



“I want to learn practices that will increase my leadership presence”

“I want to be stable and calmer under pressure”

“I want to speak my truth with more clarity and power yet without aggression”

**LEADERSHIP EMBODIMENT teaches leaders across the world all this.**

#### **What is Leadership Embodiment (LE)?**

Traditional coaching and Leadership development have so far focused on facilitating leaders developing intellect and altering behavior. Somehow all this transformation work till now hasn't included the body, which is where all our behavior patterns, neural pathways and memories rest.

Leadership Embodiment using the body, *bridges that gap of what we aspire to do and what we actually do under pressure.*

After all it is through the body that we experience and act in the world.

LE leads to the sustained ability to take new, more effective action as a leader in *intense and challenging* situations.



Sunbeam is an Indian organization that works in the area of Leadership Transformation and Executive coaching. Sunbeam and CII are honored to bring Wendy Palmer, the world-renowned Leadership Embodiment Founder to Mumbai.

*Wendy works with leaders on “presence”, empowerment and cultivating center under conflict and pressure.*

Wendy is a sixth degree black belt in aikido and author of three books, The Intuitive Body, The Practice of Freedom and Leadership Embodiment.

Her work has an international following in the US, Europe, Canada and South Africa and this will be her first program for a chosen few in India.

Her clients have included, World President’s Organization, NASA, DaimlerChrysler, Oracle, McKinsey Consulting, Pfizer, The Gap, Hewlett Packard, JFK University, Genentech, Fraser Health, New Ventures West Coaching, The US Forest Service...

### Take-Away from Program

- Insights into your personal reactive patterns and limiting assumptions
- Increase access to leadership presence
- Harness the wisdom of your intuition
- Keeping the big picture and creativity under pressure
- Ways to speak your truth with power and clarity

*“There is more wisdom in your body than in your deepest philosophy.”*

*—Friedrich Nietzsche*

202 Mayflower Apts. , 3<sup>rd</sup> Main, 4<sup>th</sup> Cross, 200, Defence Colony, Indiranagar,  
Bangalore 560038



### **Program Details**

The program (LEADERSHIP EMBODIMENT LEVEL 1 and 2) will be held in Mumbai over 2 weekends.

LE LEVEL 1 - 7<sup>th</sup> and 8<sup>th</sup> Feb 2015  
LE LEVEL 2 - 14<sup>th</sup> and 15<sup>th</sup> Feb 2015

The program will be held at :

### **The Orchid Hotel, Mumbai**

Nehru Road, Vile Parle East, Adjacent to Domestic Airport, Mumbai - 400 099 | [Map](#)  
Phone: +91-22-26164000

### **LEVEL 1 and LEVEL 2 Distinctions**

- Level 1 is the introduction to the language, concepts and fundamental partner exercises of the LE work. Level 1 must be completed before taking a Level 2.
- Level 2 builds on the fundamentals to take a deeper dive into recognizing energetic patterns that show up when we encounter challenges.
- Level 2 offers a more comprehensive view of how we get in our own way and gives tools (practices) to become more at ease, compassionate and empowered in our interactions with others.
- The LE model is comprised of **practices**. Just because a person understands what to do doesn't mean they can DO it.
- Level 2 gives participants the next level of development in the process of self-awareness and uncovering greater presence, wisdom and inspiration.

### **Fee**

\*LE (LEADERSHIP EMBODIMENT) Level 1 –

**The fee is Rs. 46,000 + Rs. 5685 service tax = 51685**

\*LE Level (LEADERSHIP EMBODIMENT) LEVEL 1 and 2 –

**The fee is Rs. 72000 + Rs. 8899 service tax = Rs 80,899**

**SERVICE TAX EXTRA AS APPLICABLE – 12.36%**

**BANK DETAILS – Please mail [shilpa@sunbeam.org.in](mailto:shilpa@sunbeam.org.in) when you transfer the fee so that we can confirm its receipt to you. For any further queries please contact +919845462283 (Shilpa Limsay)**

Name of account holder: SUNBEAM	Branch name and branch code: Indiranagar Branch (03301)
Bank account no: 30412667746	IFSC code of the branch: SBIN0003301
Name of the bank: STATE BANK OF INDIA	

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