

UNLOCKING THE MAGIC OF HUMAN POTENTIAL THROUGH THE BODY



Building Leadership, Connection, and Resilience through Somatic Coaching

About Me

I am Anna Coscia, an ICF-certified coach with 28 years' experience as a strategist and leader in the creative and communications industry.

I understand the pressure of corporate life, and what it takes to thrive. I now help individuals and organisations reconnect with the intelligence of the body to show up and lead with greater impact, resilience, and humanity.

My approach as a coach blends my passion for neuroscience with more holistic methodologies. I trained as a Somatic Coach with the Strozzi Institute, and my work is also informed by my training in Ontological Coaching (Newfield Network) and Brain Based Coaching (NeuroLeadership Institute).

I am also a trauma-informed yoga teacher.

What is Somatic Coaching?

Somatic coaching is a body-centred approach to transformation. It recognises that the body plays a central role in shaping our thoughts, emotions, and actions.

Rooted in neuroscience, biology, and martial arts, somatic coaching complements mindset and emotional work with embodied practices – like mindful movement and awareness of posture and sensation. This helps develop self-awareness, presence, emotional regulation, and new, embodied ways to respond to challenge and change.

Because it works also at the level of the body, not just the mind, the change it creates is deeper and more sustainable.

Why This Matters in the Workplace

Organisations are increasingly recognising that it's not just technical skills that drive performance, but the way people show up: how they handle stress, how they connect and communicate, and how they lead in complex environments.

Yet, despite significant investment in wellbeing and leadership, many companies still face rising stress and burnout rates, lower engagement and retention, and leaders struggling to stay present, make decisions under pressure, and lead with impact.

Somatic coaching offers a different approach.

Working through the body it helps individuals build the internal capacity needed to lead, relate, and adapt with greater resilience and clarity, even in uncertainty.



What Somatic Coaching can Do for Individuals and Teams

For Individual Wellbeing and Growth

- Builds resilience through nervous system regulation
- Reduces stress and prevents burnout
- Develops emotional intelligence and relational skills
- Supports lasting behaviour change.

For Leadership Development:

- Cultivates authentic presence and gravitas
- Improves communication and decision-making under pressure
- Develops the capacity to stay centred, even in conflict and uncertainty
- Strengthens relational skills (with teams, clients, stakeholders).

How we can work together

I offer 1-2-1 coaching, group programmes, and workshops. Each can be tailored to your company's needs, with the option to include more or fewer somatic practices, always meeting people where they are and ensuring they feel comfortable and supported.

My group offerings include:

- *Personal Purpose*: Aligning individual and organisational purpose
- *The Art of Relating*: Mastering human connection for greater impact
- *The Magic of Boundaries*: Setting boundaries to reclaim time, energy, and balance
- *Embodied Leadership*: Building presence, connection, and resilience
- Sessions on stress resilience, emotional regulation, and wellbeing.
- Yoga sessions - including meditation and breathing practices - to calm down the nervous system, to access more courage, and to develop resilience

Bespoke sessions can be created to suit your team's needs and goals.

Let's Talk

If you're exploring new ways to support wellbeing, relational skills, and leadership in your organisation, I'd love to connect. Whether it's a taster session, coaching support, or a deeper programme, we can shape something that meets your team's needs.

Best regards,

Anna Coscia

Somatic Coach | Facilitator | Former Strategy Director

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