



Panel: Leadership and Sensitivity with Kristin Neff, Jane Clapp and Willem Lammers



Explore the topic of leadership and sensitivity through a different lens. Offered by: [Kristin Neff](#), Associate Professor of Educational Psychology at the University of Texas at Austin and pioneer in the field of self-compassion research, [Jane Clapp](#), mindful strength and movement coach and trauma-informed embodied resilience educator, and [Willem Lammers](#), psychologist, psychotherapist, coach and major contributor to the the field of energy psychology.

TOP EMBODIMENT TIP:

Kristen: Self-touch for care and presence. *Jane:* Dance to 1 song a day. Allows for pleasure, joy, movement and to feel feelings.

Willem: Accept that you are sensitive. Stay where you are and look who is there.

What to Do When You Feel Too Much (And Struggle With Being "On Stage")

- **Jane:** Use sensitivity to **pull people in instead of reaching out. Use the emotions.** Trick: have a **magic word** to use before crying so you can fill the body up with emotions and then use the word internally so dont have the crying outburst on stage.
- **Kristen:** Acknowledge and **honor the difficulty** of being highly sensitive. **Include self in the circle of compassion.** The more **full of loving connected presence, the more compassionate** you are, it will spill over.
- **Willem:** The question is **how can we get rid of what we don't need? Be in THIS Moment. Reconnect with essence.**

How to Deal with People with Big Ego (Or Sometimes Called Narcissists)

- **Jane:** Come back to **dignity in your human body. Use energy sparingly** so you don't get caught in unconscious dynamics.
- **Kristen:** Step 1 is to **not take it personally** because they are very good at making you feel in the wrong. Step 2 is holding **fierce self compassion.** Use **Gray Rock Technique-** you are as boring and uninteresting as a gray rock in that person's presence.
- **William:** First **give up the idea that you can change them.** Second, **create clear boundaries / clarify roles.** Third- do your own homework - look at **what that person is teaching you in your life.** Again comes back to **keeping connection with source.**

How Do Sensitive People Help and Support Others Without Feeling Overwhelm

- **Kristen:** It's about balance and self care but while in the presence of the person draining you. Self compassion is 3 parts: **mindfulness, common humanity and kindness.** (Referenced technique of **Breath for Compassion** for caregivers).
- **Willem:** **Retrieve my own energy and remove all the energy which doesn't belong to me.** (Referenced **Logosynthesis technique** [see here](#)). Comes back to presence. We have to connect to essence and mission.
- **Jane: Embodied boundaries.** Awareness of the 'tend and befriend' response for dealing with stress.

How Do Sensitive People Help and Support Themselves Without Feeling Overwhelm

- **Willem:** **Accept** sensitivity, **set up external environment for success, journal. Find your mission.**
- **Kristen:** **Integration of yin and yang.** May have to harness more yang.
- **Jane: Environment that's supportive for the body.** Practices to **ground and find voice** so energy doesn't overflow.

Resources

- ❖ **Website:** Kristin Neff: www.self-compassion.org, Jane Clapp: www.janeclapp.com, Willem Lammers: www.logosynthesis.net
- ❖ **YouTube:** [Kristen's Practice](#), [Willem's Practice including Coping with Corona](#), [Jane's Podcast](#)



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