



Colin Skelton: Stretching Your Mind's Gap



As an applied theater and design thinking facilitator, Colin helps teams and organizations activate conversations, interactions, data, ideas, and innovation concepts through physical storytelling, play, and other creative mechanisms. He applies principles and practices from the theater and the creative arts to explore human-centric approaches to team innovation, online engagement, and empathic innovation. In this session, Colin proposes a new way of leadership, which he calls anti-leadership. The main message is that leaders should be less reactive to impulses, in order to have more control over situations.

TOP EMBODIMENT TIP: Slow down.

History of Butoh

- Was created in 1995 in Japan
- Slow movement
- Grotesque movement
- Hidden movement lying beneath the skin
- Rejection of western materialism

A New Form of Leadership

- Anti-leadership
- Self-centred
- No automatic behaviour
- No rigid rules
- Vulnerability

Stretching the mind's gap

- Step in the gap
- Increase gap between stimulus and response
- New leadership asks for constant stretching
- Breath

Resources

- ❖ **Website:** <https://www.linkedin.com/in/colin-skelton-76a62a23/>
- ❖ **References:** [Story Sharing](#), [Zoom Escape Room](#)



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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.

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