



LEADERSHIP EMBODIMENT

LEVEL 1 WORKSHOPS
FUNDAMENTALS

Knowing something gives us choice. Practicing means we can exercise that choice because we have the capacity.

Would you like to....

- Experience less stress and be more resilient in challenging circumstance?
- Have compassion, confidence and a sense of humour when dealing with change and challenges?
- Understand how to immediately effect a change in the body when it goes into flight, flight, and freeze mode?
- Manage stress, conflict and resistance with more ease?
- Have a simple daily practice to enable you to regain your Centre?
- Get more done with less effort?
- Be less concerned about what others think of you and be able to take action that is aligned with what is important to you?
- Influence powerfully through your non-verbal presence?

Learning Outcomes:

- Increase the key leadership skills of **:being inclusive while under pressure, speaking up in difficult circumstances and listening when the stakes are high without taking things personally.**
- Increase your capacity to tolerate paradox and complexity
- Manage interpersonal stress and conflict more skillfully
- Develop a way to recover center and have clarity when faced with moral, business and political dilemmas
- As a coach, learn tools and practices that help you and your clients' increase presence, confidence, and compassion.
- Provide clients with a new way of seeing and doing things that makes them more skillful in their lives

When: 29 & 30 May 2019
18 & 19 June 2019
12 & 13 September 2019

Time: 9.30am – 4.00pm

Venues: Campbell House, Waverley (May)

And

Living Essence, Craighall (June & September)

Cost: R5 200 per delegate
(Please see registration form for further details.)

Enquiries: info@leadershipembodiment.co.za



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What are you communicating without saying a word?

The Why

Research tells us that at least 70% of communication is non-verbal. Often what we want to communicate versus what we do communicate is different. The results are communication and relationship breakdowns and challenges. Learning to align what is being communicated verbally, physically and energetically creates a unified and magnetic message that is clear and powerful. This enhances our capacity for effective leadership and more skillful relationships.

This introductory course is 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. 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.

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 meet challenges with awareness and choice, and importantly take different action.

The How

In Leadership Embodiment we study how our human physiology and energy organizes under pressure and we offer simple yet very effective Centering and concentration practices that enable shifts in perception, allowing for different communication, better decision-making, enhanced capacity, and a sense of feeling empowered.

On the spot awareness Time efficient Capacity to take action Immediate state change

About the Facilitators:

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.

Karen White is the Regional Director for Leadership Embodiment. She is a certified Leadership Embodiment Coach and Teacher and co-leads the Leadership Embodiment Coach Training with Wendy Palmer, the founder of this work. She is also an Integral & Ontological Coach and one of a handful of coaches to hold an ICF MCC (Master Certified Coach) qualification. Through this work she supports people to enhance the quality of their lives, be more visible and make the contribution they want to.

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PLEASE RETURN COMPLETED FORM TOGETHER WITH PROOF OF PAYMENT TO:

E-mail: info@leadershipembodiment.co.za

Full Name: _____

Address: _____

Company: _____

Contact No.: _____

E-mail: _____

I enclose payment of R_____ (Invoice available on request – please specify billing details)

PAYMENT BY EFT TO:

May Workshop

Account name: The Human Connection cc
 Bank Name: FNB
 Account number: 62124093486
 Branch Code: 201 409

June and September Workshop

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