



Cara Bradley: The Hidden Power of Embodied Leadership



Cara is an author, body-mind performance coach, yoga and meditation teacher and founder of Verge Yoga, USA. Come discover the hidden power of embodied leadership. This lively presentation explores the characteristics of embodied leadership and how to intentionally choose your optimal state moment by moment and on demand.

TOP EMBODIMENT TIP: Shift to your *Best Me* with breath, movement or rhythm.

Mental Fitness: Train Your Mind/Body to be Calm, Clear and Confident

- Explore what it means to be embodied and bring that to others.
- Who you are speaks so loudly that I can't hear what you are saying.
- Learn how to change the mind/body state when the state is not useful.
- We want to ground ourselves in the most optimal states.

How Do We Read Our Body States?

- An optimal state feels good when we are synchronized and operate from flow.
- **We want to experience our natural state of clarity, calm, compassion and confidence.**
- We can learn to be in our most powerful, calm, clear and confident state in everything we do.

Levels of Awareness:

- **Interoceptive awareness** - awareness of subtle internal changes/shifts, like breathing patterns
- **Neuroception** - awareness of our nervous system; it's mostly unconscious
- **Proprioceptive awareness** - awareness of space
- **Interpersonal awareness** - relational awareness

What is The Busy Me? What is The Best Me?

- How does it feel to be the *busy me*? What does *busy me* feel like in my body?
- *Best me* is our natural self.

Resources

- ❖ **Books:** *On the Verge Wake Up, Show Up and Shine*
- ❖ **Courses:** *Future Ready Mindset Mini-Course, 10 Strategies for Living in Flow, Project beWELL*
- ❖ **Website:** carabradley.net/
- ❖ **You Tube:** youtube.com/channel/UCdC8sWxeOLwCuOY-NlyMR2Q
- ❖ **Social:** facebook.com/cara.bradley.37 twitter.com/carambradley?lang=en



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Dylan Newcomb, [UZAZU Embodied Intelligence](https://uzazu.org)



Dylan Newcomb: Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

UZAZU Embodied Intelligence gives you a clear, integrative model & method for understanding how STATES work: how to identify State Imbalances and how to rapidly shift & re-pattern them, using a set of simple postures & movement patterns. As a Helping Professional, UZAZU gives you **a comprehensive, highly adaptable, embodiment-based methodology** for effectively working with clients on almost any issue—in a way that easily integrates with and amplifies the potency of your existing skill sets.

UZAZU founder Dylan Newcomb is leading a 3-day live, online training this November 19-21, which will teach you all about embodied states and how to access and re-balance them—both for yourself and with your clients. **UZAZU also offers a FREE Online Embodied Intelligence Self-Assessment**, which you can complete in 10-15 minutes and gives you valuable insight into your own embodied states and patterns. **Visit [Uzazu.org](https://uzazu.org) for details!**

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