



## Self as Instrument

# Developing your leadership capacity by tuning into the wisdom and intelligence of the body

The most powerful instrument we have as we lead and partner with organisations, teams, colleagues and clients is ourselves – the person we are. Our capacity to use ourselves potently and effectively comes from building relationships of mutual trust and engaging in the conversations that matter – all of which enable real change to happen.

### We focus on:

- Building a powerful and authentic presence – knowing what helps and what gets in the way of engaging with others
- Deepening your capacity to build trust with others – connecting effectively to work together and get 'stuff' done well
- Gaining a greater understanding of your 'self' as a leader – choosing how you impact individuals, teams and organisations to increase your effectiveness
- Developing mastery of yourself – enabling you to navigate successfully an increasingly complex and demanding world

### The programme leverages the mind / body connection and is:

- Experiential - learning with and through the body
- Interactive - learning through dialogue
- Reflective - learning through quiet contemplation and mindfulness
- Creative - using activity to work through uncertainty
- Supportive - collectively co-creating a safe and trusting space for learning
- Shared - becoming part of a community of learners, growing together through collective practices

This is your invitation to join a group of fellow professionals for three days of real connection in a place that invites relaxation, reflection and sustainable learning.

### Location:

Wasing Park, Aldermaston, Reading, RG7 4NB

Tel: 0118 971 4140

email: [info@wasing.co.uk](mailto:info@wasing.co.uk)

<https://meetingsandevents.wasing.co.uk>

### When:

Tuesday 2nd June 2020 from 09:30 until Thursday 4th June at 16:00.

### Investment: £1395.00 plus VAT

This includes 3 day in person intensive, 2x 1:1 coaching sessions, 1x group video conference, all materials, lunch and dinner.

### If you would like to find out more contact either:

Eunice at [eunice@eaconsult.co.uk](mailto:eunice@eaconsult.co.uk) or Stuart at [stuart@eaconsult.co.uk](mailto:stuart@eaconsult.co.uk) for an informal chat.

Visit our website: [www.eaconsult.co.uk](http://www.eaconsult.co.uk)

### Our team:

**Eunice** works with individual leaders, executive teams and organisations to unlock their capacity to effectively navigate change, clarify their purpose, cultivate their leadership presence and learn skilful ways to connect with others.

**Stuart** is an experienced organisational consultant, coach and facilitator supporting individuals, teams and organisations to shape their future and build their capacity for change.