

LEADERSHIP EMBODIMENT



LEVEL 1 WORKSHOP FUNDAMENTALS



When: 18-19 October 2018

Time: 9.00am – 4.30pm

Venue: Campbell House
2 Campbell Street
Waverley, Johannesburg

Cost: R4,900 per delegate

(Please see registration form for further details.)

Enquiries: Julia Bonadei

info@wideopenspaces.co.za

julia@wideopenspaces.co.za

What difference would it make if you could:

- Experience less stress?
- Have a simple daily practice to enable you to regain your Centre?
- Get more done with less effort?
- Be a more powerful influencer through your non-verbal presence?

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.

The Level 1 Fundamentals course provides 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 placed 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.

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LEVEL 1 FUNDAMENTALS WORKSHOP - JOHANNESBURG

Learning Outcomes:

- Cultivate key leadership skills of inclusiveness, advocating without aggression and listening without taking things personally.
- Practice Centering under pressure
- Increase your capacity to tolerate paradox and complexity
- Manage interpersonal stress and conflict more skillfully

Feedback from prior participants:

“Although I am new to the Leadership Embodiment process, I already feel better equipped to manage the substantial daily stress that comes with serving as a Member of Parliament in the opposition benches. By its nature the role is complex and the environment is often hostile. I better understand how my body responds to leading and being led in this context and this has deepened my empathy and thus enhanced my effectiveness in representing the most vulnerable members of our society. Thank you.”

Dr Dion George, MP

“Thank you for grounding my knowledge into a certainty. The course certainly gave me tools to translate my intellectual knowing into a more certain unwavering wisdom. I shared some of your embodiment movements with a client on Saturday morning and it took her to a new level of understanding, thank you.”

Ladina King, Coach

About the Facilitator:

Julia Bonadei is a certified LE Teacher through Embodiment International, USA and a professional Integral and Ontological Coach based in Johannesburg. She partners with leaders and their teams to enable them to raise performance, increase their leadership effectiveness and bring about sustainable shifts in all areas of their lives. Her workshop facilitation style is engaging, interactive and relaxed.



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WORKSHOP DATES	WORKSHOP TIMES	WORKSHOP FEE
18 – 19 October 2018	9.00am – 4.30pm daily	R4,900 per delegate Early bird special of R4,500 if paid in full by 21 September 2018

PLEASE RETURN COMPLETED FORM TOGETHER WITH PROOF OF PAYMENT TO:

JULIA BONADEI 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