

LEADERSHIP EMBODIMENT



Saturday and Sunday, March 21-22, 2014 9:00am-4:00pm

Watertown Center for Healing Arts

www.watertowncenter.net

Leadership Embodiment Workshop

To be an impactful leader, one must be conditioned in multi-faceted ways. Leadership Embodiment calls us to distinguish our patterns and raise awareness so we can create a more inclusive, bold and centered vision for ourselves and the causes we seek to realize. As leaders of people and organizations, our power lies in our capacity to recover "center". How we respond to the stress and pressures of leadership in the moment and over the course of a lifetime distinguishes us as leaders of leaders.

In this weekend, we will deepen our capacity to respond skillfully under pressure. We will refine our intentions as leaders. We will learn about our energetic, physical and neurological responses to stress so that we can recover "center" and generate the impact we seek in our lives and in work. We cannot change our habits through the mind alone. Neuroscientists are demonstrating how physical posture, breath and the way we carry ourselves influence our thinking and the environment around us. This workshop is a time to deepen our intentions so we can take ourselves and the people we lead to the next level.

**Led by Madeline McNeely, Principal, Conditioning Leaders and
Elizabeth Valentine, Somatic Coach**

Cost \$400

To register for the workshop, go to:
www.conditioningleaders.com/workshops

For more information:

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Elizabeth Valentine: 339.221.0523

www.embodimentinternational.com