



# LEADERSHIP EMBODIMENT

## *Embody Possibilities*

### **Leadership Embodiment Level 1**

### **Applying the Wisdom of the Body-Mind**

### **Basel, 28 & 29 October 2019**

This workshop will cover all the material from Wendy Palmer's Leadership Embodiment Level 1.

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

In this workshop you will discover the power of working with the body-mind to bring your best self to your daily living. You will learn about your deeper stress patterns and how the body can bring about quick and sustainable change.

You will explore the impact of a centred presence that helps you shift to a more creative, compassionate and skilful state when relating to others and to the pressures you face.

As a leader, coach, teacher, or whatever your work, you will be able to practically apply the learning from this workshop to your life.

If you already have somatic training this will compliment what you have done before.

We will work with activities engaging the body, not just the head. You will work in pairs and on your own and receive one to one coaching support. We will take time for conversations and reflection on applications to the 'real world'.

The workshop draws upon many sources of knowledge and experience including martial arts, mindfulness practice, modern neuroscience and Eastern philosophy.

*"The way we sit, and stand can change the way we think and speak."*

Wendy Palmer

In this workshop you will learn:

- 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.
- Tuning into others and your intuition.
- Acknowledging and moving beyond your judgements and fears.



## Presenter: Paul King



Paul is co-founder of The Beyond Partnership in the UK and has been a coach and consultant to individuals and organisations for 25 years. He was the first person in Europe to be certified as a Leadership

Embodiment trainer. Paul is a certified NLP Trainer and an Inner Game coach. He teaches Tai Chi and is qualified in Feldenkrais (Movement Re-Education).

## Venue

The Training Room, Nike Store Basel, Steinvorstadt 24, 4051 Basel

## Fees

Early Bird: CHF 685

(Payment by 28<sup>th</sup> September)

Standard: CHF 735

Discounts are available for people repeating this workshop and also 'pay it forward' bursaries if you have a low family income.

## Times

28<sup>th</sup> October: 10.00-5.30

29<sup>th</sup> October: 10.00-4.00

There will be a follow-up virtual session to review progress and ask questions.

## ICF CCEUs

If you are an ICF coach, this workshop attracts 14 CCEUs



## Booking

Numbers are limited to 14 people.

To book your place please email [paul@thebeyondpartnership.co.uk](mailto:paul@thebeyondpartnership.co.uk) with your name and invoicing address. For more information please visit [www.thebeyondpartnership.co.uk](http://www.thebeyondpartnership.co.uk)

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

C. Barfod, Denmark

*"My greatest gift from this amazing 2-day workshop is to be able to move from being triggered into a reactive reflex, to a responsive choice from my centre. Being able to do this creates tremendous freedom."*

J. Aerts, The Netherlands

*"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!"*

L Rivers, UK

*"Being with a small group in his course allowed deeper insight into the subtle arts of self-awareness, sensitivity, receptivity, empathy and wilful intent; all crucial tools needed for leaders today as they navigate unpredictable terrain and time horizons."*

A. L. Schlaikjer, China

*Leadership Embodiment is something that everyone should experience. There is so much we can learn about how we respond and interact with our world that we are not aware of, and once we have that awareness it is like a lightbulb turning on. It provides us with new choices and possibilities of how we want to be with others and how we might take our own leadership to another level. I have great respect for Paul's depth of knowledge and his experience which he freely shared with us. He always ensures you get 1:1 time with him which is precious and enlightening. I was very grateful for his deep listening to where each of us were in our journey and provide that space to help us discover what each of us as individuals needed at the time.*

D.Voyce, New Zealand/Switzerland

*My experience of working in a wide range of organisations has been that our bodies are both taken for granted and 'disappeared'. 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. 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.*

K. King (no relation), UK