




Strozzi Institute

A Embodied Leadership Approach

"We are what we do, and we're always doing something". Observing what we do is a good way to find out who we are. To what extent are our actions in line with our objectives, be they personal or professional? If we have the presence and impact we desire, the quality relationships we want or the well-being necessary, it's because of the decisions we make and the actions we take.

There is a historical "embodiment" recorded in our body's "implicit memory" that determines our actions and our presence, and that's where somatic work comes in. The somatic transformation entails precisely that, making new actions available so that we can carry them out, even under pressure.

A photograph showing a group of people practicing Tai Chi outdoors. They are holding long wooden poles and are in a line, looking towards the right. The background is a bright, outdoor setting with trees.

"We are what we practice, and we are always practicing something".

Curriculum

EMBODIED LEADERSHIP LEVEL ONE

1 — An Introduction to Somatic Transformation

Embodied Leadership Level One is a four-day course that lays down the foundations and considerations of somatic practice. It's also the basic course and the gateway to any subsequent training you want to take at the Strozzi Institute.

Being aware of what you do every day, and how you do it, is one of this course's main contributions. The nature of what you do reveals your beliefs, your values and also your "conditioned tendencies".

What you do and how you do it turns into something that's surprisingly revealing when you start to learn how to receive and give somatic assessments, and to observe yourself and your colleagues three - dimensionally.

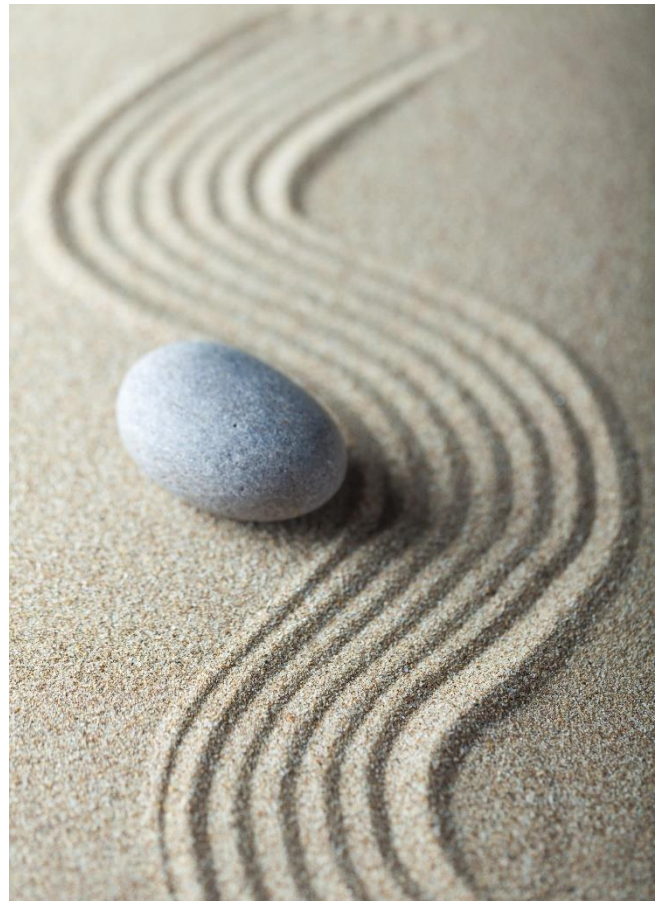
The physical dimensions offer a deep insight when you discover the attributes associated with them and you explore them through dignity, connection and trajectory, with the intent of developing a focused leadership presence.

Our goal in this course is to create leaders who are capable of embodying the virtues of authenticity, integrity, responsibility and confidence needed to take useful and creative actions, even under pressure.

2 — Promises

Promises of this course include developing these skills. The leadership skills you'll learn + practice include:

- Making + fulfilling on commitments
- Delivering skillful assessments
- Declaring possibilities + actions
- Fulfilling on declarations



- Being accountable + assisting others in their accountability
- Managing + building strong teams
- Leading efficient meetings
- Skillfully coordinating with others
- Develop resilience in yourself + others

The skills you'll learn and practice for optimizing human interaction include:

- Building trust
- Demonstrating authenticity + meaning
- Initiating + maintaining meaningful relationships
- Learning effective communication
- Building confidence + self-assurance
- Leading skillful transitions
- Learning how respond rather than react in chaos
- Skillful team participation
- Effective decision-making



EMBODIED LEADERSHIP LEVEL TWO

1 — Deepening into the path of leadership

Embodied Leadership Level Two deepens the level of embodiment of the leadership skills and distinctions learned in Embodied Leadership Level 1, and brings in new practices. It is commonsense thinking that once you have done something, it is on to the next thing. However it is our experience that learning happens through recurrent practice over time related to our goals and plans for the future.

You will continue to deepen the practices of declaring a future, grounding assessments, and building on your leadership style and presence. In addition:

- Deeply explore the ways we are driven by our history when under pressure and how to shift those unwanted automatic reactions.

- Develop an awareness of social and environmental conditions, historical influences and embodied ways of being when working with others.
- Observe and take into account the whole person, allowing you to coordinate with others successfully to produce powerful results.
- You will practice taking a stand for what is important to you and for the fulfillment of your goals.
- Develop the skill of managing capacity and coordinating with others through making effective requests and declines.
- Understand the application of the powerful leaderships skill of insisting and quitting.
- Develop a deeply authentic quality of presence (bodywork).

Calendar

EMBODIED LEADERSHIP LEVEL 1: 1st to 4th October, 2020 - BARCELONA

EMBODIED LEADERSHIP LEVEL 2: 26th to 29th November, 2020 – BARCELONA

Courses take place Thursday to Sunday – 09:00h to 18:30h Thursday, Friday and Saturday and 9:00 h to 16:30 h on Sunday.

Registration

1.915 € (excl. VAT 21%)

Credits ICF



Embodied Leadership L.1

25,25 h:
4,75 h. Core Competencies
20,50 h. Resource Development

Embodied Leadership L.2

20,75 h:
15,25 h. Core Competencies
15,50 h. Resource Development.