



Ched Lee: PRESENCE – Why Does Yours Matter?

Unify, Inspire and Create With Leadership Embodiment Principles and Practices



Ched Lee is a Revealing Your Inner Treasure - Transformative Change Partner at Irimi, Regional Director at Leadership Embodiment Asia, Mentor Coach at New Ventures West - pioneer Integral Coaching® institution, entrepreneur, dancer, editor and healing artist. Discover how to embody your most inspiring qualities ONLINE and in flesh-and-blood.

TOP EMBODIMENT TIP: Keep practicing the ‘noble, awesome shiny presence’; find ways to weave it into your everyday life.

Embodied Inquiry: What is Presence?

- How you are seen and felt by others.
- Presence evolves.
- Through practice, we can unify the ‘splits’ in ourselves that come from living in a world of desires.
- Being able to show up with a ‘noble, awesome and shiny presence’ takes extra juice.
- It is a flow between ‘personality’ (I) and ‘centre’ (we); wanting to stay in the ‘centre’ turns presence into a desire.

Leadership Embodiment Principles: What Kind of Juice?

- **Cultivate 3 Leadership Competencies:** inclusiveness, centered listening & speaking up.
- **Inclusiveness:** being able to influence and inspire while being aligned with yourself as well as expansive towards others around you.
- **Centered Listening:** the capacity to listen for the big picture without being taken in by the content.
- **Speaking Up:** the ability to advocate for ourselves, authentically and with integrity.
- **Use Inspiration** a.k.a. your ‘golden arrow’; you can only inspire others when you are able to inspire yourself.
- Embody the qualities and traits of the person, thing or place that truly inspires you.

Resources:

- ❖ **Website:** Leadershipembodimentasia.com



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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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