

Blossoming under pressure



Blossoming = to mature or develop in a promising or healthy way*

Deepening your Leadership Embodiment practice and understanding

The further study of LE is an opportunity to learn and experience more advanced LE exercises that will encourage greater leadership presence and effectiveness in your business and life.

Building on Flourishing under Pressure, this 2 day programme is for participants who have already attended the foundational level.

‘When leaders use LE principles they accelerate their potential to align conceptual, emotional and physical aspects of leadership excellence.’

Wendy Palmer



Every sensation in the body provides information. The body is always with you, always changing as energy moves through it, when attuned to your body you are able to access far more data and thus make faster decisions, clearer choices and lead with more ease.

To make the most of our leadership potential for our teams, organizations and relationships it is no longer enough to have great EQ – here we look at integrating our somatic intelligence with emotional/social intelligence. This work draws on ancient Eastern and modern Western thought leadership through martial arts, neuroscience, Positive Psychology and Ontological coaching a powerful combination with your own lived experiences.

Timing: The programme will be over 2 days –

September 28 & 29th 2015

N.B Conditions of entry - to have completed the 'Flourishing under Pressure' programme.

Learning Points:

This advanced level programme provides the opportunity to have powerful conversations that matter by:

- Learning how to stay true to your leadership intention even when there is resistance – your own or others!
- Deepening your understanding of power and warmth for greater leadership impact
- Re-examining your stress patterns when under pressure from multiple commitments
- Tapping into your somatic intelligence to be even more resourceful when faced with uncertainty and complexity
- Establishing a consistent relationship with your mindfulness practice

Package includes:

Lunch, refreshments and course materials for the 2 days

£525 +VAT (organisations)

£375 +VAT (individuals)

Early bird rate discount of 10% if paid before 17th July, or if you bring a colleague.

Venue:

Central London

To register visit: 

For more information and course leader bio (Michele Seymour)

www.balancematters.com/events or to register, contact: michele@balancematters or jacky@balancematters or call: +44 (0)20 7859 4558



Balance Matters

Enriching your leadership adventure

