



# LEADERSHIP EMBODIMENT

## LEAP + LIVE Program Summary A Primer to Leadership Embodiment Fundamentals LE1

**LEAP: Online (Leadership Embodiment Accelerate Program)** 3 months subscription

+

**LIVE: 7 small group virtual conference coaching trainings**

	LIVE Calls (1.5 hours each)	LEAP Online
	<p><b>Schedule</b></p> <p>Kickoff / LIVE 1: Getting the most out of LEAP + LIVE            LIVE 2: Inspiration            LIVE 3: The Power of Centered Listening            LIVE 4: The Shape of Speaking Up and Taking Action            LIVE 5: Declaration            LIVE 6: Where do you speak from?            Closing / LIVE 7: Training with what's real</p>	
0	<p>Listen to introduction talk before Kick-off, 'Why taking' reflection</p>	
1	<p><b>Kickoff: Getting the most out of LEAP + LIVE</b></p> <p>*Every session starts with Warm-up movement and an Arrival ritual*            "Why?" reflection, How to get the most out of LEAP Online</p>	<ol style="list-style-type: none"> <li><b>1. Introduction</b> Overview: Tiphani - why do work; help recover.</li> <li>The Science (martial arts/neuroscience; 3 hormones; muscle groups)</li> <li>The 3 Competencies</li> <li>Resources: How LE evolved; 5 sec; 20 sec; Science</li> <li>Try it: How does stress show up in the body?</li> </ol>

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		<p>6. Centering: 3 steps – 1) posture, long exhale, smile; 2) personal space; 3) relax and settle. (Tiphani &amp; Wendy)</p> <p><b>1. Inclusivity</b> Overview            2. Centering: Tiphani Palmer &amp; RJ Jennings            3. Try it: Tiphani – 20 sec version            4. Resources: Shaping your personal space; What is [Why is it] important to expand your personal space?; Expanding your personal space; How LE evolved            4. Centering under pressure            5. Plan &amp; Practice            6. Reflect</p>
2	<p><b>Inspiration</b> *</p> <p>Share Quality            Reflect on Centering practice            Inspiration – Inquiry, people, nature, archetypes, teachers, mentors, beneficiaries            Walking (personality vs center with inspiration)            Share Stress pattern, Practice plan</p> <p>Partner practice in-session and between sessions</p>	<p><b>1. Centered Listening</b> Overview            2. Receiving criticism/difficult feedback [Tiphani example]            3. Resources: 5 sec; 20 sec; How LE evolved; Science            4. Think of some Internal Criticism                exercise (Personality vs Center) [Tiphani &amp; RJ]            5. Plan &amp; Practice Centering</p>
3	<p><b>The Power of Centered Listening</b> *</p> <p>Share inspiration(s)            Centered listening exercise – external and/or internal criticism            Partner practice in-session and between sessions</p>	<p>6. Reflect</p>
4	<p><b>The Shape of Speaking Up and Taking Action</b> *</p> <p>Share External and Internal Criticism Reflection            Walking w/ triangle &amp; support, contrast contracted            Declaration test run</p> <p>Partner practice in-session and between sessions</p>	<p><b>1. Speaking up</b> Overview (Triangle, Unification head/heart/core, Inspiration, Declaration)            2. Inspiration            3. Try it: Shaping the wedge/triangle [Tiphani]            4. Resources - a) Exercise: Developing a Felt Sense of Support [Declaration]; b) Exercise: c) Shifting from Personality to Center with Resistance [Declaration]; d) Resourcing Inspiration; 5 sec.            5. No, No, Yes (in centered state) [Tiphani &amp; Wendy]            6. Plan &amp; Practice</p>

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5	<p><b>Declaration</b> *</p> <p>Triangle, Advocating and Listening walks &amp; declaration Speaking up with resistance exercise</p> <p>Partner practice in-session and between sessions</p>	7. Reflect
6	<p><b>Where do you speak from?</b> *</p> <p>Key insights with wedge, declaration and resistance Sword/Hand cutting declaration Declaration – head, heart, core, unified, centered</p> <p>Partner practice in-session and between sessions</p>	
7	<p><b>Closing: Training with What's Real</b> *</p> <p>Streamline centering &amp; Insights of Speaking up with the wedge shape. Entering and Including: seeing the “other’s perspective”. Working with something real. Experiential Embodied program review Declaration cuts</p>	
	Total hours = 10.5	