



LEADERSHIP EMBODIMENT

Leadership Embodiment Maximizing Resilience Program Overview

Why Leadership Embodiment:

We are all capable of tapping into our greater potential and it's not always easy. Through rigorous study of real time scenario experiences and understanding the neuro and bio science behind how stress affects our systems, we can apply exercises that build our capacity for resilience, skillful decision making and inclusivity. Your people have so much untapped potential, let's give them some tools to access it.

What is the LE Resilience Program:

Participants will be introduced to practices and exercises that can be used to improve professional performance and team management. Focus points for the program include but are not limited to:

- Inclusion (tool for creating a strong team dynamic)
- Resilience & Stress Management (practice for increasing resilience and managing personal stress and coaching teams/reports)
- Difficult Conversations (step by step process for skillfully managing a difficult conversation)
- Inspiration & Positive Influence (exercise for creating a dynamic/inspired team environment)

How we deliver the LE Resilience Program:

Ever learn a great idea and plan to implement it only to have it disappear when needed and you go back to your old way of doing things? Implementing new strategies is challenging. Integrated learning is not just understanding the "what" but implementing the "how." To have sustained impact and access to our learning, the body is a short cut. When we teach the body how to respond, new habits and practices can be integrated and sustained over time.

Our programs are interactive and experiential. We offer step by step instructions for all our practices. We introduce a concept by setting context, demonstrating a contrast scenario, then having participants partner up and run the scenario in real time. Post scenario debriefing with Q&A facilitates shared learning and best application conversation and practices.

Participants leave our programs with immediately accessible tools and practices as stated in our program focus points that they can apply to their leadership development and team management.