

# LEADERSHIP EMBODIMENT

**Saturday & Sunday, May 16-17, 2015 9:00am-4:00pm**

Watertown Center for Healing Arts

[www.watertowncenter.net](http://www.watertowncenter.net)

## ***Leadership: Aligning Brain and Body***

To be an impactful leader, one must be conditioned in multi-faceted ways. In this workshop, we will learn to distinguish our patterns and raise awareness so we can create a more inclusive, bold and centered vision for ourselves and the causes we seek to realize. As humans and leaders of people and organizations, our power lies in our capacity to recover "center". How we respond to the stress and pressures of life in the moment and over the course of a lifetime distinguishes us as human beings and as leaders.

In this weekend we will deepen our capacity to respond skillfully under pressure. We will refine our personal and professional intentions. We will learn about our energetic, physical and neurological responses to stress so that we can recover "center" and generate the impact we seek in our lives and in the communities of which we are a part. We cannot change our habits through the mind alone. Neuroscientists are demonstrating how physical posture, breath and the way we carry ourselves influence our thinking and the environment around us. This workshop is a time to deepen our intentions so we can take our lives and the people we lead to the next level.

**Led by Madeline McNeely, Principal, *Conditioning Leaders* and  
Elizabeth Valentine, Somatic Coach**

**Cost \$400**

To register for the workshop, go to:  
[www.conditioningleaders.com/workshops](http://www.conditioningleaders.com/workshops)



For more information:  
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[www.embodimentinternational.com](http://www.embodimentinternational.com)