

Somatic Intelligence: The Integral & Practical Wisdom of the Body-Mind 14/15 January 2017

Somatic Intelligence is concerned with developing our capacities for successfully meeting the challenges of the modern world and realising our goals in a healthy and sustainable way. These capacities include:

- centred presence
- resilience
- handling pressure and stress
- awareness and mindfulness
- working with energy
- wellbeing
- tapping into body-mind intelligence/intuition

Through various non-strenuous activities and practices you will learn about your habitual patterns of behaving and thinking, how they show up in your body, and how through the body you can cultivate alternative responses. This will include exploring ways to respond to the incoming pressures of life from a place of "centre" rather than from your judgements and fears, as can often be the case.

We will work with a selection of the following themes; centering under pressure, finding balance, effective leadership and followership, focusing energy, aligning body and mind to your outcomes and attuning to oneself and others.

We will engage in conversation and simple, yet profound, activities to explore:

- Developing a personal "centering" practice
- The wisdom of your intuition – recognising signals
- Your patterns when under stress
- Resilience and stability under pressure
- Alignment and focus
- Boundaries not barriers
- How you tend to organise yourself when in the role of leader or follower

- The capacity to tolerate paradox and uncertainty
- Patterns and tendencies in how you bring your desires and intentions into the world
- Listening to the underlying message of others and holding the space for differences

You will be able to take the learning from the workshop into your work and your life generally, connecting head (cognition), heart (emotions) and guts (instinct & sensing).

The workshop will draw upon concepts from martial arts, mindfulness practice, neuroscience and ancient teachings amongst many sources for this work. We will be incorporating material from Wendy Palmer's Leadership Embodiment Level 1.

There will be plenty of time for discussion and exploration of applications to your own life.



For anyone associated with the International Coach Federation, this course attracts 10

CCEUs, (Core Competences 7.5 & Resource Development 2.5)

Dates

14/15 January 2017

Venue

Psykoterapeutisk Klinik, Nannasgade 28,
2200 Copenhagen N, Denmark

Fees

DKK3000

Presenters: Paul King with Caecilie Buhmann

Paul is co-founder of The Beyond Partnership and has been a coach and consultant to individuals and organisations for 25 years. Paul was the first person in Europe to be certified as a Leadership Embodiment trainer. He has practiced Tai Chi for many years and is qualified in Feldenkrais (Movement Re-Education) and Polarity Therapy. He is also a NLP Trainer and an Inner Game coach.

Caecilie is a doctor and certified Leadership Embodiment coach based in Copenhagen.

"A very quick note to thank you; it was tremendous fun, very worthwhile and used some of the stuff today with a client that went down well."
SM, Executive Coach

"Paul is a master of somatics. Having studied the field for 25 years myself it's not easy to find experts who can genuinely show me something new, but Paul is one of them. The weekend was insightful, quietly rigorous and we also had a lot of fun and laughter too!"

Liz Rivers, Leadership Coach

Booking

To book please email or phone us with your name and invoicing address:

+44(0)1380 859106

paul@thebeyondpartnership.co.uk

or

cbuhmann2002@yahoo.com in Denmark.

See below for a participant's experience and for more information and testimonials visit www.thebeyondpartnership.co.uk

Somatic Intelligence Reclaiming Our Most Vital Source of Knowing

A Participant's Experience

My experience of working in a wide range of organisations has been that our bodies are both taken for granted and 'disappeared'. Submitting ourselves to gruelling schedules we expect our body to cope without protest, and we learn to ignore physical signals of distress, exhaustion, or over-load.

It would seem that our bodies are not really welcome in organisations, except as the vehicles to carry our minds around. This tendency has only increased since the growth of 'knowledge industries' and the relative decline of manufacturing. When we talk about "knowledge" in organisations we tend to mean "the stuff that we think", propositions which we can capture in bullet points, on slides.

If we are to address some of the pressing issues of our time we will need to expand our consciousness, and literally, reincorporate our bodies in our notion of 'mind'.

Paul gently brings us back to our senses. Drawing on a formidable range of traditions and a deep experience, he carefully guides us through a series of movements, whilst inviting us to notice what we feel and see, how we breathe, how stable we are balanced. We are all engaged in the task.

It's fun and it's fascinating to discover the extent to which our bodies 'betray' our state, our mood, our doubts and our confidence. We (re)learn how changing our posture can change our state.

As a leader I found this work invaluable. I have learned to yield in the daily organizational storm, without losing my center or my balance. I am more conscious, more often, of what my body is trying to tell me, and at the same time I can 'talk back', rather than being flooded by my instinctive physical responses. As a result I have more 'mental space' to attend to colleagues and clients.

On the Ashridge MSc and Doctorate in Organizational Change we invite people to pay careful attention to their experience and the somatic responses because we consider it an essential discipline for any change agent. Paul adds to that discipline by enabling his clients to work with what their attention surfaces.

Kathleen King
Programme Director Ashridge Masters and Doctorate in Organisational Change
(Kathleen is not related to Paul King, in case you are wondering).