



LEADERSHIP EMBODIMENT

Programs for Presence, Confidence and Compassion

Leadership Embodiment Teacher Training 2025 Europe

We invite you to uplift your posture and let a long exhale soften your chest. Expand out a little more and settle. *It is such a gift to have this simple practice to remind us of all the life force that wants to come through us.*

We understand you have interest in joining the **Leadership Embodiment Teacher Training (LETT)**. We look forward to offering you the additional exercises and processes in this program that will **certify you to lead a Level 1 LE Fundamentals course**.

Table of Contents:

What is LETT, Who is it for, How is it different, How do I offer a Level 1 & Organizational support	1 - 4
Program Details, ICF credits, Training Modules and Course work	4 - 6
Training Program Module Description, Dates & Times	6 - 8
Signing up, Location & Pricing	8 - 9
LETT Program Content Description & Sample Level 1 Agenda	9 - 13

What is the LETT?

The LETT program will offer the trainees the opportunity to learn all the exercises, the structure, the language and framework for offering a Leadership Embodiment Level 1 Fundamentals course. Having the skill and certification to introduce communities to the Level 1 course as a certified LE Level 1 instructor is both thrilling and gratifying and can profoundly deepen the Level 1 participants personal growth experience. This certification training also supports your ability to add the Level 1 course instructor to your resume as well as being an LE coach. It also supports your capacity to lead a larger group of participants through the exercises. The LETT program will cover the important additional exercises that are required for leading a LE Level 1 fundamentals course and that were not covered in the LECT.



Who should attend the LETT?

This LETT program will be offered only to those that have previously attended the LECT program. If you are an LE Associate and would like the certification to lead a Level 1 course OR you would like to learn to present additional LE exercises to add to your facilitation offerings, this is the program for you.

How is the LETT different from the LECT program?

LECT Focus: The orientation of the exercises covered in the LECT program as well as the language used is with a **focus on leadership, communication, inspiration and managing stress in a work environment**. The LECT program covers a limited set of exercises focused on sharing the work in a professional setting with a client or a team.

LETT Focus: The LETT program covers the additional exercises needed to constitute the full Level 1 fundamental course agenda. Along with the additional exercises, the LETT program will also train participants in the set up, process, sequencing and timing of offering, running and facilitating the LE Level 1 course agenda. **The focus of an LE Level 1 course can be adapted to suit the course offering.** If the course is marketed as a general personal growth program then the course language can be focused accordingly with a broad general context setting for everyday life including personal growth and work environments. If you want to market the course with a more particular focus, you can tailor the context setting and language as needed.

How can I offer the LE Level 1 course once I'm certified?

The structure of offering a Level 1 Course:

The LE Level 1 course agenda consists of a set of exercises that must be covered in the program. **Please see Level 1 Agenda addendum at the end of this document.** We require a minimum of 12 hours of training time, see examples below:

Possible delivery options include a 2 day course with 2 consecutive days (over a weekend, Saturday & Sunday) OR if you have a local community of practice, the course could be spread over a 6 week period (2 hour session every Thursday evening for 6 weeks.)

Weekend or weekday course schedule example: Day 1 & 2, Saturday and Sunday

9am - 4:30pm with a 1 hour lunch and two 15 minute breaks (late morning and mid afternoon.) That makes 1.5 hrs of non-training hours and 6 hrs of training hours, totaling 12 hours of training time.



Extended 6 week course schedule example:

Course runs for 6 weeks every Thursday evening from 6:30 - 8:30pm, totaling 12 hours of training time.

Ways to offer a Level 1 Course: **PUBLIC LE Level 1 course offering:** This Level 1 offering would be open to the public at a standard to the local area program pricing. It may be held in a healing arts center, a community center, a yoga studio, a church or other venue. Similar to a 2 day yoga, Non Violent Communication, Enneagram, or other development type program, anyone may attend these courses and the course may have a mix of people with different backgrounds including professionals from a wide range of fields, coaches, therapists and homemakers. ***This type of course is a general LE offering and will be a mix of focus on personal growth and how we show up in our professional and personal life.***

Organization/ Private Level 1 course offering: This Level 1 offering could be for a leadership program (offsite or a general contracted program). These types of programs are usually not open to the public. The program can be tailored to focus on the group's needs and can be general development or with a focus on leadership, communication/ collaboration or whatever the client requests.

What kind of support can I expect from the LE organization and how do I contribute to that support?

Instructor Course Materials Portal:

Once you are certified to lead a Level 1 course, you will have access to the LETT course portal with handouts, agendas, outlines, course graduation certificates and contributions of materials from the Level 1 instructor community.

Public Level 1 courses listing on the international LE website calendar and newsletter:

You may submit the information for your public Level 1 course with a link to your website information page. The information will be posted in our global calendar and our quarterly global newsletter provides a direct link to the calendar website page.

Percentage contribution request to the LE office:

This is a request, not a demand. If you choose not to contribute, we will honor your choice and we would not list your courses on the global website or in the LE newsletter. We do not track your courses so would rely on your honesty.



We are trying to set in place a system that can support the continuation of the global LE Organization outside of Tiphani funding the office herself. Tiphani pays separately for her own LE business expenses incurred by doing business through the LE office. The cost to run the global presence of the LE brand needs to be subsidized by the LE community. Before Wendy's passing, we rarely asked for any financial contribution to the office from our community and this is not sustainable without Wendy's partnership. All contributions would be used exclusively to pay for LE office services. We are asking you to contribute 10% of your Level 1 course net earnings to help pay for our global marketing from the website, calendar listings, newsletters, responding to email inquiries that we forward to you regarding your courses, the basecamp materials portal, the ICF CCEU's and creation of the course support materials. Exceptions: If for any reason your program net income is below \$1,500 euro we would not expect you to contribute any percentage.

If you have any questions regarding this contribution request, please feel free to reach out to Tiphani to set up a meeting. Tiphani@leadershipembodiment.com

LE Level 1 Fundamentals course offers ICF CEU'S

The LE Level 1 Fundamental course offers ICF accredited CEU's. If you would like to be able to offer the credits to your course participants you will need to sign up with the US LE office to be added to the accredited instructors list.

Program Details

PREREQUISITES: *LECT is a prerequisite to attending the LETT program.*

PROGRAM OVERVIEW: The LETT Certification is a **6-month program** which will certify the trainee to lead the Leadership Embodiment Level 1 Fundamentals Course and lead LE in groups.

PROGRAM TRAINING MODULES: The LETT program consists of 3 virtual training modules and 3 in person training modules, 2 virtual group calls. Trainees must attend all modules to graduate.

Training Modules & Course Work

The **6-month LETT program** consists of **6 training modules**, see overview below.

LETT MODULE 1- VIRTUAL

- Material Sequencing - Understanding the flow of the Level 1 agenda
- Introduction to the Personal Growth focus of a Level 1 course – Context and Language



- Review Advocating - Listening (A/L) Exercise Content
 - Exercise language and sequencing
 - Introduction
 - 3 segments of exercise

LETT MODULE 2 – *IN PERSON*

- Advocating - Listening (A/L) Exercise - IN FULL
 - Language and sequencing
 - Introduction
 - 3 segments demonstrating and facilitating group
 - Points of focus and debrief conversations and takeaways

LETT MODULE 3 - *VIRTUAL*

- Review Leader - Follower (L/F) Exercise Content
 - Exercise language and sequencing
 - Introduction
 - 3 segments of exercise

LETT MODULE 4 – *IN PERSON*

- Leader - Follower (L/F) Exercise - IN FULL
 - Language and sequencing
 - Introduction
 - 3 segments demonstrating and facilitating group
 - Points of focus and debrief conversations and takeaways
- Group Declaration exercise with sword (arms or bokken)
 - Introduction to form and language

LETT MODULE 5 - *VIRTUAL*

- Review of all module content
- Focus on material that is challenging or needs extra learning support
- Review and understanding of the sequencing of Level 1 course material and agenda delivery timing

LETT MODULE 6 - *IN PERSON*

- Practice of all program exercises
- Presentation of multiple pre-chosen exercises using the training group as your course participants.
- Clarifying the flow of all exercises and Level 1 agenda timing
- Graduation 😊

In addition to the training sessions, trainees are invited to receive or partake in the following:

- Receive two 1-hour, **mentor coaching sessions** from previously graduated LE Associates. (First coaching session between Modules 2 and 3, Second session between Modules 4 and 5)
- Be invited to train with a trainee **practice group (pod)** meeting virtually between training sessions
- Take on practice **clients** (we recommend 2 practice sessions between Modules 2 and 3 and 2 sessions between Modules 4 and 5)



Additional program details

Participants will receive **training materials** that include a support workbook, schedules, program guidelines, and a training manual. Participants will be given access to an LE Community Portal online and are expected to log into and use that site for communication, reporting and discussion throughout the course. (The portal will be a continuing community resource.) **Upon graduation from the LETT program, participants will be:** [Certified to lead a LE Level 1 Fundamentals course.](#)

Time commitment to your training:

There will be studying and reading of videos, manual, workbook as well as assignments and practice sessions in between the modules that you need to plan for yourself. We will offer you suggested progress goals with done-by dates and you must schedule time for this work. [A minimum of 5 hours a week of training and practice is recommended in addition to the set module times and POD meetings.](#)

LETT 2025 Virtual & In Person Module Description

VIRTUAL MODULES:

Virtual module days consist of individual studying and online meetings. The meetings are in the afternoons and will consist of POD sessions and Instructor-led review and Q&A. You are encouraged to use virtual day mornings for studying the material and videos on your own. The study content will be made available 1 week prior to our virtual sessions so personal study can also be done prior to the meeting times.

IN-PERSON MODULES:

Please review the in-person times below. We recommend you plan your travel for on time arrival of the first module day which may include arriving in the area the night before.

Day 1 - Arrive to venue by 3pm

Day 2 - 9:00am - 5:00pm

Day 3 - 9:00am - 5:00pm

Day 4 - 9:00am - 12pm



Module Dates and Times

Module 1 – VIRTUAL – 2 days of 4 hours plus breaks

April 8 - 9 2025 (Tue & Wed)

1:00 pm – 3:00 pm (European times) – Review 2 hour pre-recorded training content. Suggested review time of pre-recorded content is the same day of the live session or within the week prior to the session.

3:15 – 4:45 pm – Group pod review meeting

5:00 – 6:00 pm – Live virtual Q&A with Tiphani Palmer and Anouk Brack

Module 2 – IN PERSON - 4 days

April 29 - May 2 2025 (Tue to Fri)

4 days training with local instructor Anouk Brack. (days will be a mix of instructor led training, partner/ group practice, and self-lead reflect and journaling time)

Group Call - Virtual

May 19 2025 (Mon)

5:00 – 6:30 pm – Live virtual Q&A with Tiphani Palmer and Anouk Brack

Module 3 – VIRTUAL - 2 days of 4 hours plus breaks

June 10 - 11 (Tue & Wed)

1:00 pm – 3:00 pm (European times) – Review 2 hour pre-recorded training content. Suggested review time of pre-recorded content is the same day of the live session or within the week prior to the session.

3:15 – 4:45 pm – Group pod review meeting

5:00 – 6:00 pm – Live virtual Q&A with Tiphani Palmer and Anouk Brack

Module 4 – IN PERSON - 4 days

July 1 - 4 2025 (Tue to Fri)

4 days training with local instructor Anouk Brack.(days will be a mix of instructor led training, partner/ group practice, and self-lead reflect and journaling time)

Module 5 – VIRTUAL - 2 days of 4 hours plus breaks

September 2 - 3 2025 (Tue & Wed)

1:00 pm – 3:00 pm (European times) – Review 2 hour pre-recorded training content. Suggested review time of pre-recorded content is the same day of the live session.

3:15 – 4:45 pm – Group pod review meeting

5:00 – 6:00 pm – Live virtual Q&A with Tiphani Palmer and Anouk Brack



Module Dates and Times - Continued

Module 6 – IN PERSON - 4 days

October 7 - 10 (Tue to Fri)

4 days training with local instructor Anouk Brack. (days will be a mix of instructor led training, partner/ group practice, and self-lead reflect and journaling time)

GRADUATION CELEBRATION!!

POST TRAINING - Follow up group Call - Virtual

October 27 2025 (Mon)

5:00 – 6:30 pm – Live virtual Q&A with Tiphani Palmer and Anouk Brack

Signing up for the Training:

If you would like to hold a place in the training, please register at <https://anouka.nl/leadership-embodiment/lett/>. Upon review of your application, we will contact you regarding your acceptance into the training or make an appointment to speak with you about any questions we might have.

LETT 2025 Venue - Venue in the Netherlands or Belgium, to be announced.

LETT 2025 Pricing - **LETT Program Fee: \$ 5,000* USD - Fee includes:**

- ❖ LE Instructor at all in person Modules, training videos from Wendy & Tiphani Palmer, virtual Q&A sessions with Tiphani Palmer.
- ❖ All course materials including printed LE workbook, LE manual, LE handouts, bookmarks and inspiration cards
- ❖ Access to the online LETT platform containing resources such as: Agendas, Outlines, Handouts & other support materials
- *Program Fee does NOT include lodging or transportation.*
- *Payment plan options are available. Please inquire with the US LE office after registering.*
- *Limited scholarships may be available. Please contact Anouk.brack@anouka.nl*

NOTE: *The full course fee is non-refundable.* If you do not attend one of the 6 modules, no refunds will be made available. Concessions will be made in the event of a family or medical emergency. You cannot miss any of the in person days. Should you miss a virtual day, you may catch up with the recordings.

If you have any questions about the training, please contact our US office at office@leadershipembodiment.com or our lead trainer anouk.brack@anouka.nl.



Thank you for your interest in the LE Teacher Training Program. If you want to join us, please register now and secure your spot: <https://anouka.nl/leadership-embodiment/lett/>

Blessings,

Tiphani Palmer - Legacy Lineage Holder, Leadership Embodiment

Wendy Palmer - Founder, Leadership Embodiment

Anouk Brack - Lead Training Instructor LETT EU 2025



****Addendum**

1A - LETT Program Content Description

1B - Sample Level 1 course Agenda

1A -

[LETT Program Content Description](#)

[LETT Exercises](#)

In addition to the new exercises you will learn in the LETT, you will also learn how to integrate the exercises from the LECT into the set Level 1 course format with additional context setting, timing structure, debrief/ discussion framework and instruction on how to lead large groups of people through the exercises.

Outside of Centering and the Partner Centering with Stress Response learned in the LECT, the Advocating-Listening and Leader-Follower exercises are the most complex and longest exercises to demonstrate and facilitate. The LETT will focus on these two very complex exercises plus the group declaration exercise that is included in the Level 1 course agenda.



LE Level 1 course exercises and facilitation flow covered in the LETT:

- ❖ **Advocating - Listening**
 - Segments 1 - 2 & 3
- ❖ **Leader - Follower**
 - Segments 1 - 2 & 3
- ❖ **Group Declaration exercise with arm or bokken and kiai**
- ❖ **How to deliver total Level 1 content in a 2 day course**
 - Flow of agenda and connecting exercises and content

Advocating - Listening (A/L) OVERVIEW - This exercise is a study of our habits and reactions in regards to Advocating and Listening roles. The exercise consists of 3 segments, each with a specific focus. Each segment must be demonstrated, then the group will be verbally led through each segment of the exercise by the instructor.

Advocating - Listening (A/L) - Introduction of exercises by instructor setting context and explaining the focus points of the exercise.

Segment 1 - A/L Honeymoon stage: Instructor demonstrates the start of the exercises, showing the forms of both the advocating (triangle) and the listener (circle) roles. The movements of the advocator stepping forward and the listener stepping backwards must both be demonstrated with details regarding form, spacing and pacing. Instructor will teach the group the proper stepping forms together with movement. Then the instructor will verbally facilitate the group from starting the exercise through all of the exercise details ending with a debrief of participants' experiences, and directing them to notice particular aspects of the exercise, their own habits and the effects of centering.

Segment 2 - A/L Contrasts: Instructor demonstrates starting with honeymoon stage then demonstrates each role of over engaging and under engaging, then returning to a centered state while doing the exercise. After demonstrating, the instructor will verbally facilitate the group through all of the exercise details ending with a debrief of participants' experiences and directing them to notice particular aspects of the exercise, their own habits and the effects of centering.

Segment 3 - A/L Random steps variation: Instructor demonstrates starting with honeymoon stage then demonstrates the advocating role taking random step patterns like two quick steps or one quick and two slow steps. Instructor will demonstrate the



listeners role of adjusting to the random steps and using center and the space for reference. Then the instructor will verbally facilitate the group through all of the exercise details ending with a debrief of participants' experiences and directing them to notice particular aspects of the exercise, their own habit and the effects of centering.

Leader - Follower (L/F) OVERVIEW - This exercise is a study of our habits and reactions in regards to leadership and followership roles. The exercise consists of 3 segments, each with a specific focus. Each segment must be demonstrated, then the group will be verbally led through each segment of the exercise by the instructor.

Leader - Follower (L/F) - Introduction of exercise by instructor, setting context and explaining the focus points of the exercise.

Segment 1 - (L/F) Honeymoon stage: Instructor demonstrates the start of the exercise, with a handshake and the movement into the leader/follower positions, then explains the form and focus of each person's role as they walk and work with the exercise. The transition from leader to follower must also be demonstrated and taught to the group.

Then the instructor will verbally facilitate the group from handshake at start through all of the exercise details ending with a debrief of participants experiences and directing them to notice particular aspects of the exercise, their own habits and the effects of centering.

Segment 2 - (L/F) Getting stopped: Instructor demonstrates leader role starting with honeymoon stage then asks the follower role partner to pull back on the leader's hand and stop them from walking. This action of getting stopped will elicit a very strong reaction of some kind (our pattern), which we explain and study. Then the instructor will demonstrate recovering by physically stepping back, centering, realigning and moving forward. After demonstrating, the instructor will verbally facilitate the group through all of the exercise details ending with a debrief of participants' experiences and directing them to notice particular aspects of the exercise, their own habits and the effects of centering.

Segment 3 - (L/F) Loss of support: Instructor demonstrates leader role starting with honeymoon stage then asks the follower role partner to quickly remove their hand. This will elicit a very strong reaction of some kind (our pattern), which we explain and study. The instructor demonstrates recovering by centering, realigning and staying open while continuing to move forward. There are variations of the removing of the hand that will be demonstrated and then the instructor will verbally facilitate the group through all of the



exercise details ending with a debrief of participants' experiences and directing them to notice particular aspects of the exercise, their own habit and the effects of centering.

Group Declaration exercise with arm or bokken and kiai

OVERVIEW - This exercise will offer participants a practice to focus and align with their declaration using the triangle shape, inspiration posse and speaking their declaration out loud in a unified and inspired way.

Group Declaration exercise with arm or bokken and kiai

Introduction & facilitation - Instructor will introduce the exercise setting context and explain the focus points of the practice. Instructor will then demonstrate the exercise and teach the participants to make a cut with either their arms in the shape of a sword/triangle or with bokken as well as the cutting sequencing, the declaration statement being spoken out loud and the ending kiai. Then the instructor will verbally facilitate the group through all of the exercise details ending with a debrief of participants' experiences and directing them to notice particular aspects of the exercise, their own habit and the effects of centering.

1B -

Level 1 Course Sample Agenda - *See next page*



LEADERSHIP EMBODIMENT

LEADERSHIP EMBODIMENT LEVEL 1 FUNDAMENTALS COURSE

Level 1 Course Agenda

We are excited you that you will be offering a LE Level 1 Fundamentals Course. Please see the info below to help you plan the course.

INSTRUCTORS - MATERIAL AND SEQUENCING AGENDA REQUIREMENTS

For a course to count as a Level 1 Fundamentals course, it must have a minimum of 10 hours of instruction and must cover the material listed below in the following sequential order.

Level 1 Fundamentals Course: 2 - day Agenda

First Class Morning	<ul style="list-style-type: none"> • Introduction w/ think of something exercise • Shoulder – Side Push • Partner Centering with Stress Pattern and Centering Recovery • Difficult Conversation Exercise • Introduction - Inspiration team/posse
First Afternoon	<ul style="list-style-type: none"> • Warm-up exercises & Partner Centering • Introduction - Declaration & development • Introduce to Triangle shape & Advocating with Resistance exercise • Speaking up in conversation (No-No-Yes exercise)
Second Morning	<ul style="list-style-type: none"> • Warm-up exercises & Partner Centering • Advocating / Listening exercise • Pre-exercise - Introduce the idea of Leader / Follower roles and have people talk about good leadership and followership • Leader – Follower exercise
Second Afternoon	<ul style="list-style-type: none"> • Warm-up exercises & Partner Centering • Advocating triangle review (because we use it in the next exercise) • Entering & Including exercise • Changing Time exercise • Group Declaration Cuts w/arm or Bokken & Kiai • Closing Circle – takeaways and practice reminders