

# Leadership Embodiment

## Level 1

How the way you sit, stand, and move determines the way you think, speak and act.



The world we live in is **Brittle ....** it does not need much to disrupt the balance. **Anxiety** is spreading like never before among young and old. Relationships between cause and effect are **Non-Linear** and the world has become an **In-comprehensible** web of systems.

Leaders, managers, coaches, teachers, and parents alike are challenged to guide and lead themselves and others through these turbulent times. We all face these demands of daily life.

Sometimes we lose our balance and patience, reacting rather than responding, being irritated rather than calm and centered.

### What's required?

What we need in these turbulent times is:

- Calm and inclusive leadership.
- Guidance that inspires.
- Authority without being authoritarian
- Less of the hierarchical dominating leadership and more creative charismatic leadership.

Think of the people you meet for the first time who generate respect and inspiration. Not because they show up as bullies but because they seem to have a natural charisma that evokes a respectful relationship and conversation.

All of this seems to come from having an internal state and mindset. An attitude and presence that is communicated clearly and unmistakably, and often mainly non-verbally.

Is this a talent they are born with or can we develop this too?

- To stand in the middle of the storm with calmness and dignity without become restless and losing one's balance.

- To include the people you might disagree with in conversations without polarisation
- To be sensitive to what shows up in the field you are in without losing clear sight of where you want to move forward to.
- To not lose your balance when the ground you are on is shaking

To develop these qualities we have to be rooted in a **Way of Being** that supports a grounded and inspirational presence.

Would this be something you would be interested in developing because...

- You are aware that as a leader you are responsible as a role model to guide people.
- As a coach you want to be present, fully and deeply available to your clients
- As a teacher you like to inspire with authenticity.
- As a partner you want to take care of your relationship with your loved ones.



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- As a parent you want to take care of the future of your kids.

Firstly Aikido, a Martial Art form that is not aggressive, nor defensive but creative. We use the energy available to us to transform a situation of conversation, or a relationship. A natural way of handling conflict and differences that seems to be inspired by nature itself.

Learn the fundamentals of how to come back to a centered way of being, so you can thrive in the complex and turbulent world that we live in.

### How?

Wendy Palmer developed a system called Leadership Embodiment that has a proven track record worldwide to help people to develop this mindset and physical presence.

It offers :

- An attitude and way of showing up that does not polarize, but instead includes diversity in the dialogues we need to have, which supports a peaceful presence while being in the middle of stressful decision-making processes.
- A way that prevents us from becoming defensive when we feel attached and rather allows us to look for wisdom and peaceful dialogue.
- A Way of Being that helps us to realise what is dear to us while taking care of the relationships that are important to us at the same time.

And secondly, mindfulness, so we can be present to whatever is arising without resisting, collapsing or running away.

The body is core to this approach. Leadership Embodiment is leadership rooted in our natural way of being physically present.

The tools and practices you will learn in this workshop will allow you to realise this.

There are 3 energetic competencies you will learn:

- Being inclusive even while under pressure
- Listening in a way that you don't take things personally, and have more data and information available
- Being able to speak up without being aggressive or withdrawing
- Our body is an important center of intelligence that is often out of our awareness.
- Through Leadership Embodiment in difficult circumstances you will be able to use it to tap into your innate intelligence, creativity, confidence, wisdom and courage.

## Level 1 – the basics

We all have a reactive pattern that is unskillful and shuts down possibilities to relate to ourselves and others in the way we want.

At this workshop, you will learn foundational tools and practices so that you can discover your pattern and be able to shift to a more dignified, resourceful and responsive state.

This system is rooted in two areas:



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### When

8<sup>th</sup> & 9<sup>th</sup> February 2024  
9.30am to 4.30pm

### Venue

Kelvin Grove,  
144 Campground Road,  
Newlands

### Cost and Enrolment

R5 500, excluding VAT

### Enquiries and Registration

Contact Lisa Hansford on  
0833247595 or  
[lisahansford@mweb.co.za](mailto:lisahansford@mweb.co.za)

### About the facilitators



**Karen White** is the Regional Director for /Embodiment International and is certified as a Leadership Embodiment Coach and Teacher, Integral & Ontological Coach. She is the Director of Training for the Ontological Coaching Institute and a program course leader. Karen is one of a handful of coaches to hold an ICF MCC (Master Certified Coach) qualification.

Before becoming a leadership coach Karen worked in corporate for 20 years, ultimately in a senior leadership position.



**Lisa Hansford** is a certified Leadership Embodiment teacher and Integral Coach. She is passionate about working with people in a practical way to develop their skills so that they are able to make meaningful contributions to their organisations and be more effective in their relationships and life.

### Registration Cancellation Policy:

- Refund in full, less a 15% administration fee if cancellation happens 31 days or more before a workshop. 50% refund for cancellation 16 - 30 days prior to the workshop.
- Returning a completed registration form and payment for your course fees will be considered acceptance of the course booking and cancellation policy.

### Registration Details:

Name:

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Address:

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Work Ph:

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Mobile:

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E-mail:

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EMBODIMENT