



# LEADERSHIP BRAIN & BODY WORKSHOP

Led by **Madeline McNeely, M Ed**

Alice Walker says “the most common way people give up their power is by thinking they don’t have any”. In this workshop, we will explore the ways we give up power intentionally and unintentionally. We will study our energetic patterns under stress. When we’re stressed and anxious, our limbic brain takes over and this inhibits our ability think creatively, trust, innovate, lead and collaborate with others in compassionate, authentic and decisive ways.

Madeline shares how a simple understanding of neuroscience can help us be more effective leaders and agents of trust in our lives and workplaces. You will learn through experiential exercises how to down regulate cortisol and up regulate oxytocin in the body, two neurotransmitters that hinder and help our leadership, decision-making and ability to build trusting partnerships.

This workshop combines the best of Leadership Embodiment and Conversational Intelligence to create a powerful frame through which we can develop an embodied approach to leadership. Our power as leaders lies in our capacity to recover "center". Learning to do this with ease when under pressure is the key to success in life and business. We cannot change our habits through the mind alone. Wendy Palmer, founder of Leadership Embodiment, says “the way we sit and stand affects the way we think and speak”.

In this workshop, you will learn to be even more inclusive, take bigger stands and practice centered listening. You will be able to access inspiration and power with ease and confidence after these two days. If you are interested in deepening your capacity to be a more effective leader of your life, as a social change agent and in your business, then join us.

FRIDAY - SATURDAY, JUNE 15 & 16, 2018 9:30AM-4:00PM  
LOCATION: WATERTOWN CENTER FOR HEALING ARTS  
[WWW.WATERTOWNCENTER.NET](http://WWW.WATERTOWNCENTER.NET)

Cost \$400

To register for the workshop, go to:  
[www.conditioningleaders.com/workshops](http://www.conditioningleaders.com/workshops)

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