

Cultivating Our Leadership

POWER IN CONNECTION

How do people experience you as a leader, colleague or manager?

What impact does your personal power have on your performance at work and in your personal life?

Do you know inherited beliefs determine how we sit, stand and move, and can shape the behavior of your team and organization?

How do people experience you as a leader, colleague or manager? What impact does your **stand** have on your ability to lead people, cultivate followership, and ignite others?

Join us for a day of practice where we access a new level of personal power and your stand as a leader.

This day will focus on developing ourselves as leaders by cultivating our capacity to stand for our purpose, our commitments, our teams and the larger world. This means going beyond what feels comfortable, being able to generate a new level of power and connect with others in the service of our vision. Living into our vision does not happen on one's own. We move forward only in community.

We will engage in the following inquiries:

- What is power and how do I use it wisely?
- What does it take to stand for something? What am I standing for?
- How does my body become a primary resource in sustaining my commitments over time?
- How can I bring nourishment and renewal into leadership?
- How can my connections to others and to something larger help sustain me over time?
- How can I gather my power in the service of my stand for people?
- How do I build connections in the service of my vision?

What you will leave this day with:

- A new understanding of how your mind, body and your stand influence you and your leadership.
- Having tapped into a well of power that is available from within you and from within the community you serve.
- An understanding that a mindful presence is critical to our effectiveness as leaders
- New practices to use each day that will enhance your well-being, your effectiveness and your leadership agenda.

Take this rare opportunity for a day of mindfulness practice, somatic movement, deep reflection and connection with like-minded leaders.

The Facilitators: Jen Cohen and Gina LaRoche co-founders of Seven Stones Leadership.

Price: The tuition will follow the Seven Stones pricing model where you will choose to pay either: \$500 for investment in, \$400 for valuing of, or \$300 for honoring this work. Clients with Leader's Packages come for cost.

When: Friday, October 2, 2015 from 9:30 am to 5 pm

Where: Warren Conference Center
529 Chestnut Street
Ashland, MA 01721

To Register or Learn More: Contact info@sevenstonesleadership.com or 978.314.0718

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