

Somatic Intelligence & Leadership Embodiment

The Wisdom of Your Body-Mind with Paul King

Boston Spa, West Yorkshire 14-15 October 2017



Bring your best self to your daily living by tapping into your Somatic Intelligence - the wisdom of your body-mind.

In today's world, more than ever we need to know how to use our energy well, handle pressure, and be balanced, centred and clear.

This means getting your head, heart and whole body aligned and working together.

The workshop draws upon many sources of knowledge and experience including martial arts, mindfulness practice, modern neuroscience and Eastern philosophy. We will be incorporating material from Wendy Palmer's Leadership Embodiment Level 1.

If you work as a coach, you will be able to take the learning from the workshop into your work with

This profound workshop will explore:

- The Power of being centred and balanced.
- How to resourcefully handle pressure and stress.
- How your habitual patterns under stress show up in your body and limit your choice.
- What it means to be a leader worth following.
- Listening to others without taking things personally.
- Speaking your truth with clarity, heart and confidence.
- Aligning and focusing your energy to achieve your goals and your intuition.
- Tuning into others and your intuition.
- Acknowledging and moving beyond your judgements and fears.

Paul King

Paul is co-founder of The Beyond Partnership and has been an executive and performance coach for 25 years. He has studied many various approaches to somatic learning and was the first person in Europe to be certified in Leadership Embodiment. He teaches Tai Chi and is qualified in Feldenkrais (Movement Re-Education) and Polarity Therapy. He is also a NLP Trainer and an Inner Game coach.



For anyone associated with the International Coach Federation, this course attracts 10 CCEUs, (Core Competences 7.5 & Resource Development 2.5)

Venue: Oasis School of Human Relations, Boston Spa

Fees: £320+VAT

For more information please visit www.thebeyondpartnership.co.uk

To make a booking please email info@thebeyondpartnership.co.uk or call +44 1380 859106

Participant Comments

"Paul is an excellent facilitator and not only shared the content of the somatics workshop, but worked with each individual to coach them through their own learning. I would highly recommend this work to anyone in the coaching or leadership field."

N. Hughes, Singapore

"Somatic Embodiment work is the most simple, efficient and effective approach I have ever learned."

Charlotte Barfod, Denmark

"Paul is a master of somatics. Having studied the field for 25 years myself it's not easy to find experts who can genuinely show me something new, but Paul is one of them. The weekend was insightful, quietly rigorous and we also had a lot of fun and laughter too!"

Liz Rivers, UK

Venue

Oasis School of Human Relations, Boston Spa, West Yorkshire, LS23 6DT

Fees

Fee: £320+VAT

Places are limited to 12 people.

Booking

To book please email us with your name and invoicing address:

info@thebeyondpartnership.co.uk

+44 1380 859106

www.thebeyondpartnership.co.uk

Somatic Intelligence - Reclaiming Our Most Vital Source of Knowing

A Participant's Experience

My experience of working in a wide range of organisations has been that our bodies are both taken for granted and 'disappeared'. Submitting ourselves to gruelling schedules we expect our body to cope without protest, and we learn to ignore physical signals of distress, exhaustion, or over-load. If we are to address some of the pressing issues of our time we will need to expand our consciousness, and literally, reincorporate our bodies in our notion of 'mind'. Paul gently brings us back to our senses. Drawing on a formidable range of traditions and a deep experience, he carefully guides us through a series of movements, whilst inviting us to notice what we feel and see, how we breathe, how stable we are balanced.

It's fun and it's fascinating to discover the extent to which our bodies 'betray' our state, our mood, our doubts and our confidence. We (re)learn how changing our posture can change our state. As a leader, I found this work invaluable. I am more conscious, more often, of what my body is trying to tell me. As a result, I have more 'mental space' to attend to colleagues and clients.

K. King (no relation)

Programme Director Ashridge Masters and Doctorate in Organisational Change

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