



Anouka

# Leiderschap

Focus  
Flow  
Voldoening



Je hoofd koel en je hart warm

## Leadership Embodiment Centering Practice

*"The power is in the recovery."*

Wendy Palmer – Founder of Leadership Embodiment

### Videos

Watch Anouk Brack explaining Leadership Embodiment in 2 minutes.

[www.youtube.com/watch?v=m3lle8ZjkLI](http://www.youtube.com/watch?v=m3lle8ZjkLI)

Watch this 5 minute video with Wendy and Tiphani Palmer on the background and purpose of Leadership Embodiment, includes Aikido footage.

[vimeo.com/52121729](http://vimeo.com/52121729)

### Leadership Embodiment

This is a practice of calm and assertive presence that results in a confident, connected and clear state. This state increases our capacity to respond to pressure with greater presence, dignity and wisdom.

The practice is to notice our reactive pattern (personality) kicking in and, using breath and posture, restore a calm, connected presence (centre). Our aim is to be able to do this under pressure, when we most need it.

**Personality:** the part of us that manages stuff (people, things, ideas) in order to keep us safe. Often contracted, tense or stressed.

**Centre:** the part of us that we experience when "in the flow", more connected with the space around us.

We are not trying to replace personality with centre - there is a place for both of them, and we cycle between them throughout the day. However, what would your day be like if you had a little bit more centre? Or if - like a muscle - it was more developed?

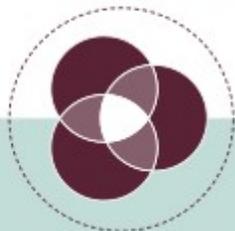


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## Basic centering practice

1. **Posture** – Shift to a more upright dignified posture. Not tense, not collapsed.
2. **Breath** – Breathe up and imagine the inbreath going up your back, inflating space between your vertebrae and uplifting your posture. Exhale and imagine it going down the front of the body, softening and opening your front. Let gravity support your jaw and shoulders a little bit more, notice whether other parts of your body could relax just a bit more.
3. **Space** – Become aware of the space around you to all sides. Notice the heat coming off your body; to the left, notice the same space to the right, behind you, in front, above and below. Now, exhale and let that space expand a bit further.
4. **Quality** – Cultivating a quality: Ask yourself the question, with open curiosity: "What would it be like if I had a little bit more ease in my body right now?" Sense for the answer coming from the body (an exhale, muscle relaxing, etc).

## Exploring a quality

In the basic centering we ask what it would be like to have a little more "ease". That word is a placeholder that you can replace. Find a quality that you already have some experience of and ask what it would be like to have a little more of it.

## Doing the practice

You've experienced the effect of centering; now you need to exercise that muscle in order to build it up into a meaningful option. To do that, I recommend finding times in your day to go through the basic practice.

1. **Ritual** - find a few ritual moments and practice - when you get out of bed, or just before going to bed; every time you wait for a program to start up on your computer
2. **Timed** - set a chime or alarm to go off hourly (or at random intervals) and practice the turbo version whenever it goes off
3. **Whenever you remember** - even if you feel okay, centre again and using it when moving from one meeting or activity to the next

Running through the basic practice takes 5-10 seconds, so if you repeat it 10 times a day, it takes less than 2 minutes of your schedule. Mastery is the result of repetitions, so start now, and you'll soon notice a difference.

**Consider joining a training or workshop.** Go to [anouka.nl/agenda](https://anouka.nl/agenda) to see upcoming events.



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