



# LEADERSHIP BRAIN & BODY

**Friday, October 28<sup>th</sup> & Saturday, October 29<sup>th</sup>, 2016**

**9:30am-4:00pm**

## **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, you will explore the ways you give up power intentionally and unintentionally. You will study your energetic patterns under stress. When you’re stressed and anxious, your limbic brain takes over and this inhibits your ability to innovate and lead others in collaborative, compassionate and ways that build and sustain trust.

Madeline will share 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 hormones 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. We cannot change our habits through the mind alone. Wendy Palmer says “the way we sit and stand affects the way we think and speak”.

You will know how to lead with inspiration and power 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 leader and in your business, then join us.

**Cost \$400**

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

For more information, contact:  
Madeline McNeely at 617-320-7381