



Lisa Dempsey: Leadership and Me: What My Body Tells Me About Leadership



Lisa Dempsey is a Netherlands-based Certified Leadership Coach with 20+ years of experience dedicated to human potential. Through her inclusive and embodied leadership practices, Lisa bridges the gap between where her clients are now and where they dare to dream. Join Lisa to discover how you embody leadership and what your Inner Leader looks like.

TOP EMBODIMENT TIP: Whenever you're feeling lost and overwhelmed, come home to you.

Make the space and time and genuinely know that what you feel inside is the space of your Inner Leader.

Leadership: Traditional Assumptions and Archetypes

- We are conditioned to think that leadership has to look a certain way, particularly in the corporate environment.
- We embody leadership archetypes that come from the outside world and lack authenticity. Traditional archetypes include fighting, men with guns or in professional attire, etc. Leadership has heaviness to it and may be depicted in gray colors. This is a leadership bias transmitted through culture, media, school, and family.
- Our personal, authentic leadership aligns with ourselves and our beings.

Good Leadership: What Is It Like?

- Good leadership has nine characteristics: self-awareness, self-reflection, connectedness to the community and to the environment, grounded authenticity, forward vision, empathy, self-regulation, and emotional intelligence.

Authentic Leadership: Staying True to Self

- Embodiment of the Inner Leader helps with self regulation, presence, and vision; staying in touch with the embodiment of your own Inner Leader is important to your path.
- The modern world rewards only certain traits of leadership. To make sure you stay true to your own definition of it, stay grounded and connected with your sense of inner leadership.
- Leadership is the energy that helps you stay connected with the core of who you are, with what is in your heart, with what is in your gut. Leadership is a practice that you need to integrate into your daily life and maintain when you feel out of alignment or disrupted.
- The COVID-19 pandemic calls for us to step into our leadership and start taking up space.

Resources

- ❖ **Website:** <https://www.leadershiplabs.eu/>
- ❖ **Social:** [Facebook](#), [LinkedIn](#)



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Lisa Dempsey





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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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