



Wendy Palmer: Leadership Presence: Cultivating Benevolent Power



Wendy Palmer is the Founder of Leadership Embodiment, Aikido and mindfulness practitioner as well as author of several titles on embodiment, intuition and power. Explore aspects of Personal Power and Social Power - ways we can influence ourselves and ways we influence others. Discover ways to tame our dragon energy and activate resilience, warmth and confidence. Now more than ever we need to cultivate a Nobel, Awesome and Shiny leadership presence.

TOP EMBODIMENT TIP: Sit upright, open, lengthen spine, space between ribs, stay light, uplifted and create warmth.

Motivation, Inspiration and Discipline: **How Do We Stay Motivated, Inspired, and Disciplined in Daily Life?**

- A quick centering exercise (5-20 seconds): inhale, go vertical and lengthen our spine. As we exhale, soften our chest, go horizontal and think of something that makes us smile. Reach wide with our arms, imagine lights in our fingertips and think of something or someone inspiring for a moment.
- Change our state of being by changing our muscle groups. Tight muscles fire flexors and release cortisol. Extensor muscles fire testosterone releasing creativity. This is risk-taking energy. Instead, thinking of something that makes us smile gives us oxytocin, a connector chemical. Together, oxytocin & testosterone in our system helps us with big picture thinking and creative connection with others. Exhale triggers sympathetic, inhale triggers parasympathetic.
- Motivation - we feel more inspired when we are working on behalf of somebody else.
- Inspiration - draw upon archetypes; nature, music and people embodying inspiring energies.
- Discipline - set reminders on devices throughout the day ways to remind ourselves to centre.

Inviting Your Awesome, Noble, Shiny Dragon: **Uplifted, Dignified, Expansive, Influential and Warm Energy**

- We aim to move from our active, controlling, concerned personality to a resourceful self with a sense of compassion, confidence, with a noble lift, awesome expansion and shiny warmth.

Cultivating Expansiveness and Inclusiveness: **Benevolent Dragons of the East are Compassionate Protectors**

- A quick centering exercise: when thinking of something irritating can change our perception and state of being.
- Inclusiveness is key in martial arts. People respond differently - your warm energy ensures the attacker's negative energy is less strong..
- Allow energy to flow in us - we do not have to generate energy.
- When we lack understanding and compassion, we are less influential. We are closed to ideas and to people.
- Be focused and aware of our posture and create noble.

❖ **Books:** *Leadership Embodiment, The Intuitive Body, The Practice of Power, Dragons and Power*

❖ **Courses:** [Leadership Embodiment Courses](#); [Leadership Embodiment Accelerate Program](#);
[Leadership Embodiment Coach Training](#)

❖ **Website:** <https://www.leadershipembodiment.com/tag/wendy-palmer/>

❖ **References:** "Science & Research", Jane Goodall, Maya Angelou, Mother Theresa, Einstein, Gandhi



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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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