



Still Point Leadership

Centered Presence. Skillful Action. Excellent Results.

Leadership Embodiment

A Practice for Clarity, Connection, and Presence

OVERVIEW



Leaders face challenging situations every day. Teams don't function well, projects miss deadlines, circumstances change abruptly, meetings end in conflict. As a leader, you want to deliver excellent results despite these challenges. You may even know the best action to take in any given situation – but sometimes you find yourself falling into old patterns of unskillful action despite your intentions.

Leadership Embodiment can help you bridge the gap that sometimes exists between what you know, and what you can actually do under pressure. Let's face it – when you're relaxed and comfortable reading a book or sitting in a training, it's easy to grasp effective leadership and communication skills. It's not always so easy to put those skills into practice when you're back in the office having a conversation with your most challenging team member, or presenting bad news to your boss. We all have physical and mental patterns of constriction that kick in when we're stressed or under pressure, and when we're stuck in those patterns it can be hard to act skillfully.

WHAT LEADERSHIP EMBODIMENT OFFERS

The practice of Leadership Embodiment gives leaders the tools to get unstuck, and to develop the leadership presence necessary to:

- take clear and powerful stands without steamrolling or collapsing.
- stay connected and listen to others in challenging situations without taking things personally.
- respond creatively and non-reactively when the stress is high.
- build an internal reference point from which you can act with confidence and grace under pressure.

Course activities provide a simulator in which you will discover your habitual patterns of reaction to challenging leadership situations, and explore how the practice of centering allows you to engage with those challenges in a more effective and creative way. The exercises are designed to create deep and lasting effects by repeatedly engaging you in the practice and experience of being centered under pressure.

WHAT HAPPENS IN A LEADERSHIP EMBODIMENT WORKSHOP?

When you participate in a Leadership Embodiment course, you will:

- learn the fundamental concepts and distinctions of Leadership Embodiment
- explore your body's patterns of reaction to the stress and pressure of common leadership scenarios
- become aware of your body's non-verbal messages and increase your ability to align those messages with what you say
- learn the fundamental tools for shifting from constriction to an open, centered presence, while under pressure
- have repeated opportunities for practicing with those tools
- apply what you learn to your real-world leadership challenges

As a result, and with ongoing practice, you can expect that:

- you will be able to manage and respond to high stress situations with more confidence, creativity, and ease
- you will develop the capacity to listen to the challenging messages of others without defending or taking it personally
- you will have the tools to communicate and influence effectively on the issues that matter most to you
- you will develop your own centered and authentic leadership presence that you can access even when the pressure is on

ABOUT THE INSTRUCTOR



Karen Kane is a certified leadership and team coach, focusing primarily on helping leaders effectively respond to team-related challenges and supporting teams in performing at the highest level possible. She has been the Principal of Still Point Leadership, Inc. (*formerly Catalyst Coaching & Consulting*) for the past 12 years, and has been studying and practicing Leadership Embodiment since 2005. She lives in Seattle with her husband and their daughter.

FOR MORE INFORMATION

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Peace is all around us. It is not a matter of faith; it is a matter of practice.

– *Thich Nhat Hanh*

Leadership Embodiment

April 25-26, 2013

Registration Form

COURSE DETAILS

Dates/Times: Thursday, 4/25/13, 9:00 am – 4:30 pm
Friday, 4/26/13, 9:00 am – 3:30 pm

Location: 6827 Oswego Place NE, Suite B, Seattle, WA 98115

Cost: \$350 (*\$50 non-refundable deposit upon registration*)
Early bird registration \$300 (*paid in full by 3/15/13*)

To register: Fill out form below, or visit www.stillpointleadership.com
Registration deadline is April 10th. Maximum 12 participants.

Name: _____

Company: _____

Street Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

Enclosed is my check for:

- \$50 (non-refundable deposit)
- \$300 (early bird registration before 3/15/13)
- \$350 (full workshop fee after 3/15/13)

Please make check payable to "Still Point Leadership, Inc." and mail with this form to:

Karen Kane
7312 22nd Avenue NW
Seattle, WA 98117

Questions? Contact Karen Kane at (206) 783-0515 or karen@stillpointleadership.com