

Embodied Leadership: Presence as a Skill

A one-day embodied leadership workshop

embodied **permission**

LEADERSHIP IN LIFE AND BUSINESS

ESTD 2021

Leadership begins before we speak.

It begins in how we enter a room.
How we listen.
How we respond when something unexpected happens.
How we stay connected to ourselves while meeting another.

And in knowing **from where we lead.**

Embodied Leadership: Presence as a Skill is a one-day experiential workshop exploring presence as a practical leadership capacity.

Through embodied practice, movement, reflection, dialogue and simple tools that can be brought directly into everyday working life, we explore how greater awareness of ourselves changes the way we communicate, collaborate and lead.

The day invites us out of leadership as something we only understand intellectually and into the lived experience of how we actually show up.

We explore the capacity to pause before reacting, to listen beyond words, to recognize our habitual responses, to stay present in uncertainty and to meet others without leaving ourselves behind.

We practice conscious, authentic relating with colleagues and clients — meeting the person, and the room, actually in front of us.

Presence is not passive.

It shapes the room and contributes to the quality of the space we create together — influencing the conversations we have, the decisions we make and how people experience being with us.

And like any leadership capacity, presence can be practiced.

During the day we will explore

· Presence and the body as foundations for leadership.

· Knowing from where we lead.

· The pause between stimulus and response.

· Awareness of our own patterns, signals and habitual reactions.

· Listening — to ourselves, to others and to what is happening in the room.

· Staying connected to ourselves while in relationship.

· Conscious, authentic relating with colleagues and clients.

· Responding with greater clarity rather than automatically reacting.

· Meeting uncertainty without rushing towards certainty.

· The relationship between individual presence and the culture we create together.

The day

ARRIVE | Presence begins with ourselves

Before we meet the room, we meet ourselves.

We arrive in the body and explore attention, awareness and the difference between being physically in a room and actually being there.

In the centre is a simple question:

From where do I lead?

We begin to notice our internal state, our habitual patterns and what happens within us when we meet pressure, expectation, uncertainty or another person.

Presence begins with the capacity to notice what is already here.

MEET | Presence in relationship

Our attention moves from ourselves towards the other.

How do I stay with myself while meeting you?

We explore listening beyond preparing our response, sensing what is happening in the room and consciously meeting the person in front of us rather than our assumptions about them.

We practice receiving another with curiosity and communicating with clarity.

We practice self-leadership in relationship - meeting another without leaving ourselves behind.

RESPOND | Presence under pressure

What happens to our presence when there is disagreement, tension, urgency, uncertainty or something we didn't expect?

Here we explore the space between stimulus and response.

We learn to recognize our patterns before they begin running the conversation or the meeting, to remain available to information we may not have expected and to make room for perspectives other than our own.

Rather than practising leadership in hypothetical situations, participants are invited to bring the work into real situations from their own leadership landscape.

LEAD | Bringing presence back into life

We finish by bringing the day into the places where leadership actually happens.

The meeting on Monday morning.
The conversation we have been avoiding.
The colleague or client we find difficult to meet.
The decision for which there may not be a perfect answer.
The room we walk into next.

What have I discovered about how I show up?

What changes when I bring greater presence into the way I listen, relate, communicate and lead?

We get to make the conscious choice:

From where do I want to lead?

What participants say:

"I got insights and useful tools to strengthen the somatic element in my own coaching and training sessions. And also I am now more brave in asking participants to really sense and feel their body, which makes training sessions more impactful!"
Rina Sirén · Senior Leadership Coach and Advisor, Miltton Oy

"Reconnects you with being human, fine-tunes what you bring into the room and what you can sense in the room with others. Essential for coaching, training and leadership."
Erik Bäckman · Senior Leadership Coach and Advisor, Miltton Oy

About Camilla

Camilla Steen Larsen is the creator of The Embodied Permission Method™ and The ASAP Project — a somatic approach to leadership, presence and sustainable ways of working within modern professional life.

With more than 35 years of teaching movement and embodied awareness, she supports leaders, teams and individuals in reconnecting with the body as a compass for clarity, communication and grounded decision-making.

Her work combines nervous system awareness, embodied practices, communication and deep listening in ways that are both practical and experiential. **camillasteenlarsen.com**

Who is it for?

Leaders, founders, managers, facilitators and people working with people who are curious about a more embodied approach to leadership.

No previous experience with embodiment or movement is needed.
Come with curiosity. Bring your body and you will be extra prepared.

Practical details

Saturday April 10th · 10:00–16:00
Miltton House · Helsinki
Investment: €495 incl. VAT
Lunch and refreshments included.

To register or ask a question:
camilla@camillasteenlarsen.com

Explore Presence as a Skill online:
camillasteenlarsen.com/presence-as-a-skill