

# Leadership Embodiment Retreat with Wendy Palmer



## Introduction

Wendy is a world class teacher and has been developing and teaching Leadership Embodiment for 40 years. She brings to the work an amazing sense of presence and embodiment that demonstrates its unique value.

The retreat offers an intimate setting where Leadership Embodiment practices and meditation are combined to deepen self-awareness and capacity for more effective and compassionate action.

## What is Leadership Embodiment?

Research by neuroscientists now provides evidence that proves the statement: "Stress makes you stupid."

Leadership Embodiment provides tools that help us work with our bodies and brains in a way that allows us to stay relaxed and calm while experiencing stress. By doing so while under pressure we can access big picture thinking, innovation and our morality.

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.

Each of us has patterns that arise when we are confronted with challenging situations, and cause us to lapse into unskillful patterns.

Often our mind understands what is needed to create more skillful interactions and yet we are not able to do what we so clearly understand. The body needs to experience skillful 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, ease and compassion.

## Retreat details

A prerequisite for the retreat is attending Level 1 and Level 2 as understanding the Leadership Embodiment model and practices is key.

What the retreat offers:

- Working with Leadership Embodiment practices that gives us relevant and useful information that is immediately transferable into life.
- Developing a sitting practice, and with it the ability to make friends with ourselves.
- Crystallising and articulating a clear intention, and using Bokkens (a sword) to cut the intention into place.
- Being in community with others and learning together

- A combination of depth and lightness that invites further personal development.
- Experiencing reactive patterns and creating valid alternatives that are more skillful and allow us to be more effective in life.

**Guided meditation** – Wendy gently guides us during meditation offering a reminder to return to the present moment. Her style of leading a meditation is incredibly helpful for both beginners and long term meditators. She brings to the practice a simplicity, ease, and compassion, and creates a safe container to explore whatever is arising.

## When

8 - 11 November 2018. Starts late afternoon/early evening on 8 November and ends midday on 11 November.

## Venue

Temenos, Cnr Bree & Voortrekker Streets, McGregor

## Number of Delegates

A maximum of 15 people will be accommodated at the retreat.

## Pricing

R10 900 *which is inclusive of teachings, accommodation and food.*

*A 50% deposit is required to secure the booking.*

## Enquiries

For more information please contact Karen White, at 021-532 3291 or at [karen@thehumanconnection.co.za](mailto:karen@thehumanconnection.co.za)