



Anouk Brack: How Can We Apply Embodiment Principles to Leadership Development in Organizations?



Anouk Brack is a leadership development teacher and author. Discover the three dimensions of leadership development and how they intertwine, as well as pointers as to how (not) to work with embodiment in organizations.

TOP EMBODIMENT TIP: Presence Allows Us to be Present as to What is Emerging

Turbo-Centering: **Posture, Inhale, Space & Activate**

- Posture: Be upright and relaxed.
- Inhale: Inhale up & take a long exhalation down.
- Space: Be aware of the space around you.
- Activate: Activate a quality of ease, focus, power, etc.

What Is Leadership?

- It is Not being bossy, a pushover, or a manager.
- Leadership is offering inspired direction to yourself and other with focus and flow so we can all reach meaningful results.
- This is in the context of being under pressure.

Your Vision of Leadership: **Inspiration, Presence & Contribution**

- Inspiration: Who is an example of how I want to be?
- Presence: What are your values and your natural talent?
- Contribution: What is the core business and the good I am contributing?

Purpose: **Why Embody Leaders?**

- In Reinventing Organizations, it shows leaders need to walk the talk or change, else innovation fails.
- Stress vs. flow capacities - under stress, important parts of the brain go offline.
- Centering is a quick fix and lifelong practice.

Framing: **Solutions, Bigger Picture & Science of It**

Three Dimensions of Leadership: **Skill, Stage & State**

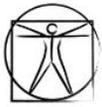
- Skill: Horizontal competence with a focus on developing talents and minimizing pitfalls
- Stage: Vertical maturity about dealing sensibly with complexity.
- State: Depth through state regulation to shift mindset from stress to flow.

Training: **How (Not) to Work**

- Respect: Plenty of reasons not to get embodied; need to go at the right speed and not too fast.
- Connect: Use stage knowledge about levels of development to connect and not dissect.
- Language: Use the matching value system.

Resources

- ❖ **Website:** www.Anouka.nl/TEC



Anouk Brack





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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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