



LEADERSHIP EMBODIMENT

Embody Possibilities

Would you like to:

- Manage stress and conflict with greater ease and skill?
- Develop simple practices where you can find stability amid constant change?
- Project a more powerful and confident leadership presence?
- Bridge the gap between what you know you “should” do and what you actually do in difficult situations?

This workshop is for anyone who works under pressure, where relationships are an important part of everyday life.

What Leadership Embodiment Offers

Leadership Embodiment gives leaders the tools to get unstuck and develop the presence to:

- Gain insights into your body’s signature pattern when stressed
- Take clear and powerful stands without aggression
- Stay connected and listen to others without taking things personally
- Act with greater clarity and confidence in challenging situations
- Respond creatively and non-reactively when the stress is high

What happens in a Leadership Embodiment workshop?

We create a safe “flight simulator” environment, where participants engage in real world situations and practice more open and inclusive ways of showing up.

The results of this workshop will be lasting. After two full days, you will be able to integrate these practices across all areas of your life resulting in greater efficacy, improved relationships, and more satisfying outcomes.

We invite you to join us.

Learn how to unlock the leadership potential that you already possess.

Course Details

Dates: April 4 - 5, 9:00 am – 4:30 pm

Location: Aikido Seattle, 1004 Turner Way E, Seattle, WA 98112

Cost: \$464 early-bird registration (paid in full by March 8th)
\$539 Paid in full by March 22nd

To register: Contact Miryam at miryam@phoenixleadershipcoaching.com

Level 1 provides 14 ICF CCEU's

About the Instructor

Miryam Chavarría Romero, PCC



As an executive and leadership coach, Miryam provides a framework to help leaders increase their capacity to adapt and be resilient to change. Miryam brings the unique blend of the analytical skills of an aerospace engineer with the holistic approach of an [Integral Coach](#)® and a [Leadership Embodiment](#) Associate. She partners with leaders and teams, helping them step into their excellence with bold authenticity, enhancing their leadership effectiveness from the inside out.

To find out more about Miryam and her coaching approach, visit [linkedin.com/in/Miryam-chavarría-romero](https://www.linkedin.com/in/Miryam-chavarría-romero), or contact her at (206) 565-6934, miryam@phoenixleadershipcoaching.com