

Embodied Leadership – Empowered Life A Conscious Embodiment Level 2 Workshop

with

Wendy Palmer

3 & 4 October 2009

“Wendy Palmer is the creator of Conscious Embodiment, a profound approach to personal and professional development and the alignment of the energies of the head, heart and spirit. Using principles from Aikido and other practices, participants come to understand and experience their mental and emotional habits of attention in unique way and develop new choices for being living a more effective and empowered life. This special Level 2 workshop is only open to those who have experience of the Level 1 material”.

Paul King

Many of us aspire to be more centred, skilful and compassionate in our lives and as leaders, but return again and again to unskilful reactions and habits, especially when stressed or when faced with conflict. We find ourselves unable to embody the changes that we know we want.

This level 2 workshop with Wendy Palmer will take you deeper into the practices of Conscious Embodiment. She will guide you through exercises that provide a vivid sense of what it feels like to align the various aspects of yourself, and of what it feels like to be out of alignment. The practices develop presence, confidence, and compassion, which cultivate empowerment in our lives and integrity when meeting challenges.

The workshop will build on your Level 1 experience to further explore:

- your personal reactive patterns to pressure and stress and your limiting assumptions
- tools and practices to help you increase your presence, confidence, compassion and sense of humour as you deal with change
- increasing your capacity to live with paradox and the tension between opposites

- synchronizing the body's energy with what is being said, bringing unity and clarity into action, and enhancing satisfaction in your life and your capacity for effective leadership
- a way to recover balance and clarity when faced with moral, business, and political dilemmas

Wendy Palmer



Wendy Palmer has been teaching classes and workshops in Conscious Embodiment for over twenty-eight years. She is a sixth degree Black Belt in Aikido and she teaches at Aikido of Tamalpais in Sausalito, California. Wendy is author of two books: *The Intuitive Body: Discovering the Wisdom of Conscious Embodiment*

and *Aikido and The Practice of Freedom: Aikido Principles as a Spiritual Guide*. Her clients include, Genentech, DaimlerChrysler, Oracle, McKinsey, NASA, Pfizer, The US Forest Service, and John F. Kennedy University.

“Wendy Palmer is a gutsy, inspiring, and wise teacher. She combines a keen eye, playful wit, and compassionate heart to guide her students to become more at home in body and soul”.

Michael J. Gelb, author "How to Think Like Leonardo da Vinci" and "7 Steps to Genius Every Day"

“Wendy is a superb teacher with a special gift for imparting knowledge through body, mind and spirit. She uses patience, humour, and intuitive insight to help students realise their potential”.
George Leonard, Author of "Mastery"

Leadership requires more than intellectual knowledge and business acumen. Great leadership is an art form that requires qualities that signal a capacity for relational and intuitive processes. Presence, compassion, integrity and inquiry are qualities that enhance leadership in today's fast moving, complex world of organisation.

Presence is the embodied capacity for expansion, the ability to extend energy that carries the context and meaning of the organisation and what it stands for. Compassion is the authentic awareness that our lives are interconnected and carries the embodied message – 'we are all in this together'. Integrity is manifested through transparency and provides a basis for credibility and accessibility. Inquiry is the ability to tolerate uncertainty as an arena of possibility and innovation.

For a leader, the capacity to be aware of a survival energy pattern emerging creates transparency and a choice point. She can choose to make a shift. The most challenging part of becoming aware of our actions is to recognise one of personality's favourite strategies, namely self-deception.

Self-deception shows up as an impulse to control others and the outcome without taking one's own behaviour into account. The personality seeks control, approval and safety. Rather than looking inward to become aware of how we are participating in a difficult situation the personality looks out at other people and sees how they need to adjust their behaviour. A leader who is willing to acknowledge this and make a shift in her energy pattern brings a combination of humanity and centeredness to the challenges of attending to the immediate details of the moment within a sense of the larger context of past, present and future.

Although centering is a simple practice it can have a powerful effect. When our energy is organised in a different way we think different kinds of thoughts. We have access to different kinds of information and understanding that is found through our intuition.

Centre sees a bigger picture and recognises the fundamental truth of interconnection. Centre allows us to tolerate differences and engage life with an eye toward plurality rather than buying into our personality's need to have everyone agree with us. Our centred self becomes our ally, a supporter that enables us to remain open and interested in what is possible rather than retreating into a world of fear and resentment.

Dates

3 & 4 October 2009

Limited Numbers

The maximum number of places on this workshop is 22.

Eligibility – Level 1 Workshop

Please note this workshop is open only to those people who have had experience of the Conscious Embodiment Level 1 practices. If you have not worked with this material before please contact us for information on our Level 1 workshops.

Venue

Devizes, Wiltshire.

Cost

£400 + VAT = £460.00

Occasional "Pay it forward" bursary places are available on our courses.

Cancellation Fees

There will be a 100% cancellation fee for cancellation less than 3 weeks before the event.

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
01380 859106 or
info@thebeyondpartnership.co.uk
www.thebeyondpartnership.co.uk

"The flow state is somewhere between effort and no effort. [It] often shows up after a period of pushing, where there is a feeling of fatigue, but before collapsing or giving up. There seems to be a small window.... I have been experimenting with the flow state and its connection with not knowing – the mystery. How do we invite the flow state without having to exhaust ourselves or simply luck into it? I believe it is always available but our experience is clouded by self-consciousness, trying too hard and filling the space with our habit of knowing".

Wendy Palmer