



Sensational Leadership

An intense and practical series of one-day Workshops

Sensational Leadership Workshop Part One; Practical tools to unlock your Personal Power

This one day workshop is an opportunity to combine and practice rudiments taken from Body Harmony, Body Magic, Aikido and Yoga in the context of strengthening your role as a leader. Its purpose is to help you to discover and use more of the incredible power of the best communication tool you have; your body.

The workshop will be a “hands-on” chance to practice each fundamental through a blend of exercises, group activity and guided discussion. The workshop is divided into 4 parts:

- *The fundamentals of effective bodywork*
Tuning up all your senses for maximum effectiveness
- *Increasing the strength of your presence*
How use your body to be in the 'here & now' with more effect
- *Presence, Service and vulnerability*
Training to keep all your resources primed and at the ready
- *Gracefully handling stressful situations*
Using your new tools to create more win/wins

The workshop will be led by Kurt Larsson a trained coach and certified Body Harmony Practitioner based in Stockholm Sweden. Kurt has been in international sales and sales management for over 20 years.

He has been giving Body Harmony Sessions and using the principles of Body Harmony and other practices in his leadership, sales and presentation workshops for over 15 years.

[Scroll down](#) to see what the participants will get by attending the workshop. The more a participant actively contributes to this workshop, the more results they can expect.

More Information about Body Harmony can be found at www.bodyharmony.org or

The opportunity to book a private Body Harmony Session is usually available before or after these workshops. Please [click here](#) to get more details.



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Sensational Leadership Part Two; Practical tools to better read and respond to the body's language

This one day workshop is another opportunity to combine and practice rudiments taken from Body Harmony, Body Magic, Aikido and Yoga in the context of strengthening your role as a leader. Its purpose is to help you to better understand the body's language in a way that can assist you in solving conflicts, flourishing in multicultural settings and communicating with more effect.

The workshop will be another "hands-on" chance to practice each fundamental through a blend of exercises, group activity and guided discussions. This one day workshop is meant to build on the first one and is also divided into 4 parts:

- *The fundamentals of effective bodywork, a review*
Exploring the power and utility of your senses
- *Reading body language and discovering "the Issue in the Tissue"*
A guided tour of the body and where certain issues usually reside
- *Establishing your own "Personal Platform for Success"*
Creating your very own "mantra" to stand for and lead from
- *Keeping your "eye" on the situation*
Resolving conflicts more effectively using the power of your eyes

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Why attend?

Participants who attend these Sensational Leadership Masterclasses will be able to benefit from most or all of the following:

Better and more effective communication skills

- Gather more information more effectively with all your senses
- More resonance in your voice
- Increase your ability to respond rather than react
- Resolve conflicts more effectively and completely
- Increased believability in your body language
- Discover the mechanics of telling the truth/or not

More power, presence and integrity here and now

- Increased Self-Esteem
- “Own the stage” you are presenting from
- Be more conscious of each word you say
- Distinguish Service from Performance
- Learn the source of your fears and handle them effectively
- A deeper sense of trust in your intuition
- Stress less

“Move” people into action without commanding them.

- A simple effective recipe to inspire yourself and others
- Invite more reflection in yourself and others
- Distinguish the difference from talking from your heart and head
- Get past people’s automatic way of handling you

Understand the mechanics of attracting more success

- Uncover and begin handling behavior patterns that are hindering your potential
- Learn the body language of understanding and agreement
- Understand and use the posture of successful leadership
- Generate more self-confidence
- Have more fun making money