

The Body-Mind of Leadership

7 October 2010

This one day introductory workshop is specifically designed for leaders and managers working in organisations who wish to develop their capacity for centred leadership, influence and resilience; aligning mind and body and enhancing self awareness and the awareness of others.

Any system functions at its best when it is aligned, for us individually this means aligning aspects of our body and mind. This releases energy engaged in unconscious habitual patterns and internal conflicts, supports our health, enables us to become more effective, and therefore to become a clear and open leader worth following.

Competition and survival let alone success in this changing world demand that we develop and use a greater range of our capacities. Even more significantly it is essential that we are able to use these effectively under pressure and not act reactively out of fear or anxiety, which typically limits us.

For our organisations to be effective, efficient, adaptable, creative, resilient, coordinated, well lead and well managed it makes a difference if we can first do that for ourselves. This workshop will explore and offer means to do this.

The workshop will draw on various approaches to mind and body development and on selected models of leadership and management. This will include practices derived from the revolutionary martial art of Aikido and from mindfulness practices and NLP.

The workshops involve movement, fully engaging the body in the process of learning about our habitual ways of behaving and thinking and developing alternative responses and actions that are capable of

being more creative and effective. We will work with such themes as centering under pressure, finding balance, effective leadership and followership, focusing energy, aligning both body and mind to your outcomes and attuning to oneself and others.

Paul King



Paul has a long time interest in the intelligence of the body-mind and how this can contribute to the energy and health of people in all aspects of their life. He has practiced Tai Chi for many years and is qualified in Feldenkrais (Movement Re-Education) and Polarity Therapy. He is also a certified teacher of Conscious Embodiment, an approach to somatic learning based on aikido and mindfulness. Paul is co-founder of The Beyond Partnership. He is a coach and consultant to individuals and organisations and is a NLP Trainer and is certified in Spiral Dynamics.

"If you are afraid of something become interested in it." **Wendy Palmer**

Cost

£250 + VAT

Refreshments and lunch are included in the price.

Venue

To be confirmed.

Booking

To book or discuss any aspect of this workshop please contact us at 01380 859106

or

info@thebeyondpartnership.co.uk

www.thebeyondpartnership.co.uk