LEADERSHIP EMBODIMENT COACH TRAINING

Leadership Embodiment (LE) is a stand-alone embodied coaching model, and can also serve as a somatic component alongside other coaching models. *Wendy Palmer the founder of Leadership Embodiment will lead the training.*

Leadership Embodiment Coach Training (LECT) is a 6-month offering for professional coaches and experienced facilitators who want to deepen their experience with the practices and principals of the LE model and develop the skills to share the work with individuals, groups or organizations.

The training is offered in partnership with The Human Connection and the Coach Certification Training begins in Cape Town in November 2017. Dates are:

8 – 11 November 2017

14 – 17 March 2018

7 – 10 May 2018

LECT PROGRAM COMPONENTS

TRAINING & PRACTICE

The six month LECT program consists of three training modules. Each module is four days long, and sessions are held every 2 months.

LECT MODULE 1

- Session 1 Material Sequencing – Foundational model process
- Introducing a client or team to the LE model – Context and Language
- Centering/ Partner Centering – Core foundation exercise
- Centered Listening – Receiving feedback/difficult conversations

LECT MODULE 2

- Session 2 Material Sequencing – Foundational model process
- Inspiration and Declaration - How to resource qualities and craft a declaration
- Speaking Up/ Taking a Stand – Inspired Speaking Up in the face of adversity

LECT MODULE 3

- Ongoing Client Session Material
- Taking Risks
- Visibility and Transparency
- The Challenge of Success

In addition to the training sessions, trainees are required to receive or partake in the following:

- Receive a minimum of 1- 1hr, individual coaching session from a LECT Instructor
- Receive 2 mentor coaching sessions from previously graduated LE Associates
- Be invited to train with a trainee practice pod meeting virtually between training sessions
- Take on practice coaching client(s)

MEDITATION

Meditation is an integral part of LE training, and participants are asked to engage in a minimum of 15 minutes of meditation per day. Participants will be asked to report on their meditation experiences or insights at the beginning of every training session.

MINIMUM ATTENDANCE REQUIREMENTS

Prior to joining the program, participants are required to complete Level 1, Level 2 and attend a Retreat.

In relation to LECT a*ttendance is mandatory at all training sessions* and no makeups will be offered. Only in the case of a family or medical emergency, accommodations can be made. All mentoring and practice group sessions are also mandatory and tracking sheets are provided. Mentoring sessions may be held in person, by phone or through video conference (Skype).

RESOURCES

Participants will receive a training binder that includes schedules, program guidelines, and the training manual. Participants will be given access to an online LE Community Portal online and are expected to log in to and use that site for communication, reporting and discussion throughout the course. (And the portal will be a continuing resource after the program.)

Our Mission Statement

To offer simple, effective tools that can rehabilitate our altruism and inspiration in order to work on behalf of justice and equality for all people with greater presence, confidence, and compassion.

What we do?

We study the body. We study how stress responses arise.

By practicing quick, simple exercises we gain access to more choices responding to a given situation.

Working with the body directly is a straightforward way of accessing the more skillful, effective and compassionate responses to stress.

Why?

Research tells us that 70% of communication is non-verbal.

Children and animals know before we do when we are sad, mad, glad or afraid which means our reactions show up in the body before they come to conscious awareness.

Leadership presence is felt through non-verbal communication. We aspire to be more centered, mindful, and compassionate as leaders, but return again and again to unskillful reactions and habits, especially when stressed or when faced with conflict.

How?

To create simple and accelerated learning we use the "LE stress simulator".

By applying mild physical pressure during specific exercises, we can study the individual stress response and practice recovering to a more centered state while still under pressure.

LECT Program pricing: R50 000 (R48 000 Early bird discount offered if payment is made by 31 August 2017).

*** Participant airfare, transportation and lodging not included.*

To make application and to answer any questions about applying, please contact Karen White at karen@thehumanconnection.co.za or on 083 455 4744.

Thank you for your interest in the LE Coach Training Program.

Blessings,

Wendy and Karen