



Leadership Embodiment Fundamentals Level 1 May 16-17, 2015

Great leadership is a result not just of what you do, but who you are.

Leadership is how you show up at home, in the workplace, to yourself, to others. This weekend we will ask: *How do we allow pressure from others to shape our responses? Where do we find stability amid constant change? How do we communicate when we are not actually speaking? And, How do we align our words with our presence, and our presence with our purpose?*

This workshop will allow you to become familiar with **your signature response to pressure**, and offer you **powerful tools** to shift to a more creative, skillful, and compassionate state. It will give you practices to engage with **clarity, creativity, and compassion** even when you are experiencing conflict and opposition.

This training creates an **embodied experience** – stretching and challenging you to explore the mind-body connection and how it impacts the way you communicate, collaborate, and pursue your goals. The tools and practices have their roots in the traditions of mindfulness and Aikido. They give immediate physical feedback, powerfully showing habitual reactive patterns of behavior. Through physical experience you will discover how you can be more creative, more powerful, and more fully embodied as leaders in your own lives.

May 16-17, 2015 **10 am- 5pm both days**

Cost: **\$195 before March 17, 2015**
 \$295 before May 3, 2015
 \$395 after May 2, 2015

Location: Harmony Yoga Studio
1533 Shattuck Ave, Berkeley, CA 94709

Facilitator:



Florian Tan

Florian Tan brings decades of somatic practices, martial arts training, personal inquiry and meditation to his work as a Life Coach. As a former physical therapist and aikido instructor, Florian has an extensive knowledge of working with people through the mind-body connection.

Florian is certified as a Somatic Coach by Strozzi Institute, as an Integral Coach by New Ventures West, and as a Leadership Embodiment teacher by Wendy Palmer. He holds a fourth degree black belt in Aikido and is a long-term student of the Diamond Approach. His coaching practice RenSomatics is located in Oakland, CA.

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More info:
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