

Enhancing our Resilience

Through Leadership Embodiment & Peacemaking Circles
with Victor José Santana and Olivia Cheever

Saturday, February 3, 2018

9:30 am-1:30 pm

**North American Indian Center of Boston (NAICB)
105 S. Huntington Avenue, Boston, MA 02130**

\$50.00

Facilitators:

Dr. Olivia Cheever, GCFP, CLC

Victor José Santana, MA

Registration: Email Victor at victor@victorjosesantana.com

Please put **RESILIENCE** in the subject line.

Cash or check payable to Victor José Santana or \$57 via [PayPal](#)

In this workshop we will learn how to:

- understand our individual patterns under stress,
- have tools to bring us back into balance,
- explore strategies for Trauma Awareness and Resilience,
- recognize traumatic stress and understand its impact to improve the way we feel, think and act.

We have evolved to react when in danger in order to survive. As human beings, we may not always say or do what we intend when in this reactive pressured state, nor do we always listen to each other—especially when we may see things differently. 70% of the way we communicate is nonverbal so our body language can contradict what we want to convey. In the Leadership Embodiment approach of Wendy Palmer, we study how our physical and energetic systems organize under pressure. We offer simple practices founded on *Aikido*, *Mindfulness*, and *Neuroscience* that shift our systems to a more skillful state so that we can choose how we want to respond and act in a situation whether leading ourselves or others by our example as we live and work in our communities and on the job. Through returning to Center, we restore ourselves to alignment and ease—listening and speaking from the heart, no matter how pressured we feel.

For more information visit

www.oliviacheever.com

Call Olivia at 617-413-5680

Call Victor at 857-445-9190



About Olivia

As a somatic Leadership Coach and Wellness Educator, Olivia Cheever teaches Self-care, Resilience, and Peacemaking through accessing our powerful Mindful healing resources, *Centering*, *Somatic Empathy*, and *Feldenkrais*® “gourmet” movements.



About Victor

Victor José Santana is an educator, peacemaker, artist, community planner, curriculum developer, and youth leadership development specialist.
www.victorjosesantana.com

"With our thoughts we make our world. Our mind is centered and precedes our deeds. Speak or act with your pure mind and happiness will follow you like a shadow that never leaves."

—HH. The Dalai Lama: Prayer for US
March 4, 2014