



**Fiona Buckland:** Digging Deep, Leading Strong:

Embodied Practices to Lead Yourself and Others in Times of Crisis, Uncertainty and Rapid Change



Fiona Buckland is a Co-Active Life Coach, author, and embodied facilitator whose work helps leaders harness their embodied wisdom so they can be authentic and effective while responding to the needs of the people.

**TOP EMBODIMENT TIP:** Wholeness - breathe, pause, and touch everything about yourself with acceptance.

Leadership & Embodiment: **Relationship between leaders and their bodies**

- Look at the body as a deep resource of wisdom. It isn't a vehicle to move you from meeting to meeting.
- Being disconnected from yourself means that you're disconnected from others and situations.
- Treating people as instruments or objects vs. their own desires or motivations leads to poor leadership.

What is Leadership?: **Awareness**

- Leadership is a continual commitment to lifelong self development for the benefit of the world.
- Taking responsibility for your world and mastery with emotional maturity to respond vs. react in crisis situations.
- Typical responses to stress (Fight, Flight, Freeze) don't work when leading people. Less of what you know and more of how you can facilitate developing people for the benefit of the world.
- Know preferences so can switch elements when team building to ensure balance and avoid disembodiment. Keep checking in to be present and determine what service is useful for the people & situation vs. command & control.

Situational leadership: **"5-Elements Intuitive Process" to Realize Authentic Leadership Range and Choice**

- **5 elements:** Notice what your body is longing for and *what type of energy is needed (primary practice)*.
  1. Fire: Role = Action Boundaries, goals, warrior, hero.
  2. Water: Role = Collaborator who finds synergies. Lead in a relational sense, listening leaning in empathy.
  3. Air: Role = Visionary. Creativity, inspiration, big picture.
  4. Earth: Role = Organizer, Planner. Policies, Procedures.
  5. You centered (heart, head, gut): Use Alan Lowen's embodiment technique to have the space of self acceptance and permission to be an authentic leader without judgment.
- Make 1 commitment this week to experiment with an embodiment exercise where you listen to your body's intelligence. (Air = improv, Earth = walk, Tai Chi, Water = Tai Chi, swimming, Fire = martial arts, meditation)
- Find the edge to grow and notice areas of growth as part of your leadership development.

Resources

- ❖ **Books:** *Thoughtful Leadership*, published by Leaping Hare Press in March 2021
- ❖ **Reading List:** [Medicine Wheel](#), [Co-Active Leadership Book](#), [Move to Greatness](#)
- ❖ **Website:** <http://www.fionabucklandcoaching.com/>
- ❖ **Social Media:** **Instagram:** [@fionabucklandcoaching](#) **Facebook:** [Fiona Buckland](#)
- ❖ **References:** [Ginny Whitelaw](#), Alan Lowen, [Henry and Karen Kimsey-House](#)



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[Michelle Boulé](#) is a Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and alignment towards their truth. Her online group programs, private coaching, speaking, in-person retreats, and teaching draw from over 20 years of practice in somatic therapies, energy medicine, mindset psychology, spirituality, and an award-winning international career in dance. Clients and students praise Michelle for her direct, intelligent, loving, and joyful approach to guiding groups and individuals.

As a gift to all Embodiment Conference participants, please [click here](#) to download Michelle's free **5 Step Guide to Erase Doubt, Claim Your Truth, and Create the Business and Life You Desire**. If you suffer from loops of self-doubt, indecision, exhaustion, or a life that is less than fulfilled, this guide offers powerful insights and practical Action Steps you can use right away to create the life you truly desire.

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