

Somatic Approaches in Leadership Development

Supporting compassionate, authentic and compelling leadership

18th August 2014, Woodbrooke Quaker Study Centre, Birmingham, with Katherine Long



Embodied Leadership

Many of the traits being discussed in current discourse on leadership development centre on qualities which aren't readily defined in through classic leadership models. They are **presence** based – you know them when you see them, and you can feel their impact. They include **authenticity, congruence, compassion, commitment, engagement** but how do we support leaders (wherever they are found within the hierarchy of their organisation) to develop them? Traditional MBA and coaching approaches are extremely limited when it comes to addressing how a leader 'shows up'. We need to look elsewhere for answers – to the fields of somatics, neuro-physiology, mindfulness, systems thinking and emergence, and get stuck in to experiential rather than purely theoretical learning.

Course Content

A blend of concepts, practice and exploration...

- Starting with ourselves – regaining trust in the body's wisdom
 - Learning to be present to ourselves
 - Allowing what is, to be – the paradox of change
 - Listening to and sharing what we sense at a somatic level
- Partnering with each other
 - How to partner in somatic work
 - Use of metaphor and space in personal narrative
 - Working with our presence – how we are showing up
- Building a theoretical basis to somatic work
 - Neuro-physiological understanding of embodiment
 - Principles of emergence
 - Creating safety and trust

About Katherine Long

Katherine is a Master Practitioner coach and supervisor who specialises in transformational change for individuals, teams and organisations. Her work is grounded in a number of 'non-ordinary' technologies for change: Gendlin's Focusing (a philosophy and practice supporting somatic awareness and wisdom), Systemic Constellations (a set of practices and principles for understanding and releasing pressure points within systems), Theory U (a technology for engaging with the future that wants to emerge) and Spiral Dynamics (a stage development theory which applies all the way from individuals to whole societies). She is an international speaker and contributor to the coaching press and to thought leadership.

Venue and Booking



The workshop will be held at Woodbrooke Quaker Study Centre, a beautiful conference centre with extensive gardens and lake, and close to Birmingham's city centre, easily accessible by road and rail.

The cost for the full day, including refreshments and a choice of hot or cold lunch is £95.00*.

Payment to be made by BACS

To book your place or for further details, e-mail mail@katherinelong.co.uk or call 07979 448815.

**VAT not applicable*

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