

Leadership Embodiment level 1: accessing resolve and resources at difficult times

2-day workshop with Amanda Ridings, non-residential

12 & 13 September 2023, central Edinburgh, £300-£450 per person

About the workshop...

When we're 'bent out of shape' or feel we have limited options, we can use Leadership Embodiment practices to clarify a way forward and to move towards it with assurance. Whether you're a leader in your organisation, family or community or simply wish to enhance your self-leadership, this workshop offers a fresh approach to navigating the challenges you face.

Developed by the late Wendy Palmer, Leadership Embodiment draws on principles from martial arts and mindfulness to reveal how we're affected by unexpected or adverse events and to offer a way of regrouping so that we can act with greater agency and influence when the chips are down. During the workshop, we'll become more aware of what happens in our body in moments of stress, challenge and pressure and explore how this shapes what we say and do. In a variety of scenarios, we'll use a four-part embodied practice to regain composure and access resources that enable us to skilfully handle whatever is thrown at us.

Over two days, you'll gain insight into the habits and patterns that limit your impact and you'll experience ways in which you can accomplish more with greater ease.

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 CEO 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 light physical contact with each other on hands, arms and back. You should wear comfortable clothes and flat, comfortable indoor shoes.

Our work will be experiential, with brief opportunities to share learning after each activity. The workshop will take place on Tuesday 12 September 2023 and Wednesday 13 September 2023, starting at 9.30am each day and ending at 5pm.

To request a booking form, please email me at Amanda@originate.org.uk. If you have any questions, please ask.