



## LEADERSHIP EMBODIMENT COACH TRAINING

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Leadership Embodiment (LE) is a stand-alone embodied coaching model, and can also serve as a somatic component alongside other coaching models. *Wendy Palmer the founder of Leadership Embodiment, and Karen White, LE Regional Director in South Africa, lead the training, assisted by exceptional mentors.*

Leadership Embodiment Coach Training (LECT) is a 6-month offering for professional coaches and experienced facilitators who want to deepen their experience with the practices and principals of the LE model and develop the skills to share the work with individuals, groups or organizations.

The training is offered in partnership with The Human Connection and the Coach Certification Training begins in Cape Town in November 2019.

Dates are:

6 - 9 November 2019

19 - 22 February 2020

6 – 9 May 2020



# LEADERSHIP EMBODIMENT

After the training you will be able

to share with clients how to

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- Reduce stress which impacts on wellbeing
- Build more effective relationships that are based on compassion and understanding, and achieve better results
- Develop leadership presence
- Be able to speak up in difficult circumstances
- Be inclusive in high stakes situations
- Be able to keep a big picture view when under strain

During the training you can expect to learn how to

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- Work with, in and through the body to support clients to create a fundamental shift
- Develop a mindfulness practice to develop your own capacity as a coach
- Increase your own leadership presence
- Share different practices with clients that will grow their capacity and ability to be more visible, take risks, and speak up with confidence, ease and presence.
- Understand the theory behind the practices and be able to explain the theory to clients
- Be able to coach your clients through a series of 6 sessions focused on the body
- Be kinder and more compassionate with yourself and translate this into your personal and professional experience

Our Mission Statement

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**To offer simple, effective tools that can rehabilitate our altruism and inspiration in order to work on behalf of justice and equality for all people with greater presence, confidence, and compassion.**



# LEADERSHIP EMBODIMENT

## What we do?

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We study the body. We study how stress responses arise.

By practicing quick, simple exercises we gain access to more choices responding to a given situation.

Working with the body directly is a straightforward way of accessing the more skillful, effective and compassionate responses to stress.

## Why?

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Research tells us that 70% of communication is non-verbal.

Children and animals know before we do when we are sad, mad, glad or afraid which means our reactions show up in the body before they come to conscious awareness.

Leadership presence is felt through non-verbal communication. We aspire to be more centered, mindful, and compassionate as leaders, but return again and again to unskillful reactions and habits, especially when stressed or when faced with conflict.

## How?

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To create simple and accelerated learning we use the “LE stress simulator”.

By applying mild physical pressure during specific exercises, we can study the individual stress response and practice recovering to a more centered state while still under pressure.



## LECT PROGRAM COMPONENTS

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### TRAINING & PRACTICE

The six month LECT program consists of three training modules. Each module is four days long, and sessions are held every few months to allow for practice in between.

#### LECT MODULE 1

- Session 1 Material Sequencing – Foundational model process
- Introducing a client or team to the LE model – Context and Language
- Centering/ Partner Centering – Core foundation exercise
- Centered Listening – Receiving feedback/difficult conversations

#### LECT MODULE 2

- Session 2 Material Sequencing – Foundational model process
- Inspiration and Declaration – How to resource qualities and craft a declaration
- Speaking Up/ Taking a Stand – Inspired Speaking Up in the face of adversity

#### LECT MODULE 3

- Ongoing Client Session Material
- Taking Risks
- Visibility and Transparency
- The Challenge of Success

In addition to the training sessions, trainees are required to receive or partake in the following:

- Receive a minimum of 1- 1.5hr individual coaching session from a LECT Instructor
- Receive 2 mentor coaching sessions from experienced LE Associates
- Study with a trainee practice pod virtually between training sessions
- Take on practice coaching client(s)



# LEADERSHIP EMBODIMENT

## MEDITATION

Meditation is an integral part of LE training, and participants are asked to engage in a minimum of 15 minutes of meditation per day. Participants will be asked to report on their meditation experiences or insights at the beginning of every training module.

## MINIMUM ATTENDANCE REQUIREMENTS

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Prior to joining the program, participants are required to complete Level 1, Level 2 and attend a Retreat.

In relation to LECT *attendance is mandatory at all training sessions* and no makeups will be offered. Only in the case of a family or medical emergency, accommodations can be made. All mentoring and practice group sessions are also mandatory and tracking sheets are provided. Mentoring sessions may be held in person, by phone or through video conference (Skype).

## RESOURCES

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Participants will receive a training binder that includes schedules, program guidelines, and the training manual. Participants will be given access to an online LE Community Portal online and are expected to log in to and use that site for communication, reporting and discussion throughout the course. (The portal will be a continuing resource after the program.)



# LEADERSHIP EMBODIMENT

## LECT PROGRAM PRICING

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ZAR59,000 \*

(ZAR57,000\* early bird discount offered if payment is made by  
31 August 2019)

*\* Participant airfare, transportation and lodging not included.*

To make application and for any questions about applying, please contact Karen  
White at [karen@thehumanconnection.co.za](mailto:karen@thehumanconnection.co.za)  
or on +27 83 455 4744.

Thank you for your interest in the LE Coach Training Program.

Blessings,

Wendy and Karen

