



Caitlin Walker: Embodying Anti-Fragility in Leadership: Anti-Fragile Ways of Inquiring into Conflict



Caitlin Walker is an author, trainer, facilitator and director of Clean Learning and the developer of Systemic Modelling™. Discover anti-fragile ways of inquiring into conflict that don't promote more conflict and learn about creating enough space for resilient inquiry.

TOP EMBODIMENT TIP: Make sure that your body is rested and that you're ready for the next day.

Introduction: Explore the difference

- Explore the differences between **a fragile state, a robust state and an anti-fragile state**, particularly in relation to leadership in all its contexts.

Clean Questions: A spotlight

- **Clean questions are there to spotlight, elicit and help people to experience what might be going on for them** (e.g. stuckness) in a way that they can become more present to it.
- Instead of treating people as if they are 'broken' or 'subordinate', clean questions **allow us to 'be with' them while learning about how they are organised**, and the systems within which they operate.
- Through clean questions, people **develop and embody models of themselves and their systems**.
- Through observing themselves and others, they are able to not only transform, develop and grow, but to become better able to manage things out in the world.

Practice: Differentiate, ask and observe

- By **differentiating** between a fragile state, a robust state, and an anti fragile state, and through asking clean questions, observing embodied behaviours, and through use of metaphor, we can help to better **understand the qualities of each, and how they play out in our relationships and in points of conflict**.
- By creating space for **resilient enquiry**, we can cultivate more openness and curiosity, embodied learning and an anti fragile state. This is where **points of conflict can become areas of growth**.

Resources

- ❖ **Books:** *From Concept to Curiosity, So You Want to be Drama Free*.
- ❖ **Courses:** <https://cleanlearning.co.uk/courses/> (voucher code EMBODIMENT15 will give 15% off for Clean for Teams. Valid until 10th November). [Training in Clean Language and Systemic Modelling](#)
- ❖ **Website:** [Learn clean language with Clean Learning](#) and www.trainingattention.co.uk
- ❖ **Social:** [Caitlin Walker - Co Director - Training Attention Community Interest Company](#)



All Leadership & Business Presentations are Proudly Sponsored by [Michelle Boulé](#)



Michelle Boulé
COACHING & HEALING

[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.

CONNECT WITH MICHELLE: Website michelleboule.com Instagram [@michelle.boule](https://www.instagram.com/michelle.boule) LinkedIn: [Michelle Boulé](#)

Interested in securing [LIFETIME ACCESS](#) to the Embodiment Conference?

				
Recordings	Cheat notes	Bookmarks	Learning lists	Recommendations
Lifetime access to sessions to watch as you please. Video and audio-only options.	Notes on each session to highlight key takeaways and fast-track your learning.	Bookmark your favourite tools to jump back whenever you need them.	Bite-size lists to help structure and guide your learning.	Find new teachers and discover topics personalised to your tastes.

Get lifetime access now