



CULTIVATING Presence, Confidence and Compassion SOMATICALLY with **LEADERSHIP EMBODIMENT**



with
Olivia Cheever, EdD, GCFP
Certified Leadership Coach
and
Elizabeth Valentine, LMT
Certified Leadership Coach



A ONE DAY INTRODUCTORY WORKSHOP FOR FELDENKRAIS PRACTITIONERS AND TRAINEES!

A great complement to the Feldenkrais Method®!

For information:

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Research shows that **70% of communication is nonverbal**. Learning to **align** what is being communicated **verbally, physically and energetically** creates a unified and **magnetic message** that is clear and powerful especially when introducing prospective students to the benefits of our wonderful *Feldenkrais Method®*!

Introductory courses are an opportunity to get to know our **“signature” stress patterns without story** or content. In the LE model we study how our physical and energetic systems organize under pressure and we offer simple practices founded on *Aikido, Mindfulness, and Neuroscience* that shift our systems to a more skillful state so that we can choose how we want to respond and act in a situation. Come and immerse yourself in this beautiful setting!

This LEADERSHIP EMBODIMENT Workshop will introduce you to:

- The **“signature” stress pattern** of how your system reacts under pressure.
- The **“How” to shift** from a reactive state to a responsive, skillful state.
- Exercises to increase your access to **Presence, Confidence and Compassion**.
- A way to **re-engage clarity** and compassion when faced with conflict or opposition or “Difficult Conversations.”
- Practices to **synchronize the physical and energetic** system with what is being said verbally.

Where: Center at Westwoods, Westwood, MA 02090

When: Saturday, October 14, 2017, 9:30-5:00 pm

Fee: \$195 / \$150 for *Feldenkrais®* Student Trainees!

Register: www.elizabethvalentine.com/classes.html