

## SCHOOL OF EMBODIED LEADERSHIP

A unique one-week, Men-only and Women only, Leadership Course

School of Embodied Leadership™ is a five and a half day intensive training in developing yourself as a leader. You will learn to value, motivate, and bring out the best in yourself and the people with whom you work.

Experiential exercises and team practices will dramatically strengthen your ability to stay focused and committed to your goals in the midst of complexity and chaos. Of primary importance is developing your core strength to extend into the world with clear intention, skillful action, and grounded compassion.

We develop the 'Who You Are' behind your skills and techniques of leadership. Developing your Leadership Presence is key. People follow leaders because they are inspired by their presence and competency, not their IQ potential or position of authority. A self-confident leader can build trust quickly and inspire others into higher levels of collaboration. This course will not only increase your self-confidence, it will focus all your talents into purposeful action and create the capacity to produce valuable results.

### **Promises of this course include:**

- ❑ Build trust to have honest, courageous conversations
- ❑ Anticipate and address breakdowns rather than react to them
- ❑ Develop the ability to provide real-time feedback which enables people to self-correct in the moment
- ❑ Increase your capacity to resolve conflict
- ❑ Increase your ability to lead and influence others
- ❑ Distinguish between being right and being effective
- ❑ Keep your composure and create opportunities for effective action in high-stress and emotionally charged environments
- ❑ Avoid misunderstandings by interpreting situations clearly and directly
- ❑ Act decisively while maintaining important relationships within your sphere of influence

- ❑ Accurately “read” the people around you and better discern their intent, motivations, and capacity for action
- ❑ Increase your capacity for concentration, open focus, visualization, and mental rehearsal
- ❑ Increase your strength, endurance, flexibility, and agility

Permeating all the activities in School Of Embodied Leadership™ is the notion that in order for a leader to be at their optimal level of performance, they need to be emotionally, spiritually, and physically fit. We believe that only through the synergistic integration of these three elements can a leader achieve their full potential. This balanced nexus between Body/Mind/Spirit is the fundamental source of power for the exemplary leader. It is the ground that gives credibility to your declarations and it is the capital for developing trust with others.

- ❑ **Body:** To be able to fulfill your mission as a leader, it is important to become physically fit. This means possessing strength, agility, flexibility, coordination, and endurance. (You do not have to possess this level of fitness to be in the Course and we will teach you how to balance this area into your life). You will learn new and innovative ways to maintain a high level of fitness.
- ❑ **Mind:** To be able to fulfill your mission as a leader, you need mental discipline. You need to be able to concentrate, release negative thinking, calm and settle your emotions, remain open to possibilities, think through difficult situations, and visualize positive results. This course will develop these skills of emotional intelligence and focus.
- ❑ **Spirit:** To be able to fulfill your mission as a leader, it is important to have a code that you live by, values on which you are willing to stake your life. This requires reflecting on, thinking through, publicly declaring, and embodying the values you deem most important. This course will ask you to focus on what you care about and what you are a stand for (what you see possible and what you are committed to achieving).

The impeccability of this unification creates a leader that is capable of decisive action, emotional maturity, and embodied vision.

Our leadership work is well proven under the most demanding conditions. Our extended leadership courses for the US Army Special Forces (Trojan Warrior Project) and the US Marine Corps (Marine Warrior Project) were categorically deemed successes by the respective services. We recently developed a

leadership program, which has been integrated into the entire Marine Corps, and was reported on in the front pages of the Wall Street Journal (10/9/00) and USA Today (3/8/01). In addition, our courses for the US Navy Seals and US Air Force Para-rescue Jumpers demonstrated that we could provide *real and measurable* results in leadership and performance in a short period of time. Moreover, we have been successfully training executives and leaders in the private sector for over 20 years. After innumerable requests, we designed this course for the civilian sector.

**Course activities Include:**

- ❑ Lectures and group discussions in Leadership Values and Principles
- ❑ Prominent guest speakers
- ❑ Physical fitness training
- ❑ Attention (mental) training
- ❑ Martial arts training (empty hand, grappling, and knife)

We request a high level of commitment in order to accomplish the goals stated above. Leadership is not an academic exercise but a rigorous training in body, mind, and spirit. All interested parties will be interviewed prior to acceptance. We look forward to hearing from you.