



LEADERSHIP EMBODIMENT TRAINING

TRAINING FOR PRESENCE, CONFIDENCE AND COMPASSION

LEADERSHIP EMBODIMENT.COM

A NOTE FROM WENDY AND TIPHANI PALMER ABOUT OUR 2018 LEADERSHIP EMBODIMENT COACH TRAINING - CALIFORNIA!

We invite you to uplift your posture and let a long exhale soften your chest. Expand out a little more and settle. *It is such a gift to have this simple practice to remind us of all the life force that wants to come through us!*

We understand you have interest in joining the Leadership Embodiment Coach Training Program. We look forward to offering you a cohesive process for developing embodiment tools for yourself and skills for working with clients and groups.

We have developed an exciting program framework tailored towards experienced coaches and facilitators. Here is what a few of our trainees have to say:

As a coach for over 10 years, the LECT has truly deepened my own practice and in turn allowed me to offer skillful body based coaching to my clients.

-Luke Krienburg, Leadership Development Coach, California

LECT is helping me connect with my clients in a deeper way and do more meaningful work. Clients get it right away and find it extremely useful. The LECT is helping me create new distinctions that make my coaching more powerful. And, I get to interact with a wonderful community!

-Jean Johnson, Executive Coach, Michigan

Participating in the LE training course has proven to be one of the most precious gifts I've ever received. Awakened a deeper connection to the intelligence of my body has expanded my capacity to wholeheartedly embrace and more skillfully respond to the mystery of life. The somatic imprint of centeredness is a way of being that I am energized to share with the world.

-Robin Rorex, Leadership Development Coach, Oregon



THE LECT OFFERING

The Leadership Embodiment Coach Training Program (LECT) offers participants the opportunity to deepen their experience of the practices and principals of the LE model and develop the skills to share the work with others.

The LE model is based on our capacity to know ourselves and continue to find ways to share our potential for wise and compassionate action under pressure. As a community we have the capacity to support the growth of this work both *internally* – meditation and personal practice – and *externally* – leading and coaching individuals, groups and teams.

Like any endeavor that is worthwhile, it takes commitment and effort to go beyond our personal challenges and extend ourselves, reaching into the LE community for support and training, and beyond into the greater community of people we work with and are committed to empowering.



We are pleased to offer **ICF CCEU's** as outlined below.

Professional Continuing Coach Education Units (CCEUs): LECT provides **108.5 CCEUs of which:**

- Core Competencies-71
- Resource Development- 37.5

Academic non-credit Continuing Education Units (CEUs): This course offers 12.5 CEUs based on the 125 hours of faculty led content.

The rest of this document details our *Leadership Embodiment Coach Training (LECT)*.

If you have any questions about the organization or the Coach Training, please feel free to contact us. Thank you for your interest in the LE work and we wish you well.

Blessings,

Wendy Palmer – *Founder*
Tiphani Palmer – *Partner*



THE LEADERSHIP EMBODIMENT MODEL

WHAT IS LEADERSHIP EMBODIMENT?

Leadership Embodiment is a stand-alone embodied coaching model, and can also serve as a body-based component alongside other coaching models.

LE is a model that focuses on the “embodiment” of leadership. Embodiment is defined as, “A tangible or visible form of an idea, quality, or feeling” - she seemed to be a living embodiment of vitality."

LE emphasizes how we show up in the world. We do not focus on the body as perceived from within. Therefore we do not consider Leadership Embodiment a “somatic” coaching model. Wikipedia defines **somatics** as a field of study which emphasizes **internal physical perception** and experience.

WHAT DO WE DO?

We study the body. We study how stress responses arise.

By practicing quick, simple exercises we gain access to more choice in responding to a given situation.

Working with the body directly is a straightforward way to access more skillful, effective and compassionate responses to stress.

WHY?

Research tells us that 70% of communication is non-verbal.

Children and animals know before we do when we are sad, mad, glad or afraid which means our reactions show up in the body before they come to conscious awareness.

Leadership presence is felt through non-verbal communication. We aspire to be more centered, mindful, and compassionate as leaders, but return again and again to unskillful reactions and habits, especially when stressed or when faced with conflict.

How?

To create simple and accelerated learning we use the LE Stress Simulator.

By applying mild physical pressure during specific exercises, we can study the individual stress response and practice recovering to a more centered state while still under pressure.



PROGRAM DETAILS

The LECT is a **6 month program** tailored to professional coaches and facilitators offering the core foundations of LE training exercises with a focus on working with individuals and small groups/teams.

The full Leadership Embodiment Fundamentals course series is a prerequisite: completion of LE Fundamentals Level 1, Level 2 and a Retreat.

LECT is recommended as a stand-alone embodied coaching model, or as a body based addition to other coaching models. The physical practice exercises have equivalent conversational exercises so that clients can be worked with in multiple modalities.

****LECT program graduates that are interested in teaching the LE Fundamentals Level 1 (the prerequisite courses to the TT) will need additional training modules.**

****Please speak to Tiphani Palmer for details.**

TRAINING MODULES & COURSE WORK

The **6 month LECT program** consists of **3 training modules, see module overview below**. Each module is 4 days long (Wednesday thru Saturday). Sessions are held every 2 months.

In addition to the training sessions, trainees are invited but not required to receive or partake in the following:

- Receive 2- 1hr, *individual coaching session* from a LECT Instructor (First coaching session between Module 1&2, Second session between Module 2&3)
- Receive 2- 1 hr, *mentor coaching sessions* from previously graduated LE Associates (First coaching session between Module 1&2, Second session between Module 2&3)
- Be invited to train with a trainee *practice pod* meeting virtually between training sessions
- Take on practice *coaching client(s)* (we recommend 2 practice sessions between Module 1&2 and 2 sessions between Module 2&3)



FUNDAMENTAL LECT PROGRAM OVERVIEW:

- **LECT MODULE 1**
- Session 1 Material Sequencing – Foundational model process
 - Introducing a client or team to the LE model – Context and Language
 - Centering/ Partner Centering – Core foundation exercise
 - Centered Listening – Receiving feedback/difficult conversations
- **LECT MODULE 2**
- Session 2 Material Sequencing – Foundational model process
 - Inspiration and Declaration - How to resource qualities and craft a declaration
 - Speaking Up/ Taking a Stand – Inspired Speaking Up in the face of adversity
- **LECT MODULE 3**
- Ongoing Client Session Material
 - Taking Risks
 - Visibility and Transparency
 - The Challenge of Success

Attendance is mandatory at all training sessions, no makeups will be offered. Only in the case of a family or medical emergency, can accommodations be made.

PROGRAM DETAILS

Meditation is an integral part of the training, and participants are asked to engage in a minimum of 15 minutes of meditation per day. Participants will be asked to report on their meditation experiences or insights at the beginning of every training session.

Participants will receive training materials that include a support workbook, schedules, program guidelines, and a training manual. Participants will be given access to an LE Community Portal online and are expected to log into and use that site for communication, reporting and discussion throughout the course. (And the portal will be a continuing community resource.)

Upon graduation from the LECT program, participants will be certified in the LE model and entitled to use it with groups, organizations and individuals. Graduates receive a range of privileges and offerings, including a listing on our website and the opportunity to access LEAPP - our LE Associates Professional Program (please inquire with Tiphani about LEAPP), ongoing teaching community participation, and special courses.



The full course fee is non-refundable. If you do not attend one of the 3 module weekends, no refunds will be made available. Concessions will be made in the event of a family or medical emergency.

NOTE: USE THE MATERIAL RIGHT AWAY WITH CLIENTS!

Once you have started the training course, you are free to start sharing the practices with your current clients. We do not require that you wait until the end of the certification process.

SMALL GROUP TRAINING & APPLICATION DETAILS:

We have found that smaller group trainings create the best possible learning environments for our participants. We are limiting the training to 7 participants. If you would like to hold a place in the training, please fill out the attached application and email to Tiphani Palmer. Upon review of your application, we will contact you regarding your acceptance into the training or make an appointment to speak with you about any questions we might have.

If your Application is accepted we will require a \$500 deposit to hold your place.

LECT CALIFORNIA 2018 DATES

Module 1 - August 8th – 11th
Module 2 - October 3rd – 6th
Module 3 - December 5th – 8th

LECT CALIFORNIA 2018 VENUE

The LECT California will be held at our LE Training and Office house in San Rafael California. We are located 30 minutes north of San Francisco.

The venue is a residential home that is set on the wetlands. There are wetland views and a 1 mile flat walk through the wetlands just steps from the venue.

There are multiple hotels within a 10 min drive of the venue and the potential to find Airbnb or VRBO houses or rooms nearby.

Please contact our office for a detailed list of information regarding places to stay, transportation and other travel details. San Francisco International Airport is recommended and Oakland International is an option as well.



LECT CALIFORNIA 2018 PRICING

LECT Program Fee: \$ 9,000**

Fee includes:

- ❖ 2 Instructors at all Modules – Wendy & Tiphani Palmer
- ❖ Full Lunch, snacks, coffee & tea provided
- ❖ ** Training venue has a full kitchen that will be used exclusively for our training
- ❖ All course materials including printed LE workbook, LE manual, LE handouts, bookmarks and inspiration cards
- ❖ Access to the online LEAPP platform containing resources such as: Contracts, Agendas, Outlines, Handouts & Write ups

***** Program Fee does not include lodging or transportation.***

***** Please inquire with the office regarding payment plan options.***

LECT PREREQUISITES

LE Fundamentals - Level 1 Course, 2 day

LE Fundamentals - Level 2 Course, 2 day

LE Retreat Intensive with Wendy Palmer – 4 day

If you have any questions about the training, please contact our US office at office@leadershipembodiment.com or call Tiphani directly at (415) 302-2661.

Thank you for your interest in the LE Coach Training Program.

Blessings,



Wendy Palmer
Founder
Leadership Embodiment

Tiphani Palmer
Partner
Leadership Embodiment