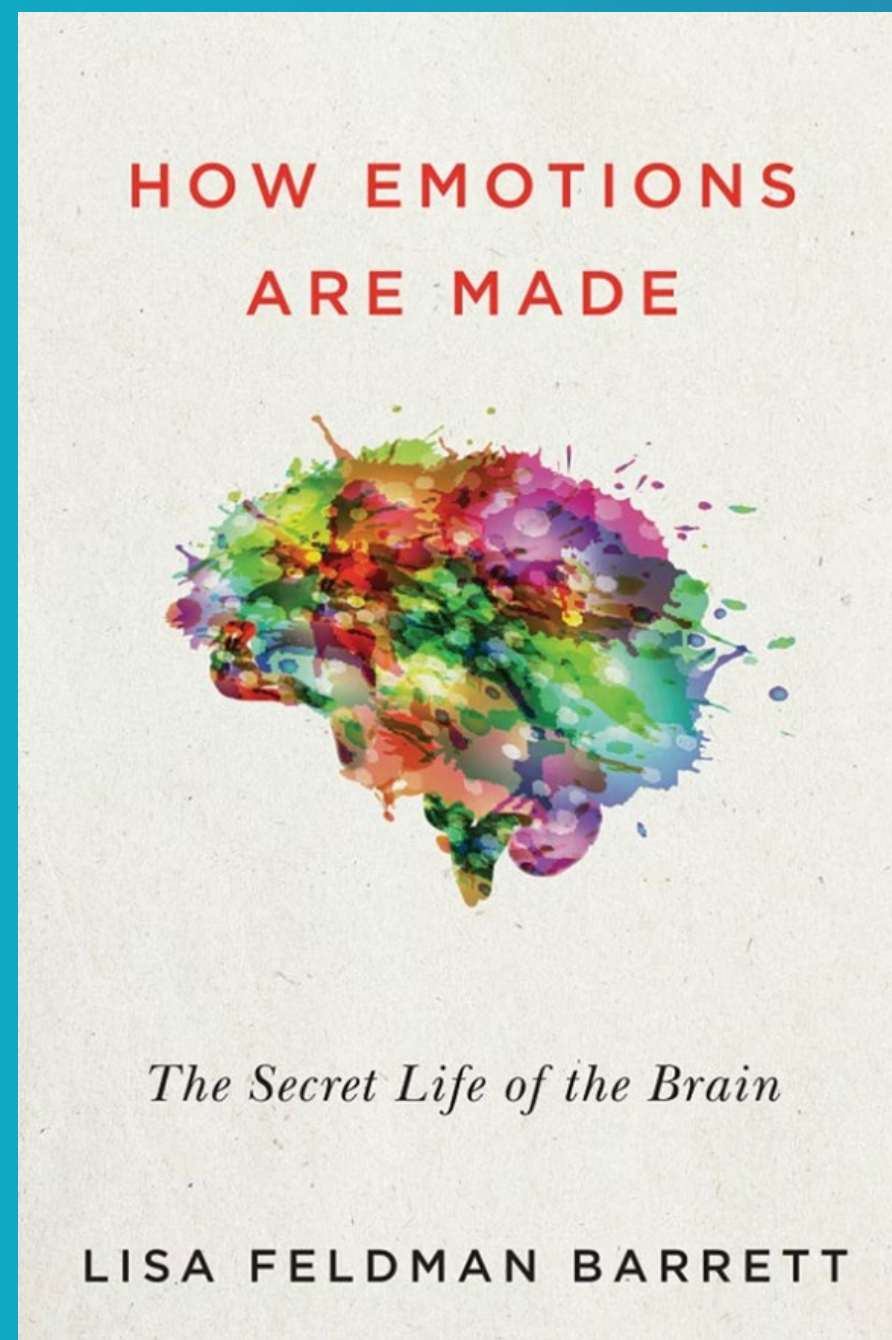
Different cultures construct emotions differently.

We ourselves construct emotions differently depending on goals and context.



Dr. Lisa Feldman-Barrett

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Constructing emotions: A novel coaching tool

1 - Deconstruction

Breaking down a challenging emotion into its structural components

2 - Landing in the body

Exploring the whole range of experiences at the level of body sensations

3 - Reconstruction

Re-assembling the components of the experience into a different and goal-aligned emotion

Constructing emotions: A novel coaching tool

1 - Deconstruction

- Topic
- Goal for the session
- Emotions
- Meaning
- Function of the emotion
- Predictions
- Memories

2 - Landing in the body

- Initial pattern of sensations
- Dynamic change of sensations
- Other sensations

3 - Reconstruction

- Vision of success
- Link to body sensations
- Meaning
- Function of the emotion
- Predictions
- Memories
- Action step
- Learnings

Getting ready for the experiential deep dive!

1 - Form triads

2 - Emotional Construction Icebreaker

“I’m ____ (your name), and my signature constructed emotion is ____” (briefly unpack)

3 - Decide roles

- Coach: Coaches the client by intelligently following the steps
- Client: Partners with the coach to explore an emotional topic (recommended intensity 5-6/10)
- Active observer: Pays close attention to subtle shifts, notices options, notices what is not spoken

A Demonstration



Questions before we jump in?

Phase 1: Deconstruction (15 min)

Topic

Goal for the session

Emotions

Meaning

Function of the emotion

Predictions

Memories

- What is the topic you would like to work on today?
- What are you hoping for, that we could reasonably achieve today?
- What emotions does this topic bring up for you?
- Let's explore this ____ further:
 - What does it mean for you to feel ____ in this situation?
 - What do you sense that this ____ is trying to do for you?
 - If you fully step into that ____, what kind of things do you expect to happen?
 - Does this resemble any experience you carry from your past?

Phase 2: Landing in the body (10 min)

Initial pattern • I invite you to continue to be preset to that ____, and notice how it's showing up in your body right now.

Dynamic change • As you're observing your ____ in your body, this time let me know if you notice any changes in the pattern of body sensations.

Other sensations • This time I encourage you to widen your perspective on other body sensations you may be having.

Phase 3: Reconstruction (15 min)

Vision of success

- As you stay in touch with the whole of your experience, share with me: what is your vision of success?

Link to body sensations

- How could the body sensations you explored help you achieve that success? What could they do for you?
- What emotions could those sensations be a sign of, when you look at them as part of your path to success?
- Let's explore this further:

Meaning

Function of the emotion

Predictions

Memories

- What would it mean for you to feel ____ in this situation?
- What do you sense that this ____ could do for you?
- If you fully step into that ____, what kind of things do you expect to happen?
- Does this resemble any experience you carry from your past?

Action step

- Knowing this, what is one action step you could take to get closer to what you were hoping?

Learnings

- What did you discover during this session?

Group sharing

**What are your insights?
And your questions?**

For you, your clients or the coaching world in general

*Please capture them on a post -it and hand them to the person in charge
before leaving the room.*