

Leadership Presence Training



April 20/21 | 2018

*"It's not that I don't get off centre.
I correct so fast no one can tell."*

- Morihei Ueshiba

**What if you didn't feel like
you lived reactively to
what life is throwing at you?**

As people who work with people we run into challenges, conflict and situations with each other all the time ... and they run into us!

How can we go beyond our habitual fight/flight reactions into more wise and appropriate responses that bring us all more of what we are looking for?

In this training and inquiry you will experience how to make the shifts you are longing for from a grounded inner state.

The approach is exploring and learning through direct experience with light physical exercises. You will also have a chance to reflect and discuss your experience and to strengthen your ability to create positive strategies.

More information:

<http://gen-h.ch/events/leadership-presence/>



For whom?

From leaders and managers to consultants, facilitators and coaches.

Anyone who is ...

- working with change
- looking for space to reflect on their own way of dealing with challenge and conflict
- wanting to develop a better unity between body and mind
- wanting to experience and experiment with a different way of learning, one that sets free unused potential to achieve better results

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OUTCOMES

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Tools we use:

- Gentle physical practices, based on Aikido & accessible for everyone
- Cycles of experience, reflection and dialogue to make sense and share the learning

Why physical learning?

Physical learning ...

- frees you from the need to constantly think and instead helps you embody a more grounded stance
- allows you to have more impact and achieve what you want with less resistance
- Teaches you to stay present, know what you want without being pushy or passive

What does this training bring you?

- A place to contemplate your personal response patterns, identify those that no longer serve you and develop wise, fruitful responses
- Explore building your sense of centre and balance and your ability to be in the moment
- Sharpen your awareness
- Practise stepping forward into what you want to create with more conscious awareness and greater grounded power
- Reinforce your presence in front of people and your leadership skills



»I was surprised by the use of principles of a martial art in daily situations. It is amazing to see how it can help!

Most inspiring was 'centering' and the importance it has. I will need to train regularly, but now I can agree with what is behind the quote you presented 'Don't let people pull you into their storm, pull them into your peace'.»

*Claudine Sioens, Training Officer,
European Parliament*

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INFORMATION

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Date & time

Start: 09:00, Friday, 20 April, 2018

End: 17:00, Saturday, 21 April 2018

It is possible to only do the first day.

Location

International Reformed John Knox Center
Chemin des Crêts-de-Pregny 27,
1218 Le Grand-Saconnex, Switzerland

www.johnknox.ch

Costs for the training

- Chf 750
- Chf 450 if only the 1st day
- Limited scholarships upon request

Prices exclude meals and accomodation

Info & registration

Please visit us at:

<http://gen-h.ch/events/leadership-presence/>

Or contact us at: info@gen-h.ch

Jany Barraut (Switzerland)

I partner with organizations and teams to help them work effectively across cultures and boundaries. Specialized in facilitating organizational change, developing teams and collaborative cultures in multicultural environments, I genuinely enjoy helping people and teams grow and flourish.

www.gen-h.ch



Your hosting team

Anita Paalvast (Netherlands)

I am a trainer, coach and consultant in change processes. I support managers and teams with increasing their effectiveness in communication, leadership and cooperation.

I am passionate about letting people discover and mobilize their inner power via their physical intelligence in the area of behaviour and culture change in organisations.

I am a practitioner of the Japanese martial art Aikido since 1992 and have a 4th degree black belt. I have worked as an internal risk manager at a multinational bank.

www.aikidoatwork.com



Caroline Rennie (Switzerland)

I work with executives and executive teams globally to deliver sustained alignment and heightened effectiveness in the environmental and sustainability domain. I have served as coach, advisor and strategist to senior teams in multinational organisations.

www.gen-h.ch

