



Would you like:

- To experience less stress and be more relaxed.
- Have simple and profound practices where you can regain balance and ease.
- As a coach be able to work with clients in the domain of the body.
- Use practices as a way of working with unskillful patterns and revitalising yourself.
- Be able to get more done with less effort.
- Build a positive leadership culture through your effect on the environment.
- Have a more powerful presence and with it the capacity to take action.
- Be able to integrate these practices across all areas of your life resulting in greater efficacy and improved relationships.

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 speaking up clearly and without aggression, listening without taking things personally, and being inclusive so that others feel welcomed into our presence. This translates into being more capable 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
- 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

10 & 11 May 2017 &
15 & 16 November 2017
from 9.30am - 4.00pm

Venue

Old Mutual House, 33
Klaassens Rd, Bishopscourt

Enquiries

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 skilful,
effective and fulfilled. Before

moving into coaching Karen
worked in corporate for 20
years, ultimately in a senior
leadership position.



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.

Cost and Enrolment

R4 500 for individual
delegates and R4 800 for
corporate delegates. If 3 or
more people enrol from one
organisation, R4 500 per
person.

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:
