

BURREN LEADERSHIP FORUM & THE CHANGE EXPLORATORY

present

WENDY PALMER

THE PRACTICE OF EMBODIED LEADERSHIP



3pm, Thursday 8 – 2pm, Saturday 10 July 2010
The Boghill Centre, Kilfenora, Co. Clare, Ireland

In this experiential workshop Wendy Palmer, creator of 'Conscious Embodiment' offers:

- a profound approach to personal and professional leadership grounded in embodied presence
- a guide to bringing somatic intelligence and holistic understanding to the practice of leadership
- an understanding of how to tap into the body's natural intelligence as a guide to right action in the moment

If you do only one thing this year to significantly develop yourself as a leader or developer of leaders, you should seriously consider this experiential workshop

Wendy Palmer

Wendy Palmer has been teaching classes and workshops in Conscious Embodiment for over twenty-eight years. She is a sixth degree Black Belt in Aikido and she teaches Aikido at Tamalpais in Corte Madera, California. **Wendy is author of two books: *The Intuitive Body: Discovering the Wisdom of Conscious Embodiment* and *Aikido and The Practice of Freedom: Aikido Principles as a Spiritual Guide*.** She offers coaching in embodied leadership for individuals, groups and teams. Her clients include, Genentech, DaimlerChrysler, Oracle, McKinsey, NASA, Pfizer, Old Navy, The US Forest Service, and John F. Kennedy University. For further details see http://web.me.com/wendypalmer/Conscious_Embodiment/Home.html

BURREN LEADERSHIP FORUM PROVIDES A UNIQUE SPACE IN
WHICH TRANSFORMATION IN LEADERSHIP ABILITY IS REALISED

www.burrenleadershipforum.ie



CONSCIOUS EMBODIMENT

Conscious Embodiment draws on the traditions of Aikido to offer simple yet deep techniques that help you recognise how your mind and body habitually react to pressure, and to access more skillful and unified responses. It works with three critical energetic competencies that support the development of leadership presence:

- **Inclusiveness** - the ability to use the quality of energy presence to inspire people and energise a project;
- **The capacity to listen** - the ability to let someone know they have been genuinely heard;
- **Action without aggression** – the ability to speak and act, powerfully and magnetically.

Conscious embodiment offers physical practices and tools to increase somatic intelligence – the unification of mind, body, emotions and intuition. It brings a holistic understanding to leadership and increases our capacity to act with more integrity and our ability to influence the world.

WORKSHOP LEARNING OUTCOMES

- Insights into your personal reactive patterns and limiting assumptions
- Tools and practices that help you increase your presence, confidence, compassion and sense of humour as you deal with change
- An approach to synchronize the body's energy with what is being said, bringing unity and clarity into action
- Increased capacity to live with paradox and the tension between opposites
- A way to recover balance and clarity when faced with moral, business, and political dilemmas

BOOKING AND ACCOMMODATION

Venue: Boghill Centre located between Kilfenora and Lisdoonvarna, Co Clare – www.boghill.com.

Cost: €375- inclusive of meals and accommodation; €575 corporate rate.

Accommodation: basic hostel accommodation; a supplement is payable for single/double en-suite rooms or alternatively local B&B or hotel accommodation can be arranged – please enquire for details.

Enquiries: Contact Chris Chapman on +353 (0)87 243 3691 or by email at chirs.chapman@ireland.com

Payment: By Cheque payable to Burren Leadership Forum at Newtown Castle, Ballyvaughan, Co Clare or Telephone/Credit Card booking: +353 (0)86 8049 432

