



LEADERSHIP EMBODIMENT

Programs for Presence, Confidence and Compassion

Leadership Embodiment Coach Training - 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 Coach Training (LECT) Program. We look forward to offering you a cohesive process for developing embodiment tools for yourself and skills for working with clients and groups.

We have developed an exciting program framework tailored towards experienced coaches and facilitators. Here is what a few of our trainees have to say:

The LECT was fabulous because I wanted to share this work with my clients, whether it is in coaching or in supervision. It is for anybody who wants to use LE for themselves and for sharing it in a coaching environment. I love it and I think it is also so much needed in our world. As coaches, we need to contribute!

- Anne Berthelin, Supervisor, Executive Coach and Trainer, France

As a coach for over 10 years, the LECT has truly deepened my own practice and in turn allowed me to offer skillful body-based coaching to my clients.

- Luke Krienburg, Leadership Development Coach, California

LECT is helping me connect with my clients in a deeper way and do more meaningful work. Clients get it right away and find it extremely useful. The LECT is helping me create new distinctions that make my coaching more powerful. And, I get to interact with a wonderful community!

- Jean Johnson, Executive Coach, Michigan



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The LECT Offering

The Leadership Embodiment Coach Training Program (LECT) offers participants the opportunity to deepen their experience of the practices and principles of the LE model and develop the skills to share the work with others.

The LE model is based on our capacity to know ourselves and continue to find ways to share our potential for wise and compassionate action under pressure. As a community we have the capacity to support the growth of this work both *internally* – meditation and personal practice – and *externally* – leading and coaching individuals, groups and teams.

Like any endeavor that is worthwhile, it takes commitment and effort to go beyond our personal challenges and extend ourselves by reaching into the LE community for support and training, while also reaching beyond into the greater community of people we work with and are committed to empowering.

We are pleased to offer *ICF CCEU's* as outlined below.

These Professional Continuing Coach Education Units (CCEUs) are relevant for (executive) coaches accredited by the ICF, the international coaching federation.

LECT provides 60 CCEUs of which:

- Core Competencies - 38
- Resource Development - 22

The Leadership Embodiment model

What Is Leadership Embodiment?

Leadership Embodiment is a stand-alone embodied coaching model and can also serve as a body-based component alongside other coaching models.



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LE is a model that focuses on the “embodiment” of leadership. Embodiment is defined as, “A tangible or visible form of an idea, quality, or feeling - *she seemed to be a living embodiment of vitality.*”

LE emphasizes how we show up in the world. We do not focus on the body as perceived from within. Therefore, we do not consider Leadership Embodiment a “somatic” coaching model. Wikipedia defines **somatic** as a field of study which emphasizes internal physical perception and experience.

What do we do?

We study the body. We study how stress responses arise.

By practicing quick, simple exercises we gain access to more choice in responding to a given situation.

Working with the body directly is a straightforward way to access more skillful, effective and compassionate responses to stress.

Why?

Research tells us that 70% of communication is non-verbal.

Children and animals know before we do when we are sad, mad, glad or afraid, which means our reactions show up in the body before they come to conscious awareness.

Leadership presence is felt through non-verbal communication. We aspire to be more centered, mindful, and compassionate as leaders, but return again and again to unskillful reactions and habits, especially when stressed or when faced with conflict.

How?

To create simple and accelerated learning we use the LE Stress Simulator.

By applying mild physical pressure during specific exercises, we can study the individual stress response and practice recovering to a more centered state while still under pressure. LECT is recommended as a stand-alone embodied coaching model, or as a body-based addition to other coaching models. The physical practice exercises



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have equivalent conversational exercises so that clients can be worked with in multiple modalities.

Program Details

PREREQUISITES: *LE Level 1 & 2 courses are a prerequisite to the LECT.* If you have attended a Level 1 course, you may be able to attend a Level 2 course during the LECT program to meet the prerequisite requirements. Please reach out to the LECT program hub instructor to see if this option is available.

PROGRAM OVERVIEW: The LECT Certification is a **6-month program** tailored to professional coaches and facilitators offering the core foundations of LE training exercises with a focus on working with individuals and small groups/teams.

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

NOTE: Use the material right away with clients!

Once you have started the training course, you are free to start sharing the practices with your current clients. We do not require that you wait until the end of the certification process.

Training Modules & Course Work

The **6-month LECT program** consists of **6 training modules**, see **module overview below**. **LECT Program Overview:**

LECT MODULE 1- VIRTUAL

- Material Sequencing – Virtual Foundational model process
- Introducing a client to the LE model – Context and Language



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- Centering – Core foundation exercise
- Centered Listening – Receiving feedback/difficult conversations

LECT MODULE 2 – IN PERSON

Review of Module 1 material

- Physical Centering exercise with partner - Stress response simulator
- Inspiration and Declaration - How to resource qualities and craft a declaration
- Intro to Triangle

LECT MODULE 3 - VIRTUAL

Review of Module 1 & 2 material

- Taking Risks
- Visibility and Transparency
- Intro to the Challenge of Success

LECT MODULE 4 – IN PERSON

Review of Module 1, 2 & 3 material

- Physical exercise – Speaking up Triangle with resistance
- Receiving Support
- Entering and including
- Success Exercise

LECT MODULE 5 - VIRTUAL

Review of Module 1, 2, 3 & 4 material

- Exercise Introduction review
- Exercise sequencing and language review
- Presentation of LE introduction

LECT MODULE 6 - IN PERSON & ASSOCIATES RETREAT

Review of all Module materials, meet other associates and talk about LE in business

- Review and trainee presentation of all program exercises
- Graduation 😊

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



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- 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 **coaching client(s)** (we recommend 2 practice sessions between Modules 2 and 3 and 2 sessions between Modules 4 and 5).

Additional program details

Meditation is an integral part of the training, and participants are asked to engage in a minimum of 15 minutes of meditation per day. Participants will be asked to report on their meditation experiences or insights at the beginning of every training session.

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 LECT program, participants will be:

Certified in the LE model and entitled to use it with small groups and individuals. Graduates receive a range of privileges and offerings, including:

- A listing on the LE website as a Leadership Embodiment Associate.
- Access to LEAPP - LE Associates Professional Program Portal which includes handouts, overviews, agendas, contracts and powerpoint decks.
- Invitations to special LE Associate courses.

Small Group Training & Application Details

We have found that smaller group training creates the best possible learning environments for our participants. We are limiting the training to a small number of



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participants. If you would like to hold a place in the training, please register <https://anouka.nl/leadership-embodiment/lect/>. 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.

Time commitment to your training:

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

LECT - 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:

In person module days will be 9:00AM - 5:00PM on the first two days of the module and the last day of the module will conclude at 3:00pm to allow for evening travel. 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 - 9:00AM - 5:00PM

Day 2 - 9:00AM - 5:00PM

Day 3 - 9:00AM - 3:00PM



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

Thank you for your interest in the LE Coach Training Program. If you want to join us, please register now and secure your spot:

<https://anouka.nl/leadership-embodiment/lect/>.

Blessings,

Tiphani Palmer - Legacy Lineage Holder, Leadership Embodiment

Wendy Palmer - Founder, Leadership Embodiment

Anouk Brack - Lead Instructor LECT Netherlands 2024

