



Lisa Fisher: Working with a Bully: A Path to Dialogue



Lisa is a Conflict Coach, Mediator, Yoga teacher, and Black Belt in Kenpo Karate. She helps her clients fight less and talk more, reducing fear of differences and uncertainty which increases mutual understanding and respect in their personal and professional relationships. Lisa believes that sustainable peace requires a balance of power and compassion and it begins in the heart and mind of each individual. Explore ways to reframe and understand bullying behaviour.

TOP EMBODIMENT TIP: When things get tense, plant your feet, open wide and expand,
relax your core, and influence with **How You Are**

Sources of Influence: **Types of Power**

- **External Sources**
 - Formal
 - Personal
 - Informational (data you control)
- **Inner Power**
 - How You Are - we influence each other by our embodied states (mirror neurons). Words land differently depending on our state in that moment.
 - We don't need anyone to give it to us. This is a key power for all humans to develop

Embodiment: **Imagination Exercise**

- Join in an enlightening exercise followed by an in depth discussion on attaching labels to people and/or behaviours. Lisa suggests new ways of seeing your 'bully'.
- Discover how labels like 'Bully' inform how we hold our bodies and influence ourselves and others.

Good News About Stress: **Stress is Something we 'do'**

- Stress is something we 'do' so it is also something we can 'undo'
- Learn Lisa's **Power Centering Technique**

Resources :

- ❖ **Courses:** [Conflict Coaching](#)
- ❖ [Self Defense](#)
- ❖ [Embodied Yoga](#)
- ❖ **Website:** blackbeltbuddha.com



All Leadership & Business Presentations are Proudly Sponsored by [Michelle Boulé](#)



Michelle Boulé
COACHING & HEALING

[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.

CONNECT WITH MICHELLE: Website michelleboule.com Instagram [@michelle.boule](https://www.instagram.com/michelle.boule) LinkedIn: [Michelle Boulé](#)

Interested in securing [LIFETIME ACCESS](#) to the Embodiment Conference?

				
Recordings	Cheat notes	Bookmarks	Learning lists	Recommendations
Lifetime access to sessions to watch as you please. Video and audio-only options.	Notes on each session to highlight key takeaways and fast-track your learning.	Bookmark your favourite tools to jump back whenever you need them.	Bite-size lists to help structure and guide your learning.	Find new teachers and discover topics personalised to your tastes.

Get lifetime access now