Cultivating Positive Power

Working with embodied elements that empower us to be more influential and effective.

Leadership Embodiment draws on the traditions of Aikido and mindfulness to offer simple yet powerful techniques that help to recognize the body's habitual stress patterns and develop alternative response patterns that tap into our creativity, power and compassion.

Each of us has patterns that arise when we are confronted with a leadership task of challenge. 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. Under stress, the body always wins. The body needs to experience alternatives that then translate into a deeper understanding of the situation and a capacity to take skillful action.

In this workshop you will learn how to shift from your reactive self (Personality) to your resourceful self (Centre).

When we are Centered, we are more able to influence situations and act with wisdom and resilience. We are able to use positive power.

Learn practices to embody the qualities of:

- Inclusiveness – the message that *we are in this together*
- Inspiration – showing up as *bright and positive*
- Compassion – the capacity to *understand the struggles of others*

Develop your ability to influence others using:

- Size – becoming more expansive will give you more of a voice
- Warmth – cultivating a feeling of warmth makes people more receptive to you
- Confidence – being positive and motivated engenders respect from others

Wendy Palmer is the founder of LEADERSHIP EMBODIMENT**,** a process that uses principles from the *non-violent Japanese martial art of Aikido* and *mindfulness* to offer simple tools and practices to increase leadership capacity and respond to stress and pressure with greater confidence and integrity. Wendy holds a sixth degree black belt in *Aikido* and has practiced *mindfulness* for over 45 years.

She has worked with executive teams and individuals for Twitter, Genentech, Jazz Pharmaceuticals, The Gap, NASA, Gates Foundation, Salesforce.com, McKinsey &Co, Oracle, Google, Unilever, The BBC, Accenture, Blackrock, The George Washington University, Eileen Fisher and The Daimler Chrysler Group. She is also an author of three books, *Leadership Embodiment*, *The Intuitive Body* and *The Practice of Freedom,* and a supporting CD.

Her coaching organization, LEADERSHIP EMBODIMENT offers Coach Training to experienced coaches and facilitators who wish to learn to coach leaders in Leadership Presence.

We are privileged to offer a Cultivating Power Retreat with Wendy in the beautiful Eastern Free State. The retreat will be limited to maximum 15 participants.

Venue: Fouriesburg Country Inn, Fouriesburg.

Program: Will commence on the Tuesday, 29 April 2020 at 10H00 and end on the 30th of April 2020 at 15H00.

Pricing

R11,900 which is inclusive of teachings, accommodation and food.

Enquiries

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