



# LEADERSHIP EMBODIMENT

## *Embody Possibilities*

### **Leadership Embodiment Level 1**

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

**Boston Spa, Yorkshire, 16 & 17 November 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

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

## Fees

£425+VAT

(Includes refreshments and lunches).  
Discounts available for people repeating this workshop and some 'pay it forward' bursaries if you are on a low family income.

## Times

16<sup>th</sup> November: 10.00-5.30

17<sup>th</sup> November: 10.00-4.00

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

## Booking

Numbers are limited to 12 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)

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

C Barford, ICF Coach, 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!"*

L Rivers, UK

*"Paul is an excellent facilitator and 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, Coach & Entrepreneur, Singapore

*"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

*"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, Holland

## 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. We are all engaged in the task.

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