



Bettina Rothe: Leading Through the Body: Moving Empowered in Times of Change



Bettina Rothe is an embodied leadership coach, 5Rhythms® movement facilitator, trained psychologist and pioneer in the field of somatic intelligence. She supports clients in the development of an authentic leadership-presence that is powerful, compassionate and self-aware. Explore how embodied leadership principles and the 5Rhythms® movement practice can offer tools to support us in being more resilient, present and resourced.

TOP EMBODIMENT TIP: Bring attention to pleasure, and experience life in a sensual way.

Leading Through the Body: Our Body Is Naturally Intelligent!

- We live in a VUCA (Volatile, Uncertain, Complex and Ambiguous) world - How do we use our body as a tool to navigate our ever-changing world? We can learn to graciously ride the waves like a surfer.
- We can use our body to connect to our natural flow state and to utilize our personal power.
- By creating a strong foundation through our body, we experience a profound shift in how we think, feel, and act.

Finding Our Ground: A Vital Part in Becoming a Conscious Leader

- We require solid leadership in many areas of life - this can be in parenting, in the workplace, community, and with personal goals.
- Our non-verbal communication in the form of body language makes the difference between being trusted or not.
- When we are grounded, centered, and present, people around us sense it and are receptive and trusting of our offerings.

How To Get Grounded: It Is a Practice

- Focus on zooming out from immediate problems or stresses. Practice shifting perspective to a wider angle.
- Discovering parts of ourselves that are hidden, fearful, or shameful cultivates our power.
- Physically find the ground - practice rolling on the floor, sitting on the ground, or walking barefoot on grass.
- Through movement and breath, we have the ability to access all parts of ourselves, even the hidden parts.

Resources:

- ❖ **Website:** www.bettinarothe.com
- ❖ **Books:** *Gabrielle Roth - Maps to Ecstasy*
- ❖ **Courses:** 5Rhythms.com for 5Rhythms classes worldwide



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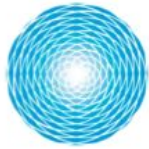
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Amara Pagano, PathOfAzul.com



Amara Pagano is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](http://SchoolOfAzul.com) and the co-founder of the global conscious dance community [OneDanceTribe](http://OneDanceTribe.com). Azul is a path of personal transformation that supports the awakening of consciousness and recognizes that, as we transform ourselves we create the conditions for our world to transform.

The **Path of Azul** is a map for life designed to take participants through a journey of healing and self-realization utilizing dance and the body as vehicles for exploration. Azul has three gifts for all Embodiment Conference participants.



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