

# LEADERSHIP EMBODIMENT



## CULTIVATING PRESENCE, CONFIDENCE & COMPASSION

Research shows that 70% of communication is nonverbal. Learning to align what is being communicated verbally, physically and energetically creates a unified and magnetic message that is clear and powerful.

Fundamentals courses are an opportunity to get to know our “signature” stress patterns *without* story or content. In the LE model we study how our physical and energetic systems organize under pressure and we offer simple practices that shift our systems to a more skillful state so that we can choose how we want to respond to a situation.

Through simple physical exercises that apply light pressure, we are able to recognize the patterns that arise when we are under pressure. Once we are familiar with our pattern, we apply centering practices to help us shift to a more creative, compassionate and skillful state. Working in pairs, we chunk down learning exercises to create a lasting somatic imprint in the body. Individual debriefing and group discussions create a dynamic learning container.

**Saturday, February 28, 2015, 9:30 am–6:00 pm**

**& Sunday, March 1, 2015 9:30 am–4:00 pm – \$400**

Center at Westwoods, 590 Gay Street, Westwood, MA 02090

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