

Somatic Intelligence & Leadership Embodiment

The Wisdom of Your Body-Mind with Paul King

6 & 7 March 2018



Increase your stress resilience and leadership impact by learning to use body & mind in synchronicity.

In today's world, more than ever we need to know how to handle stress and use our energy well, **to remain clear, balanced and inclusive in our communications with others.**

You can learn to understand yourself better when you analyse your energy levels and stress patterns on a deeper level: **through engaging your whole body!**

We can solve a great deal with our mind, but we tend to forget the impact we make on others just by our presence and the energy that we communicate - without saying a word. **This non-verbal communication can be sensed by others to a very high degree.**

During the workshop **you learn to enhance the impact you have** with your presence and non-verbal communication through **body-based learning and activities.**

Leadership Embodiment draws upon **many sources of knowledge and experience** including martial arts, mindfulness practice, neuroscience, Eastern philosophy.

Results of the 2-day workshop:

- Align and focus your energy and be more effective to achieve your goals.
- Find resources to handle pressure and stress.
- Explore how your habitual patterns under stress show up in your body and limit your choice.
- Find out what it means to be a leader with impact.
- Discover the power of working together with your body and remaining balanced.
- Listen to others without taking things personally.
- Communicate clearly, with heart and confidence.
- Learn to tune into others and your own intuition.
- Learn to respond to situations while keeping overview and clarity.



Participant Comments

"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 works with each individual to coach them through their own learning." - N. Hughes, 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

"Somatic 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 your centre. Being able to do this creates tremendous freedom." - J. Aerts, Holland



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.



Program

In two days you will practice your leadership impact and understand your stress pattern by a series of practical exercises. You work alone or in pairs or get individual coaching by Paul. The workshop starts out with the basics of leadership embodiment and continues to go levels deeper, as understanding increases.

The workshop will cover Leadership Embodiment Level 1 materials.

Practical Information

Costs: € 800,- (ex VAT)
including accomodation, lunches and dinner.

Workshop times: day 1 10:00-18:00 & day 2 9:00-18:00

Venue:

Hotel Ernst Sillem Hoeve
Soestdijkerweg 10-b Lage Vuursche
3734 Den Dolder

Booking:

Please contact Maud van Enkhuizen via +31 6 21 464 981
or maud@flyingelephants.nl to book your spot!