



**Dr. Saida Désilets: The Role of Desire in Embodied Leadership:  
Why Your Desire To Contribute Is Crucial For Global Transformation**



Dr. Saida Désilets wants to live in a world filled with audacious, sexually sovereign people, living life on their own terms. As a counter-culture creatrix and body-philosopher, she's published *The Emergence of the Sensual Woman and Desire*. In this dynamic, interactive session, we will explore a new perspective on Desire and the crucial role it plays as our internal compass.

**TOP EMBODIMENT TIP:** Permit yourself to express your true desire

**Desire: How You Relate to Desire with Possibilities**

- Only with desire would we do anything because it has an emergence of motivational force.
- Desire expresses itself through sensation.
- Internal compass: what is it that you would do not for any money, but for the joy of it? What enlivens you?

**Hijacked Desire: Reflect on Why You were Excited**

- Was it your true desire? What kind of impact do you want to have?
- Recognize what is hijacking you by asking: does it turn me on?
- Name and look for what is obvious that is needed in this moment to make it real, and do that thing, which is a small step.

**Fulfilment: A State of Being**

- Simple thing that you desire, and take yourself into that space.
- The fulfilment of joy is actualized here and now, although you will only feel that in some future.
- Permit yourself to experience that through meditation and movement.

**Vocational Arousal: The Power of Embodiment**

- Switched on by things such as ideas, for example, during conversations with co-contributors.
- Once you experience it, your brain rewrites your own story in your nervous system through neuroplasticity.
- You have the power to do a state shift by using the **O bagel toning breath**.

**Embodied leadership: Leading by Your State of Being**

- It is your state of being, instead of the ideas that you are discussing, that is leading.
- Cultivate consciously your state of being is the biggest contribution to humanity.
- Fear gets one in passivity, but not in possibility.

**Resources**

- ◆ **Website:** [saidadesilets.com](http://saidadesilets.com)



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**Ilan Stephani** is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors”. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love.

**#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

ILAN STEPHANI

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