

# **FEEL GOOD KICK ASS CONFIDENCE**

*Using Your Body to Rock Your Life*

**P. VALERIE DAUPHIN**



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*I dedicate this book to the earlier versions of me, to the teenage girls and young women of the world, who are at the crossroads between doing the practical thing or staying true to the dream. May you find your voice, listen to it, and keep your dream alive.*



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## CHAPTER 6

# A ROCKIN' BLEND OF BODY MIND SPIRIT: THE ROCK YOUR LIFE DANCESHOPS™

*The Danceshop is a laboratory for personal and professional transformation.*

IT'S 2006 AND I'VE JUST discovered this fusion workout called Budokon. It's a combo martial art (karate and jujitsu), meditation, and yoga practice. The founder, Kancho Cameron Shayne, was a practitioner in each individual form, saw this seamless blend, and created Budokon.

I had been going to class for several months at Bryan Kest's Power Yoga Studio in Santa Monica. I had fallen in love with Budokon. At the time, I was pursuing real estate investing, as a way to generate a cash infusion and fuel my dreams for acting and TV hosting. I was embarking on a specific investing technique that required me to do something called door knocking, which I was too terrified to actually do. I was frozen and had massive blocks to taking action. And at the time I really

wanted to do the door knocking in order to get to that next level in what I was creating in my life.

I felt this chasm between who I was and where I wanted to be with the whole real estate endeavor. And the chasm could only be crossed by door knocking. I went into one particular Budokon class with this on my mind. Kancho Shayne was teaching that day. He's guiding us through this horrendously difficult movement and he says something about breathing through that movement and staying with it as I would breathe through and stay with some other challenge in my life. In that moment, I linked the door knocking situation to the movement I was doing.

By the end of class, I felt something internally had shifted. It was an emotional change and accompanying *mindshift*. I spoke with a fellow classmate about my experience. I described this chasm I needed to cross. I felt a confidence and power after that particular class that I hadn't experienced before. I told my classmate, "I know what I have to do and I think I'm ready to do it. The fear is no longer a debilitating force."

Within two weeks, the chasm had been crossed and I was door knocking regularly. I was back on track and taking the next action with that real estate endeavor. This particular experience in Budokon planted a critical seed for the Danceshops™. After that class, I asked myself: *What if I were to simulate that experience of fear or other specific limitation on the dance floor for other people? From there, what if I was able to have people make that conscious connection between the movement and the block or challenge they face? And what if they were able to physically move that fear or stock up on their own strength necessary to facilitate the change they seek regarding said situation? And what if they created this change while having fun?* This was the original intention of the Danceshop™.

## The Danceshops™

*Think of a Tony Robbins event meeting a Marianne Williamson talk fused with a ZUMBA® and House Grooves class. That's the Danceshop™.*

The Danceshops™ are designed for you to experience peace, harmony, and flow in your work, relationships, health, and self-care and facilitates the connection to your body, mind, and spirit in order to create your work, body, and relationship dreams.

In the beginning, I called them playshops. I wanted to invite that spirit of joy, energy, excitement, and groundedness through ZUMBA®, high energy Latin styles, West African dance, and soulful spirit-touching dances, such as AfroCuban and House. At the same time, it's not *just* a dance fitness class. You sweat and you work out for sure; however, you are taken through a process that unblocks your mind and emotions by moving the energy in your body. And you have a good time doing it.

The Danceshop™ is a personal growth workshop fused with a dance fitness class. Who knows what movement styles may generate as the Danceshops™ evolve; however, for now the main styles are Latin (Salsa, African, Samba), African, House, and ZUMBA®. The time frame varies depending on the topic and audience doing the workshop, but at a minimum, they have been 1.5-2 hours. The Danceshops™ can also be modified for longer durations.

The Danceshops™ include personal development seminar-esque exercises, such as partner shares, breakout groups, discussion circles, journaling, and meditation. If you have ever been to a personal or professional development seminar, like those given by Tony Robbins, New Peaks, Chris Howard, or Landmark, then you know the environment I'm talking about. These exercises are designed for introspection and reflection. The Danceshop™ also incorporates teachings on special topics centered around the Rock Your Life theme (Rock Your Body

Image, Rock Your Self-Care, or Rock Your Career, to name a few).

The exercises in the workshop component are designed to help you access and uncover your dreams and desires, uncover your limitations and shift your relationship to those limitations. They are designed to uncover and release your internal blocks to having your external desires and living your essential desires no matter what. The worksheets in Chapters 1, 2, and 4 are examples of the types of reflection and excavation exercises we do, though the questions and exercises differ depending on the Danceshop™ theme.

I have either attended personal growth workshops where I've written and contemplated and shared about transforming my life, sitting in seats all day learning powerful teachings and unlearning destructive patterns *OR* I've gone to fitness and mind-body classes where we sweat and benefit our bodies. But I have not gone to a workshop that combined the traditional life transforming workshop experience *WITH* dynamic movement as the main modality, the laboratory, where we facilitate transformation in the specific life areas we want to change or expand.

I have realized there is a way to work through fear and blocks by bringing it to the surface and drawing it out of you on the dance floor. I've seen and heard movement/dance teachers along the way, including Kancho Cameron Shayne, use movement to refer to how we move on the fitness and dance floor as being an indicator/a metaphor of how we move through life "out there." But facilitating change in life through movement on the floor wasn't the specific, conscious, or stated focus or intention of the class. Why not do this more in the personal growth arena? That's what I wondered and felt a yearning for so that's what I created. I facilitate a process where you use your body in a fun way to help you alchemize challenges or expand what's really working.

I would have LOVED to have an experience like the Danceshop™ throughout my life, particularly as a college

student and within the first three years of graduating college. I also see women in their thirties, forties, and fifties appreciating the Danceshop Experience™, so clearly age isn't a factor to how much any one person can benefit from it. I would have loved to attend a hybrid workout-dance-growth workshop and consistently connect the dots in whatever I was working on in my life, using the wisdom of my body to facilitate the birth of my professional and personal dreams and desires. I didn't have this experience, so I created it for you.

How many times have you sat at your work desk on the verge of an aneurism trying to figure out through brute force the solution to a challenging task? You get up and go for a walk, return 20 minutes later and the task at hand has completely shifted perspective. You just had a *mindshift* around the problem. You see ideas you didn't see before. You have new insights and you are now in a position to take action on a profound solution and create a new thing that didn't exist before. You stepped away from the problem, moved your body, opened and unblocked your mind. That's how the Danceshop™ is intended to work.

Living in the technologically advanced society that you probably live in if you're reading this book, you don't move your body as much as nature intended you to. In order to get the 10,000 steps a day many folks aim for with fitness trackers like the Fitbit® and UP by Jawbone, you have to make a concerted effort to reach that goal, given desk jobs, seated conference meetings, and driving Uber and Lyft all day. You get the drift. Unless you're deliberate about it or you have a physically demanding profession, you don't move your body as much as you desire in order to experience prolonged life, increased vitality, better mood, better stamina, healthy weight, and just feeling good in your skin. I don't want to add to that difficulty by creating a mostly sedentary experience.

I have practiced yoga on a regular basis and have had regular visits to the acupuncturist. What I've learned through yoga and acupuncture is that we hold ruts and blocks in our bodies. One of my yoga teachers taught me that anger gets stored in the

hips, so we regularly did hip-opening stretches at the end of her classes.

Moving your body can open your life in more ways than just getting a good workout. When you open your body, you open your mind. Your heart rate elevates and you reach a zone state of just being. As you move all this energy, you create space for other wisdom to come through. You allow space to release what needs to be released and activate what can only be activated in that zone state. When you open your mind, insights and solutions come without as much effort and speak to that part of you that doesn't know how all the things you want will come to be. Things like how to make the leap from your current job to work you adore; discovering your life's purpose; deciding when, and how or if to have that difficult conversation with a loved one. If you don't know what you really want, the Danceshop™ helps tap into that part of you that does know. As I made the point in Chapter 1, you have the seeds of that knowledge within you. I invite you to get out of your own way and let it grow.

There is a mastermind component to the Danceshops™ as well. The mastermind idea comes from Napoleon Hill's *Think and Grow Rich*, and includes a group of trusted confidantes that come together with a specific goal to help each other rise to greatness, to live your best life. In the Danceshops™, we talk about what's up, what's going on, and the next step you specifically need to take to lead a feel-good, kick-ass life. When I personally dove into and kept returning to a consistent community, that was when the *most* life-transforming changes happened in my life. I spent a handful of years in specific groups designed to catalyze change in my body, money, and relationships. So I know that coming back and checking in regularly is key.

In a nutshell: you either come with or discover an issue you want to resolve or a desire you want to create. We place conscious attention to the challenge or the dream. We then bring the issue to the altar, to the sacred space of the dance floor. Think God has got this. The Superconscious Mind is working on it. We

then do some more “workshopping” and build on our strengths to kick ass in those specific areas of challenge and change.

My desire with the Danceshops™ is for you to experience over and over again what I have gained from years of therapy, years of reading self-help book after book, years of attending seminars and workshops, years of taking and teaching dance and fitness classes, years of pursuing various spiritual traditions, and a lifetime of being on this path. I have created an incubator of transformation, a dance transformation lab.

I desire you to experience an internal shift where your fear moves, maybe disappears or you cultivate the courage to act in spite of it. I want you to be overwhelmed with the strength to do what you thought you didn't have the capacity to do. I want you to say, “I can do anything. I can create anything. This area of my life that was a source of stagnation, blockage, non-moving...I KNOW that movement is on the horizon and I am calling forth the power to move it.”

I hypothesized that certain uncomfortable movements you do on the movement floor generates a similar feeling and physiological reaction that you experience around a not-yet manifested desire or overcoming a challenging situation. The challenging movement and the life challenge are connected. I had this thought, “Hmm, if I could simulate that experience and connect it to whatever your current challenges are and coach you through the movement then you might remember the experience out in the ‘real world’ and then transcend your self-imposed limitations and boundaries, thereby coaching yourself while you are out in your life.” This is not the entire Danceshop, but it's a part of it. And this is what I experienced in that seed-planting Budokon class back in 2006.

Your body is to be the vehicle for creating the change you want to experience in your life and you already have the keys to the kingdom embedded in your cells.

The Danceshop™ is a process that wants to cohesively integrate your Trinity (physical, spiritual, and mental) to unlock the next door to your personal freedom. The process is designed

for you to tap into the answers you already have within you. When I had my Budokon experience in 2006, Kancho Cameron Shayne didn't tell me anything special, that I didn't already know on a spiritual level. What he did so brilliantly though was provide a process that allowed me to remember and to unlock and unblock a sticking point within me. I masterminded with another person and change happened in my life.

So what exactly does The Danceshop™ look like? As one of your book bonuses, visit [www.FGKABook.com](http://www.FGKABook.com) and you'll gain access to a video of the experience as well as information how to attend one yourself.

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*"I went to this...and it opened up a wealth of creative blocks. The results were immediate and tangible. Valerie is a wonderful leader who has crafted a suuuuper fun & safe space to explore and transform". – Erin, Actress, Writer, Director, Producer*

*"Valerie is someone who lives her life and her craft with passion, and who knows from experience what will inspire, empower and transform your life - from the inside-OUT. I received more insight, focus and clarity in a few hours than what has taken me months, sometimes years to learn on my own. I highly recommend this workshop for those who are truly ready to change the course of their lives!" - Clare aka L.Ariel, Artist*

*"It has been about two weeks and I am still feeling the benefits of Valerie's Feel Good Kick Ass Danceshop™! The playful creativity that was accessed through a nurturing environment within a community of other like-minded women truly had me flying high- not to mention breaking a sweat! The Danceshop™ got me out of my head and into my body where I went from theory into a greater knowing encoded in the cells of my body. I am so happy I went and*

*look forward to attending again! I highly recommend at least trying it out once- your inner child will thank you for it.” - Sharon, Actress/Opera Singer/American Sign Language Interpreter*

*“Absolutely kick ass dance & mindfulness packed session. Had a huge breakthrough, what I was dreading to deal with before class, shifted for me during movement & journaling exercises – I was excited to deal with it by the time we left, and it turned out to be a huge success just an hour later. I will carry & cherish your amazing energy and harness the lessons for the future – it is now in my body!” – Giada, Business Owner, Actress*

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## **The 60-Minute Modified Danceshop**

I began teaching a class called *Rock Your Body* at Downtown Dance and Movement in the South Park area of Downtown Los Angeles. *Rock Your Body* was born out of necessity. I first started teaching at DDM in October 2015, when the studio first opened its doors to the public. *Rock Your Body*'s predecessor was a class called ZUMBA®/House.

As you might have realized about me by now, I love fusion. It's something I can't help as it's a natural part of who I am. That's probably why I was so drawn to getting a license to teach ZUMBA®, since this dance fitness format incorporates so many styles of dance. But I don't really see or hear many deep house music tracks in ZUMBA® and I adore House. At the same time, I wanted to be able to appeal to more people so I stuck the ZUMBA® in the beginning for 30 minutes of the class and facilitated House for the rest of class.

But a few months teaching at the studio and the class wasn't gaining traction. So I returned to the drawing board. I asked myself, "How can I bring more of my essence to the class?" With ZUMBA®/House, I was teaching a straight up dance

class. I wasn't doing any coaching or facilitating an experience for participants to actually speak to each other and talk about what's going on in their lives. And *that* is something I'm good at it and I enjoy doing. I enjoy cultivating a sense of community amongst strangers and facilitating space for participants to talk about what's actually going on in their lives.

I talked to the studio owner about making this change and since I was in the process of writing this book I thought, "Hey, why don't I model the class after the ideas in this book?" and so that's when *Rock Your Body* was formed. I would have named the class *Rock Your Life*, but *Rock Your Body* seemed more fitting, because it's at a dance studio after all. But who knows what the future will bring. Life is impermanent after all.

*Rock Your Body* incorporates confidence-building exercises driven by Latin, House, African, and ZUMBA® dance. My intention is for my students to build their confidence to the degree that you are continually doing and saying the things in your life that you most want to do and say. Within minutes, we identify an area in your life where you feel stuck and an area you want to grow more confidence. I don't declare that any *one* class will "solve all your problems" and that is not my intention. I will say, however, that if you practice this continually and keep coming back over time, how can you *not* see a difference? There's a connection between how you move and how you are living your life.

At the time of this writing, *Rock Your Body* is 60 minutes. In the beginning of class, I have run the participants through a discussion circle focused around a specific confidence-related topic or I play a fast-paced communication game, inspired by OneTaste's TurnON events, intended for you to connect with your fellow participants and to share something you would like to give voice to. After a few rounds, and depending how large the class, I then make a suggestion specifically tailored to each individual in the class, something to pay attention to about your movements during the movement portion of class that ties back to whatever theme came up during your vocal shares.

A young woman attended a class and shared that her desire was to become a public speaker and this is where she lacked confidence. So I gave her the assignment to focus on making her movements bigger and bolder than she's used to while dancing throughout class.

A gentleman in another class shared that he had a desire to love his body more and have more positive body image. So I gave him the special assignment to focus on just one area of his body that he is absolutely in love with. Every time he looks in the mirror while dancing, he would take a second to admire that body part. To really feel how each dance we do feels in that particular part of his body. And eventually to let the adoration he feels for that body part grow to another body part and another and then to his entire body.

There was a woman in another class who was stressed and anxious about how busy her week was, about how her husband kept wanting to pile on more and more things for her to take care of for the family. She was done with it. So my assignment for her during that class was to just relax and let go. To enjoy the moment and relish in each dance movement. And then after class to bring that sense of relaxation and stillness into those tricky spots when her husband asks for more.

The opening communication circle runs quickly so I draw on insight, intuition, and years of coaching people privately to listen to what each person says and then let my insight dictate where to draw their attention while they dance.

As I've experimented with different formats for the class, sometimes I've nixed the opening communication circle and instead peppered in group dance/fit learnings like the ones you read in Chapter 4. This format does not include the workshop exercises like journaling and partner shares, as *The Danceshop™* does because, as of the writing of this book, *Rock Your Body* is a 60-minute class focused on having as much movement as possible at a dance studio where other classes on the schedule are 100% movement classes.

## **The Private *Rock Your Life* Coaching-thru-Dance Experience**

The cool thing about the *Rock Your Body* class is that it has helped me develop what one-on-one life-coaching-thru-dance looks like. This is something I do in addition to private phone and virtual coaching, which don't include dance. We still access the wisdom in your body during these virtual sessions, just without physically moving.

Because the studio and my classes were new, many weeks I have had one attendee. It's all about perspective. I could have easily seen this as a limitation and say to myself, "Hey, I have a goal of growing this movement and having as many people as possible to experience life-coaching-thru-dance and that means I need to be teaching to a class full of people no less than 20 every single class. Nobody must want what I'm offering. I should give up."

I could see my experience of having one student as a limitation. OR I could see it as an *opportunity* to further develop and enhance the private life-coaching-thru-dance movement experience.

So for the *Rock Your Life* private coaching experience, as I begin with the class, I'll start off with a conversation with my client. But there's no need to play a communication game, I just dive right in to my coaching process. I do with them what I do with my non-movement coaching clients. I ask you a series of questions and I find out what's going on by giving you exquisite attention. Together we discover the focus for that day's session and then we dive in. I run these sessions similarly to the class, with a big difference. We dialogue and check in more frequently when it's a private session. I'm able to call out specific things I see in the way you are dancing and how it relates to something you may have told me about the relationship you are struggling with, or the new job that you want, or about the fact that you want to feel more connected with yourself and other people.

There's an outdoor version of this coaching experience as well.

It's optimally done during spring and fall when the temperature feels good to walk and move about outside, preferably in a park or nature area. Before I developed private *Rock Your Life* coaching, I ran outdoor movement coaching sessions. The key to this method is that you and I are walking and incorporating a little more fitness than dance. Why not incorporate physical health and activity *into* coaching, as opposed to doing it all sedentarily? It's not for everyone, and as I said earlier I gladly do private coaching without movement, but it's something I'm glad to offer. Consulting your body to aid the transformational experience. Why not?!

So there you have it. The synthesis of desires, limitations, spirit, *mindshifting*, and body. Life coaching through dance. I never would have imagined that I would end up becoming The Dancing Life Coach, and here I am. I coach, dance and facilitate others literally and figuratively dancing their way through their dream lives and desires. I never would have imagined as a child daydreaming about acting and TV hosting that I would become someone who would create something like this. Remember how insecure I used to be dancing in front of others? There was a time that all I wanted was to get paid to read from a teleprompter or be an actress on a comedy show. But my calling, my purpose wanted something more from me. I had no idea that it would result in this book, *The Danceshops™*, and everything else you've read about so far. I had no idea that by not getting in to the conservatory I auditioned for in order to enhance my acting dreams that it would steer me to dive into developing myself as a personal growth teacher and coach. Within a month of being told I was not going to be a member of that conservatory, I had *Mindset 2 Mindshift* - the inspiration blog from the previous chapter- up and running. I had no idea that I would discover I loved doing this work more than reading and performing someone else's words.

As of this writing, *The Danceshops™* are designed to be done live and in-person, though I am more than happy to travel to facilitate them. I envision a time coming where there will be

a way for you to have The Danceshop Experience™ from your own home. For now, face to face is the way to do it.

You're bound to experience various emotions as you strive to live a desire-driven life. One of those emotions I have run into repeatedly is envy. In the next chapter, I discuss how to deal with this dubious emotion and how to transform it into power and fuel as you venture along the feel-good, kick-ass path. Don't skip over this next section. Envy can be an overlooked emotion, something that you might sweep under the rug because you are ashamed to experience it, you don't want to acknowledge it, nor make a big deal of it. Or you unhealthily divulge in it, thereby stripping your power away from you. Don't make that mistake. There's treasure waiting for you hidden in the guise of envy.