

An intro to 'Conscious Embodiment'

taking the experience of leadership to a different level

Tuesday 6th July 2010 | 13.30 to 16.30
€50 | 10% concession for members | Bookings 01 674 5773
| Cultivate at The Greenhouse, St Andrews Street, Dublin 2
To apply for scholarships e-mail chris.chapman@ireland.com

In this experiential workshop, Wendy Palmer, world-leading practitioner and creator of Conscious Embodiment introduces the links between personal and professional leadership and embodied presence.

People who are experienced in leadership and leadership development understand that how we are and how we move in our bodies is a critical determinant of how we perform and come across as leaders. Wendy's workshop helps us to gain insight into how we restrict ourselves and how we can physically release more of our potential.

A more in-depth retreat is being run in Clare from July 8 – 10, for further details, [click here](#)

This workshop will:

- Support you to appreciate the links between leadership and the body's natural intelligence
- Give you insight into your personal limiting patterns
- Give you practical tools for recovering composure and balance under stress

Wendy Palmer has been teaching classes and workshops in Conscious Embodiment for over 28 years. She is a sixth degree Black Belt in Aikido and has worked with leaders across the world.



[For further details click here](#)

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www.cultivate.ie
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This workshop is the fourth 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.


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