

EMBODYING LEADERSHIP UNDER PRESSURE



October 21-22 • 10am-6pm

1025 ROSEWOOD AVE, 2ND FLOOR • BOULDER, CO

\$295: register before Sept 15 • \$345: register after Sept 15

Everyone is a leader, whether it's at work, home, in our communities.
And over 70% of our communication is non-verbal.

- What does your body communicate under pressure?
- In what ways do you impact others?
- How can you respond more skillfully, no matter the pressure?

In this 2-day workshop, you will learn:

- How your body responds to pressure, and what it conveys to others.
- How to handle stressful situations with greater ease and skill.
- How to track patterns and shift them in the moment.
- How to be more creative and less reactive



Leadership Embodiment (LE) draws on the traditions of mindfulness and Aikido. It offers simple yet deep techniques that help you recognize how your mind and body habitually react to pressure. Robin Athey has 30 years experience as a leader, coach, consultant, facilitator, and purpose guide. She has been a fellow at Harvard University, sat on board of UN Association, and worked in 28 countries. Her practice integrates Ontological Coaching, Leadership Embodiment, Hakomi, Somatic Experiencing, NLP and Circling, along with 20 years of meditation and yoga.

"Truth, insight, deep wisdom. Robin has had a profound impact on my life. She is able to see and speak to a person's essence ... She is an innovative, deeply committed, bold, compassionate guide." ~ GZM

"Robin is a truly embodied leader. She integrates values, capabilities and deep personal wisdom. Her capacity to coach and offer guidance is grounded, practical, and inspired. She is the real deal when it comes to walking the talk." ~ SG

Robin's "natural talent for teaching and her compassion makes her an amazing guide in this journey." ~ NM

FOR MORE INFO AND TO REGISTER: embodyleadership@gmail.com