

LEADERSHIP EMBODIMENT

CULTIVATING PRESENCE, CONFIDENCE AND COMPASSION



FUNDAMENTALS – LEVEL 1

WORKSHOP

- When:** 29-30 October 2015
Time: 9.00am – 4.00pm
Venue: Makaranga, Kloof, KZN
Cost: R3,600 per delegate
(Please see registration form for further details.)
Enquiries: Julia Bonadei-Thorns
0827706941
julia@wideopenspaces.co.za



Research shows that 70% of communication is non-verbal. Learning to align what is being communicated verbally, physically and energetically creates a unified and magnetic message that is clear and powerful. This greatly enhances one's capacity for effective leadership and more skillful relationships.

Fundamentals courses are an opportunity to get to know your individual “signature” stress patterns and learn tools and practices to meet challenges and adversity with greater resilience, compassion and confidence. In the LE model we study how our human physiology and energy organizes under pressure and we offer simple **Centering** practices that enable shifts in perceptions, thinking and communication. Learning to shift from the typical default “reactive” state of narrowed focus, hyper-sensitivity and constriction to a more “responsive” state of openness, big-picture thinking and flow means that we can be better places to meet daily challenges with greater awareness and choice. Working in pairs and threes, we chunk down learning exercises to create a lasting imprint in the body. Individual debrief and group discussions create a dynamic learning container.

Fundamentals Level 1 Course Outcomes:

- Getting to know your unique “signature” stress pattern of how you react under pressure.
- Learning practices to shift from a reactive energetic state to a more resourceful and responsive state.
- Learning a new way to re-engage clarity and compassion when faced with conflict or opposition.
- Being able to listen without taking things personally.
- Speaking up and taking a stand without aggression or collapse.
- Learning how to positively influence your environment through non-verbal communication

About the Facilitator:

Julia Bonadei-Thorns is a certified LE Teacher through Embodiment International, USA. She is also a professional Integral and Ontological Coach based in Johannesburg. She partners with leaders and their teams to improve performance and bring about sustainable shifts in all areas of their lives.

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COACHING &
LEADERSHIP
DEVELOPMENT

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FUNDAMENTALS LEVEL 1 COURSE - DURBAN

WORKSHOP DATES	WORKSHOP TIMES	WORKSHOP FEE
29-30 October 2015	9.00am – 4.00pm	R3,600 per delegate Payable in full by 22/10/15 to confirm place

VENUE: Makaranga, 1A Igwababa Road, Kloof, 3610, Kwazulu-Natal, South Africa

PLEASE RETURN COMPLETED FORM TOGETHER WITH PROOF OF PAYMENT TO:

JULIA BONA DEI-THORNS at Wide Open Spaces (Pty) Ltd

E-mail: Julia@wideopenspaces.co.za Tel: 0827706941

Full Name: _____

Address: _____

Company: _____

Contact No.: _____

E-mail: _____

Special dietary requirements: _____

I enclose payment of R _____ (Invoice available on request – please specify billing details)

PAYMENT BY EFT TO:

Account name: Wide Open Spaces (Pty) Ltd

Bank name: Nedbank

Account number: 1026613817

Branch code: 104-609

Payment reference: Please use your name/company name + LE1

REGISTRATION CANCELLATION POLICY:

- Full refund less 15% administration fee for cancellation 31 days or more before workshop date.
- 50% refund for cancellation 15-30 days prior to workshop.
- No refund for cancellation less than 14 days before workshop.
- Returning a completed registration form & payment of course fees will be deemed an acceptance of the course booking and cancellation policy.

REGISTRATION FORM