



## Are you leading the life you desire?

### Leadership Embodiment Fundamentals (Level 1): Cultivating Presence, Confidence & Compassion

October 15-16 in Oakland, CA. Contact: Paul Ciske. 510-912-5775, paul@paulciske.com

#### **Would you like to:**

- Manage stressors and conflict with greater ease and skill?
- Quickly recover to a centered state when triggered?
- Be more inspired and inspirational?
- Have a more powerful and confident presence?
- Align what you know you “should” do with what you actually do in difficult situations?

#### **Overview**

The Leadership Embodiment model is based on the idea that even if we “know” all of the right things to do when we are confronted with stress, our bodies revert to fight, flight or freeze. Under stress our thinking is impaired and we lose access to the broader view, creativity and innovation. Leadership Embodiment (LE) offers a methodology for assessing how our bodies organize under pressure and teaches simple and powerful tools that help us recover to a more open, uplifted and skillful state. LE is the HOW of cultivating presence, confidence and compassion.

#### **Workshop Outcomes**

- Insightful knowledge of your body’s reflexive reactive pattern when under pressure
- Ability to employ simple methods, in all areas of your life, for returning to a centered state
- Capacity to respond with creativity and integrity when stressed
- Competence for taking clear and powerful stands without aggression
- Capability for staying connected and listening to others without taking things personally
- Greater clarity and confidence in responding to challenging situations
- Ability to align your body’s non-verbal communication with your verbal message
- Accessibility to an inclusive, confident, compassionate leadership presence

#### **What Happens in a Leadership Embodiment Workshop?**

This two-day workshop is highly experiential. Partnered exercises are used to simulate the stressors of life interactions. This is done in order to illicit and recognize our reactive patterns. Once we recognize these patterns, a method for centering is used to quickly shift our state of being to one that is more open, relaxed, and balanced. We then contrast our relationship to the stressor, and the way the interaction is being handled, before and after centering. Further training builds our capacity for accessing this centered state under increasing intensities of challenging situations. There will be Individual debriefs and group discussions which create a dynamic learning container.

#### **Who is this workshop for?**

- Those looking to develop their innate resources for navigating the complexities of life
- Persons of service wanting to cultivate an inclusive, confident, compassionate presence
- Leaders wanting to empower their leadership presence
- Team members looking to develop their communication and collaborative skills
- Human Resource leaders
- Executive and leadership coaches, consultants and facilitators