Flourishing under pressure

Leadership Embodiment

creating a new species of leader

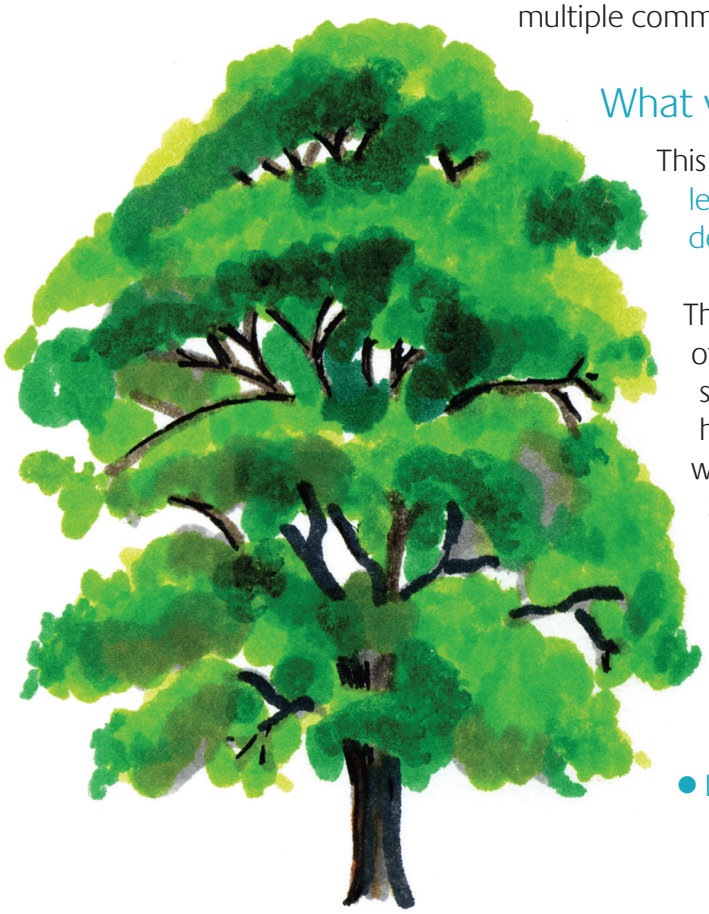
Flourishing = functioning optimally*

* In Positive Psychology 'Flourishing' is a state of being rather than a feeling or experience. It comes from engaging in activities that both express and produce the actualization of one's potential.

Why Leadership Embodiment matters

Our story begins around 3.5 million years ago in Ethiopia. We began to walk upright to conserve energy, freeing up our hands to carry food or fuel. We evolved a new way of moving and being in order to survive.

Leadership Embodiment (LE) principles and practices are of and for our time, providing us with an opportunity to build inner resilience and develop a leadership presence using our body's natural intelligence to help us elegantly and with agility manage ourselves, our relationships and our multiple commitments in a fast paced information rich world.



What value can LE practices add?

This 2 day programme will be beneficial to business leaders, executive coaches and other leadership development practitioners.

Those who regularly practise this work are more aware of theirs and others' reactive patterns and self-regulate swiftly, notice increased inner strength, have more harmonious relationships and achieve faster results with ease. This is based on learning and practising 3 core leadership competencies:

- Inclusiveness - especially in difficult or conflict situations - 'we are in this together'
- Influencing - speaking up or advocating powerfully what we believe in, even when there is strong resistance
- Listening without taking things personally.

‘The LE workshop was an innovative learning experience - I developed new skills to harness and integrate my energy and be more present, more balanced, more effective.’

HR director

Timing: The programme will be over 2 days –

23rd & 24th February 2017

Learning Points:

This course covers three competitive edge leadership topics: neuroscience, mindfulness and leadership presence.

This introduction to the principles of LE is an opportunity to learn and experience basic LE exercises that will serve you in your work and life.

During the two days you will learn:

- To know your ‘signature’ stress pattern - how you react under pressure
- How to shift from a reactive state to a more skilful, responsive state (centring)
- How to centre when in relationship or when facing business or life dilemmas and decisions
- To act with clarity and compassion when conflict arises
- To influence when there is resistance

Package includes:

Lunch, refreshments and course materials for the 2 days

£575 + VAT (organizations)

£400 + VAT (individuals)

Early bird rate discount of 10% if paid before 24th January, or if you bring a colleague.

Venue:

Sheepsdrove EcoConference Centre, Berkshire

To register visit: GOCARDLESS

For more information and course leader bio (Michele Seymour) www.balancematters.com/events or to register, contact: michele@balancematters or jacky@balancematters.com or call: +44 (0)20 7859 4558

Balance Matters

Enriching your leadership adventure

Presence – trust . engage . influence

Purpose – intent . focus . vision

Power – decide . act . drive

Politics – observe . plan . navigate

Poetry – reflect . create . inspire