



Leadership Embodiment Workshop

Level 1 - Cape Town

28 & 29 January 2015



Would you like to be able to:

- Experience less stress and be more relaxed.
- Be able to get more done with less effort.
- Build a positive leadership culture through your effect on the environment.
- Have a simple, quick and very effective way to rebalance yourself.
- Have a more powerful presence and with it the capacity to take action.
- Be experienced as a someone with presence, wisdom, confidence and compassion.
- Be able to integrate these practices across all areas of your life resulting in greater efficacy and improved relationships.

Leadership Embodiment offers the opportunity to learn how to do this for yourself and others.

What is Leadership Embodiment?

Research tells us that least 70% of all communication is non-verbal. Learning to unify the body's message with what is being said enhances our capacity for effective leadership and relationships.

Often our mind understands what is needed to create more skilful interactions and yet we are not able to do

what we so clearly understand. The body needs to experience skilful alternatives so that it can manifest the understanding.

Leadership Embodiment is a process that develops new energy patterns that can meet challenges and adversity with more resilience, endurance and compassion.

In Leadership Embodiment, we learn the competencies of advocating clearly but without aggression, listening without taking things personally, and being inclusive so that others feel welcomed into our presence. This translates into being more competent in relationships as well as developing a greater sense of ease in difficult situations.

Outcomes

- Learn tools and practices that help you and your clients' increase presence, confidence, compassion and a sense of humour when dealing with change and challenges
- Provide clients with a new way of seeing and doing things that makes them more skilful in their lives
- Cultivate the key leadership skills of inclusion, advocating without aggression and listening without taking things personally

- Manage stress, conflict and resistance with greater ease and skill
- Learn to work effectively from your "centered self" rather than your "personality orientated reactive self"
- Practice centering under pressure
- Access the power and intelligence of emotional energy
- Develop a way to recover center and have clarity when faced with moral, business and political dilemmas
- Increased capacity to tolerate paradox or tension between opposites, a key skill for leaders

When

28 & 29 January 2015
from 9.30am - 4.00pm

Venue

Old Mutual House, 33
Klassens Road, Bishopscourt

Enquiries

Please contact Karen White at 021-532 3291 or karen@thehumanconnection.co.za

About the facilitators

Karen White is a the Regional Director for / Embodiment International and is a certified Leadership Embodiment Teacher and

Integral & Ontological Coach (PCC). She is committed to offering tools and practices that enable people to be more skillful, effective and fulfilled. Before moving into coaching Karen worked in corporate for 20 years, ultimately in senior management.

Lisa Hansford is a certified Leadership Embodiment teacher and Integral Coach. She is passionate about working with people in a practical way to develop their skills so that they are able to make meaningful contributions to their organisations and be more effective in their relationships and life.

Feedback about the work:

Although I am new to the Leadership Embodiment process, I already feel better equipped to manage the substantial daily stress that comes with serving as a Member of Parliament in the opposition benches. By its nature the role is complex and the environment is often hostile. I better understand how my body responds to leading and being led in this context and this has deepened my empathy and thus enhanced my effectiveness in representing the most vulnerable members of our society. Thank you.
Dr Dion George, MP

“Thank you for grounding my knowledge into a certainty. The course certainly gave me tools to translate my intellectual

knowing into a more certain unwavering wisdom. I shared some of your embodiment movements with a client on Saturday morning and it took her to a new level of understanding, thank you!

The tools and the 'felt quality' in the body gives us such a reference point when dealing with chaos. (Normal everyday life!!!) So your course confirmed my commitment to going deeper into the work making the retreat a definite, thanks again.”

Ladina King, Coach

“I also did a bit of centering, and space observation during my difficult conversation on Friday – and the conversation had a completely different feel – I like the concept of a worthy opponent that helps me cultivate my center. True, the problem has not vanished, but the energetics between my colleague and I felt different – she even thanked me for my time. Thanks again, this is amazing work. Will recommend where I can!”

Amelia Muller, Group Head, Resourcing, Standard Bank

Cost and Enrolment

R3 600 for individual delegates and R3 900 for corporate delegates. If 3 or more people enrol from one organisation, R3 600 per person.

'Pay it forward' bursaries or subsidies are available in

certain instances. Please enquire.

Registration Cancellation Policy:

- Refund in full, less a 15% administration fee if cancellation happens 31 days or more before a workshop. 50% refund for cancellation 16 - 30 days prior to the workshop.
- Returning a completed registration form and payment for your course fees will be considered acceptance of the course booking and cancellation policy.

Registration Details:

Name:

Address:

Work Ph:

Mobile:

E-mail:

Dietary Requirements:
