

## **Embodying resilience – accessing inner resolve at difficult times**

**An introductory Leadership Embodiment workshop with Amanda Ridings**

**Thursday 9 June 2022, Subud Centre, Perth**

### ***About this workshop...***

This workshop is for all those who wish to develop a steadier presence in the push and pull of life and work, whether you are completely new to Leadership Embodiment practices or have previous experience and wish to reconnect with them. The practices will enhance both your self-leadership and your interactions with others.

Developed by 7<sup>th</sup> dan Wendy Palmer, Leadership Embodiment draws on principles from martial arts to develop capacity to be present, confident and compassionate even when you are pressured or stressed. The foundation of the approach is a four-part practice for accessing a centred state in which we're better able to see a bigger picture and then choose to act with more skill and grace. This practice is central to the workshop – we'll explore how we lose our composure and clarity in a couple of different everyday situations and how we can recover a more resourceful state.

Over the day, you can expect to gain insight into your habits and patterns when you're under pressure and to experience how to change your relationship to demanding or charged circumstances so that you handle them more skilfully.

In experiencing the power of these practices, a Chief Executive from the NHS said:

*'I truly found a real strength and energy from learning the connection between mind and body and how to use that energy and focus to cope with everyday situations never mind the stressful ones!'*

### ***What to expect...***

We'll be moving around and making gentle physical contact with each other on hands and arms. You should wear comfortable clothes and flat, comfortable indoor shoes. Our work will be mainly experiential, with brief opportunities to share learning after each activity.

The workshop take place in the [Subud Centre](#), a 5-minute walk from Perth train station – and parking is also available. We will begin at 9.30am and finish at 5pm.

### ***Practicalities...***

The fee for the workshop is £150, payable on booking. VAT does not apply as I keep my business small to support balance in my life. The fee is not refundable if you cancel or are unable to attend at short notice. It may be possible to offer you a place on a future workshop - but there's currently too much uncertainty to commit to this.

Places are limited to twelve - to request a booking form, please email me at [Amanda@originate.org.uk](mailto:Amanda@originate.org.uk).

In doing embodied work in pandemic conditions, we need to be thoughtful about the risk of spreading infections. I've set out my approach to this in the booking form. Please make sure you've read it and are comfortable with the risks.