

Embodied Presence and Theory U

– a workshop with Arawana Hayashi



Tuesday 9th March | 9:00 - 16:30

€120 (€100 if booked in February) includes light lunch
10% concession for members | Bookings 01 681 5841
To apply for scholarships e-mail chris.chapman@ireland.com
Cultivate at The Greenhouse - the former ENFO building
St Andrews Street, Dublin 2

This workshop... explores how, for each individual, mind and body can come together in 'embodied presence' and then, for groups of individuals, how they can come together to make collective sense of the present and to co-create an emerging future. This workshop will appeal both to 'Change Agents' (i.e. coaches, facilitators, consultants, leaders etc.) and to 'embodiment practitioners' (i.e. practitioners of martial arts, yoga, dance, meditation etc). It will support both personal and professional practice.

This workshop will...

- support you to synchronise body and mind and to 'dance' in the present moment
- increase your capacity to perceive clearly and act effectively
- increase your understanding of embodiment, presencing and Theory U
- give you new ways to help organisations and systems make sense of their current realities
- help you to be more playful in everyday life
- help you to cultivate a personal meditation and movement practice

Arawana

Hayashi has an extensive background in the performing arts and in contemplative practice and has brought this into leadership training for organisational and social change. She is a co-founder of the Presencing Institute, with amongst others Otto Scharmer, and is a leading force in the development of Social Presencing Theatre.



see www.arawanahayashi.com



This workshop is the first in a series of events held by Cultivate intended to help us discover and grow the leadership within ourselves that will take us towards greater sustainability and resilience in our communities and workplaces.

This will mean more and more people stepping up, engaging and taking responsibility for helping us all to understand and tackle the complex local and global issues that impact the lives of people today.

It is also our intention that these sessions provide a space where like-minded individuals can connect and new initiatives emerge. For further information regarding this developing programme and network, please contact chris.chapman@ireland.com.

Come and enjoy a course or workshop in our new central Dublin location. The event above is at:
Cultivate at the Greenhouse | St Andrew St, Dublin 2 | Bookings 01 674 5773 | www.cultivate.ie