



Sensational Leadership

An intense and practical series of one-day Workshops
Part one: Practical tools to unlock your personal power

Upon completion you can:

- **Gather more information** quickly and effectively with the help of a heightened sense of bodily awareness

- **Present yourself** with more authenticity, confidence and believability.

- **Inspire people into action** without having to command them or compromise their integrity

- **Trust your ability to speak** and to connect with others in a way that encourages agreement and generates action.

- **Handle challenging situations** and people in a quick, effective and friendly manner.

- **Attract more success**, stress less and have more fun making money.

Purpose

To discover and utilize the latent power of the most valuable communication tool you have; your body

Target Audience

Managers and executives looking for better leverage to get their job done more effectively and enjoyably

Format

A one-day "hands-on" laboratory with guided discussions, exercises and practical roll-plays

Material included:

Questionnaire, Workbook

This first one day workshop in this series is an opportunity to combine and practice rudiments taken from Body Harmony®, Aikido, Yoga and other time honored, body related technologies to anchor, embody and enhance your role as a leader. The day is divided into four segments:

- 1. Attract more listening, command more attention**
Practice with tools that will help you to stay present to the situation and people you have in front of you here and now.
- 2. Apply the Fundamentals of Effective Bodywork**
Discover five simple, practical ways of using your body to listen and sense more, to communicate more effectively and to lead more decisively
- 3. Present with more "Presence", here and now**
Regardless of the circumstances and distractions, practice delivering your message in a clear and understandable way to each and every listener.
- 4. Practice responding more and reacting less**
Use your new tools and methods to effectively resolve challenging situations in a way that unifies all involved.

During the day you will also have the chance to practice:

Observing more effectively with all your senses

Profit from gathering more information using a more open and effective level of all your senses and intuition.

Utilizing the power of reflection

In yourself and others to generate insight, promote initiative and achieve more results from each individual you lead.

Leading in a way that increases trust

Learn to be more receptive, vulnerable yet keeping all your resources primed and at the ready to deal decisively with whatever shows up.

Having more fun being a leader

Get more done with less effort and increased joy by becoming more connected with the power, leverage and passion available to you from your body.

To enroll or to get more information for the London Workshops or [private Body Harmony sessions](#) please contact [Natalie Glover](#) at [Transformational Thinking](#) or call her at: +44 845 260 1425.

Click here to find out more about [Expanding Understanding](#), [Body Harmony](#) and/or the Workshop leader [Kurt Larsson](#).