

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

**A Leadership Embodiment Level 1 workshop with Amanda Ridings**

**24-25 January 2023, central Edinburgh, £300-£450 per person**

### **About the workshop...**

When we're 'bent out of shape' in these unsettled and unsettling times, we can use Leadership Embodiment practices to support us to navigate the world more skilfully. Whether you're a leader in your organisation, family or community or simply wish to enhance your self-leadership, this workshop offers an approach that will enable you to cultivate a steadier presence in the push and pull of life.

Developed by Wendy Palmer, Leadership Embodiment is a body of work that draws on principles from martial arts and mindfulness to assist us to develop greater capacity to be present, confident and compassionate when the chips are down. During the workshop, we'll become more aware of the role of our body and posture as we explore how we lose our composure and clarity in a variety of scenarios. Using a four-part embodied practice, we'll experience a more resourceful state in which we're better able to see a bigger picture and act with more agency and impact.

Over two days, you'll gain insight into the habits and patterns that show up when you face unexpected or demanding situations and you'll experience how to use Leadership Embodiment practices to change your relationship to adversity.

The fee is £300 per person for individuals and small organisations and £450 per person if your organisation is paying for you. The workshop is non-residential and includes light refreshments in two breaks. There are many local cafés for lunch.

In experiencing the power of this approach, a leader from the NHS said:

*'I truly found a real strength and energy from learning about 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 and what to bring...**

We'll be moving around and will be making gentle physical contact with each other on hands, arms and back. You should wear comfortable clothes and flat, comfortable indoor shoes or bare feet. Mostly...just bring yourself and be ready to explore and have fun!

Our work will be mainly experiential, with brief opportunities to share learning after each activity. The workshop will take place on Tuesday 24 January and Wednesday 25 January, with each day beginning at 9.30am and ending at 5pm.

To request a booking form, please email me at [Amanda@originate.org.uk](mailto:Amanda@originate.org.uk). If you have any questions, please ask.