

Somatic Intelligence & Embodied Leadership

with

Paul King

4th July & 25th July 2009

"These two days will be primarily based upon the Conscious Embodiment work of Wendy Palmer. Participants attending these Level 1 workshops will be eligible to attend Wendy Palmer's advanced workshop, Embodied Leadership: Empowered Life on 3rd & 4th October 2008. This is powerful learning and development through the body."

Paul King

Conscious Embodiment is derived from the revolutionary non-aggressive martial art of Aikido and mindfulness practice. The model teaches a simple method for developing a personal "centering" practice that cultivates an embodied presence that has integrity, clarity and is capable of being creative and effective in all aspects of our lives.

It offers a way to discover intuitive knowledge through simple "physical-mental" exercises.

- Uncover the wisdom of your intuition
- Become more focused
- Experience stability under pressure
- Deepen your capacity for relationship
- Become an insightful leader
- Develop greater flexibility
- Have more energy

"Energy follows attention."

Wendy Palmer

The practices can enable you to align the energy of the body in such a way that you can learn to trust your sensations. Using principles from Aikido and various spiritual practices, people come to understand their mental and emotional habits of attention.

"It is not that I don't get off centre: I just correct so fast that no one can see me."

Morihei Ueshiba O Sensei (Founder of Aikido)

Paul King



Paul is currently the only person in Europe certified to teach this work. He has a long time interest in the intelligence of the body-mind and how this can contribute to the effectiveness and health of people working in organisations. He has

practiced Tai Chi for many years and is qualified in Feldenkrais (Movement Re-Education) and Polarity Therapy. Paul previously worked for Deloitte and PricewaterhouseCoopers. He is co-founder and Managing Director of The Beyond Partnership and a coach and consultant to individuals and organisations working with people on issues such as leadership, personal energy management, resilience and authenticity. He is a NLP Trainer and certified in Spiral Dynamics.

The Workshops

The workshops will involve movement, fully engaging the body in the process of learning about our habitual ways of behaving and thinking and cultivating alternatives. In Part 1 on 4th July we will focus mostly on Centering under Pressure and the dynamics of Leader-Follower. In the part 2 workshop we will expand on this and also work with Advocating-Listening and Irimi – see below.

Centering under Pressure

This practice offers a way to recover centre when under pressure. Incoming energy can be positive or negative. We will explore your typical reactive pattern to pressure and how to transition to respond from centre. The practice will help you find clarity when faced with dilemmas, access the power and intelligence of your emotional energy and enable an increased capacity to tolerate paradox or tension between opposites.

Leader - Follower

This is an exploration of effective leadership and followership roles. It is also a study of relationships - our relationship with others and also with our self. We will explore how we tend to organise in these roles and what are our survival patterns. Also, becoming more aware of how our energies include or exclude others.

- How do we lead?
- How do we follow?
- Are we more comfortable in one role than the other?
- What kind of reactions or patterns do we have in each of these roles?

"To accept the other person's power or intention fully, we need tremendous depth and an incredibly strong centre that can hold and tolerate the energy of another without needing to take control or losing our balance."

Wendy Palmer

Advocating - Listening

Here we will examine the patterns and tendencies in how we bring our desires and intentions into the world. We will explore the differences between advocating from personality and advocating from centre.

The listening dimension builds our capacity for listening and increases our ability to understand at a deeper level of listening, learning to be more sensitive to the underlying message and holding the space for differences with respect and integrity. It brings clarity to how we work with boundaries in relationship and allows us to work with unpredictability.

"You find power in the place between giving and receiving."

Terry Dobson

Irimi

Irimi is a Japanese term that means to enter into the heart of what is coming towards you. The psychological equivalent of this is interest or curiosity. If we are afraid, frustrated or in opposition to something this practice helps us to cut through the story to become more aware of the motivation behind the content by suspending one's position.

[When asked if he was ever afraid] "I experience what you do. You name it fear. I name it a call to action".

Morihei Ueshiba O Sensei (Founder of Aikido)

Wendy Palmer – Embodied Leadership: Empowered Life - 3rd & 4th October 2009



The originator of Conscious Embodiment, Wendy Palmer, will be leading a Level 2 workshop on 4th & 5th October 2008. Wendy is a sixth degree Black Belt and has been teaching Conscious Embodiment for over twenty-eight years. Her clients include Oracle, NASA, DaimlerChrysler, Genentech, McKinsey, Pfizer and John F.

Kennedy University.

Participation on this workshop is only open to those who have had sufficient exposure to the Level 1 training. Please contact us for further information.

"If you are afraid of something, become interested in it."

Wendy Palmer

Dates

Part 1: 4th July & Part 2: 25th July 2009
(10.30a.m. – 4.30p.m. each day)

Cost

1 day: £160 + VAT = £164.50
Both days: £280 + VAT = £329.00

Refreshments and lunch are included in the price. "Pay it Forward" bursaries are available under certain circumstances.

Venue

Marlborough, Wiltshire

Booking

Please send a cheque to
The Beyond Partnership Ltd,
2 Holbrook,
Bromham,
Wilts, SN15 2DH
or contact us to reserve your place and request an invoice. Receipt of payment confirms your booking. Please note we do not accept credit cards.

If you wish to discuss any aspect of this workshop please contact us at
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