



Professor Jan. K. Erkert: Sensorial Body In Leadership



Professor Jan. K. Erkert, is the Head of Department of Dance at the University of Illinois, USA. Artistic Director of nationally acclaimed Jan Erkert Dancers who have produced over 70 works. Her current research is exploring Leadership from the Artist's perspective through creative and embodied practice. Her work encompasses artistry through her choreography, as an Author and esteemed International Dance Educator. Discover a new Leadership paradigm shift when inviting the sensorial body.

TOP EMBODIMENT TIP: Embodiment is being engaged in a rigorous practice of listening to the body in order to make life choices. These life choices are connected to our values and beliefs: Leadership is just magnified life choices.

Making Choices and Decisions

- Choices: consider the options and notice the information that comes from your body.
- Noticing: sense impressions and provide space and time for information to emerge before making decisions.
- Making decisions: will your heart be happy?

Language Ascribes Emotions to Body Parts

- “He was spineless”; “she had no heart”; “my gut says no”; “they cut me off at the knee”.
- The *function* of body parts also tells a story : The heart pumps blood through the body and this circulation holds emotional generosity. The Gut churns food and decides what is nourishment and what is waste .

Leadership and Politics

- Often we Ignore the bodily information and wisdom focusing on the facts.
- Values are written into our fascia. The body knows before the brain knows.
- Heart and gut respond to the brain however the brain continuously responds to the heart and gut.
- Older models of Leadership looked like one was decisive and in control . The gut wasn't a part of leadership.
- Making ethical choices could be a collaboration between mind and body.
- Listening to the body does not always mean integrity is present. If the gut is based in ego, it may not be in integrity.

Building Intuition

- “**Felt sense is not a mental experience however a physical one.**” ~Eugene Gendlin
- We live with something before it is named, once named our mind projects meaning that limits the possibilities.
- Our Nervous system is our sensorial highway, reading and absorbing all the information.

Resources

- ❖ **Books:** [Harnessing the Wind: The Art of Teaching Modern Dance](#); Currently writing: Drink the Wild Air: A Sensorial Journey through Leadership
- ❖ **Courses:** <https://dance.illinois.edu/>
- ❖ **Website:** <https://dance.illinois.edu/jan-erkert/23>
- ❖ **Social:** [Leadership through the Arts with Jan Erkert - Home | Facebook](#)
- ❖ **References:** Bonnie Bainbridge Cohen Body Mind Centring, Eugene Gendlin- Focusing process



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