

# LEADERSHIP EMBODIMENT

## DEEPENING PRESENCE, CONFIDENCE & COMPASSION

### LEADERSHIP EMBODIMENT LEVEL 2 REVIEW DAY WITH OLIVIA CHEEVER, Ed.D.

Come for a day-long review of Leadership Embodiment Level 2 Centering and Concentration practices! Deepen your ability to shift your system to a more skillful state and choose how you want to respond to various situations under pressure while creating a lasting somatic imprint in your body. We will primarily review material from the Level 2 workshop taught by Tiphani Palmer on October 18-19, 2014. Continued practice helps you build your muscle through laying down and strengthening new neuropathways by engaging with those who share this work of Wendy Palmer. We will further explore the nuances of your own and others' patterns under pressure, verbally, physically, and energetically to strengthen your alignment with Center and your ability to come back to it when you fall off balance. We will continue to refine our intentions as leaders and leaders of leaders using the same process as before—working in pairs with individual and group debriefing discussions to chunk down learning and create a dynamic learning container.

Please come prepared to work with an intention and quality as well as difficult conversations or situations you would like help with to continue to learn how to create a unified and magnetic message that is clear and powerful. Also bring examples of those who inspire you in your life! So often we are focusing on what gets in the way of leading ourselves and others, and not enough on those whom we can call upon to lift us up by their example. Whom do you recall who filled a room with their presence and uplifted everyone in so doing? What archetypes or examples from real life or literature allow you to shift to a more creative, compassionate and skillful state?

**Prerequisite:** Completion of Level 2 Workshop with Tiphani Palmer October 18-19, 2014

**Sunday, November 23, 2014, 9:30 am-4:00 pm | \$200**  
Center at Westwoods, 590 Gay Street, Westwood, MA 02090

WITH OLIVIA CHEEVER, Ed.D.  
[www.oliviacheever.com/leadership-embodiment](http://www.oliviacheever.com/leadership-embodiment)  
781-449-1410  
LEARN TO LEAD WITH EMBODIED PRESENCE,  
CONFIDENCE, AND COMPASSION



<http://embodiment.me>