

INTEGRATION TRAINING

- **Embodiment  
Facilitator  
Course**

London 2013



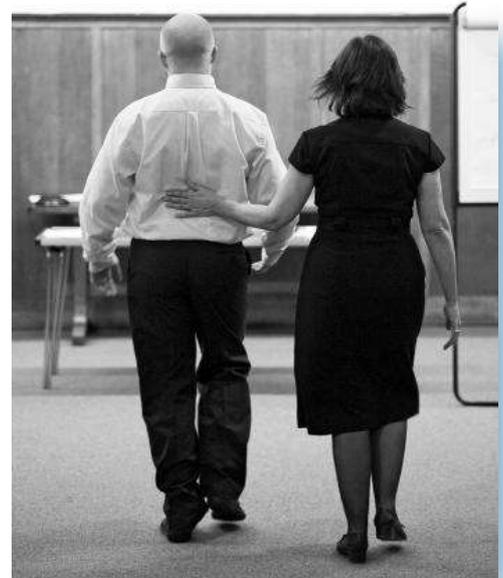
## ● Embodiment Facilitator Course London 2013

- Europe's professional embodiment qualification for trainers and coaches
- A year-long personal transformation course

Led by Mark Walsh, Francis Briers,  
Anouk Brack and Dr Paul Linden

### Who this is for

- Trainers, facilitators and coaches looking to work more with the body. The main advantages of working with the body are that you can go deeper quicker, reach areas that can't be addressed with words alone and facilitate change that really sticks.
- People skilled in working with posture and movement already, such as martial artists, yogis, dance teachers, and bodyworkers, looking to move into business contexts, to help more people and bring in income from "mainstream" sources.



### What

A year-long course to help trainers and coaches develop skills in working with posture, movement and body awareness to deepen and extend their work. Also for those already skilled with the body, to bring this to office environments in the form of leadership training, team building, stress management etc. This is the only course of its kind in Europe, that is both a personal development adventure and a thorough grounding in embodied work in professional domains.

### Features and Benefits of this Course

Here's what makes this course something special... if we do say so ourselves:

- **Designed for real personal growth**  
We've found that lasting change happens through the body and through practice. In this highly experiential course there's a good balance of challenge and support, and also modern behavioural change techniques to ensure learning "sticks". Be warned, you will experience significant personal change with this training as it is impossible to work deeply with the body without doing so.



- **Emphasis on skills acquisition and practical work applications, unique to each participant**

This course will ensure not just deep personal learning but build practical skills you can take into your work and use for the rest of your career. We will coach each of you to find the way that works uniquely for you, using the skills you already have, your temperament and your actual work conditions. This is very much an individually tailored and “applied” course. You will not do embodied training/ coaching like photocopies of the tutors at the end: you will do it in your own way, to suit your real job requirements.

- **First European-led course working with the body in business contexts**

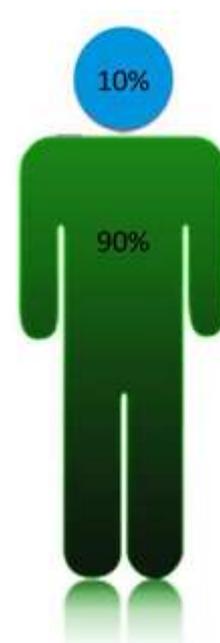
Staff are English, Dutch and German as well as one USA staff member from the Midwest so this is a multicultural course. A training of this nature has not happened in Europe before, so this will put you at the forefront of embodied work, enriching your training or coaching with a unique approach.

- **Breadth of the tutors’ experience**

Many courses involving the body are led by one guru and this means an over-emphasis on a certain perspective. This course is taught by a team with balance in mind. “Embodied” work comes from several main routes (martial arts, dance, mindfulness, spirituality, therapy and the arts) and these are all represented on this course. This broad base is unique and will produce a depth of learning unavailable elsewhere. There is a cap of 16 students and the staff-student ratio is 1:5 or less on workshops so you will receive a lot of individual care.

- **Humour, play and equality**

One element that is strongly represented in this course is a sense of lightness and play. We will use games as well as the arts, and we will have a good time learning. We are also keen that this is a training amongst equals, and we want you to bring what you already know, as well as diving into what you don't.



## 2013 Workshop Dates

The core of the course will be five intensive workshops including one retreat in Kent. Between sessions is also part of participants’ commitment as this is when much of the learning occurs.

**March** – Pre-course work - Home study

**19<sup>th</sup> – 20<sup>th</sup> April** – Foundation - Central London

**14<sup>th</sup> – 16<sup>th</sup> June** – Deepening - Central London

**8<sup>th</sup> – 11<sup>th</sup> August** – Nature-retreat, The Quadrangle, Kent\*

**NB - Includes The Samurai Game®**

**25<sup>th</sup> – 26<sup>th</sup> October** – Creativity and teaching - Central London

**6<sup>th</sup> – 8<sup>th</sup> December** – Exam and completion - Central London

**Spring 2014** – Social reunion, London



*Courses start at 10am on the first day of a workshop, 9am after, and finish at 8pm, except on the last day of a workshop when they finish at 5pm. The retreat will also include early morning and evening sessions. Expect intense sessions.*

## **Between Session Work**

The course is designed with practice and support between contact-days as an integral part to ensure depth of learning and long-term change. Participants should expect to put aside 2.5 - 3.5 hours per week for embodied practice, meditation and study, though if you are already doing a practice (e.g. yoga, karate or salsa) this can be included. This is not a course to be taken lightly - it will involve hard work emotionally, you will learn a lot practically and you will change as a person.

Between session work includes:

- supportive coaching with some of the world's best coaches  
- four sessions included, more may be booked
- peer tele-calls and reflection questions
- short videos to watch
- books to read and a free DVD
- training or coaching assignments later in the course
- practice!

This is a pass or fail course as we wish to establish a high standard of embodiment trainers and coaches in Europe. Attendance of 13 of 14 contact days and between session-work is required for graduation. If you fail the final exam or do not meet any of these criteria you will have a chance to try again next year free of charge. We will do our very best to support you in making sure this doesn't happen however and while this course is an intense challenge, it also involves strong support.

Everyone who passes will have the opportunity to become an Integration Training associate and be eligible for work through the company should they wish to.

## **\*Details of August Nature-Retreat**

To connect the individual body of participants with the "big body" of nature we are having a four day immersion in embodied practices in the countryside, at the beautiful and rustic Quadrangle:

<http://thequadrangletrust.com/>

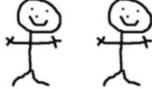
This will be a chance to live together in community, explore nature with specialist Dr Adrian Harris and music and dance with Henley Business School facilitator and professional musician Chris Tero.

Arrive the evening of 7th August to start on 8th.



## Course Content

The course brings together much of the world's best embodied content, and uniquely, from the various roots of embodiment. The course will both dramatically improve your own body intelligence and ensure you're able to pass this on to others. We will be working non-athletically with posture, breathing, movement, patterns of attention and intention, all applied practically to coaching and training. There will be a balance between exploring embodiment for deep insight into your own patterns (your foundation and the basis of personal transformation) and pragmatic tools for use with others.

<p><b>Embodied Self-Awareness</b></p> <ul style="list-style-type: none"> <li>• How am I?</li> </ul> 	<p><b>Embodied Social Awareness</b></p> <ul style="list-style-type: none"> <li>• How are they?</li> </ul> 
<p><b>Embodied Self-Management</b></p> <ul style="list-style-type: none"> <li>• Managing myself</li> </ul> 	<p><b>Embodied Social Management</b></p> <ul style="list-style-type: none"> <li>• Influencing others</li> </ul> 

## Modes Used

The majority of the course will be a blend of highly experiential non-athletic embodied learning, teaching, group coaching, discussion and private reflection. Other modes used for one workshop day or more include:

- The Samurai Game® - unique and massively engaging leadership simulation (Francis Briers)
- Relational group therapy (Michael Soth)
- Drumming and music (Chris Tero)
- Nature reconnection (Dr Adrian Harris)
- Arts and crafts
- Dancing - to suit all levels of discomfort
- Cooperative and competitive games

## Syllabus Outline

### Foundation

- Body awareness - this is fundamental
- Self-awareness - who you are as a coach or trainer
- Meditation - sitting, standing, walking - a core part of the course
- Centring - a bodily form of state management, great for managing pressure

### Theory and Models

- Integral theory - this is the framework of this course - the "I", "we" and "it" of embodiment
- A comprehensive overview of the wide field of theory and practice of embodiment
- Safety, respect and trauma - minimise dangers for yourself and clients
- How to work - put embodiment into words and what practices to use for rigorous "no-nonsense" business applications
- Being In Movement® mindbody education - integrating strength and compassion
- Yin and yang polarity
- Movement styles - influenced by Rudolf Laban
- The body and adult development
- Personality and the body - Four elements model - who are you working with?



## Applications

- Leadership presence - build impact and influence as a coach/trainer
- Embodied coaching tips and tricks
- Emotional intelligence - emotions are actions done in the body
- Embodied empathy and rapport - improve your embodied listening skills
- Confidence and assertiveness
- Body "reading" - what can you see in others?
- Linguistics and the body - asking for what you want, saying no, shaping future directions through language and more
- Creativity - explored through play, dance, music and visual arts
- Intuition and insight - going with your "gut" and helping clients do the same
- The body and spirituality - those of all or no faith welcome
- The body and the environment

## Personalised

- Extensive embodied feedback
- Support in choosing and establishing your own embodied practices for personal and professional growth
- Bespoke application support to your own area of work
- 1-1 Coaching

*+ content delivered by participants - another unique feature*

## Videos on Embodiment to Find Out More

Embodiment is best experienced and there are introductory one-day workshops coming up in Brighton, Manchester, Antwerp and Berlin (please email for details), but seeing it at work is also useful. There have been 1/2 a million hits on the Integration Training Youtube channel and these videos are the best of the bunch:

This series of videos is very popular and a good introduction to embodiment and leadership  
<http://www.youtube.com/watch?v=FocbzSag7qg>

Animation on the body and business  
<http://www.youtube.com/watch?v=m0Yq04eOj18>

Slideshow (HR focus)  
<http://www.youtube.com/watch?v=kQ2B46PGsGc>

Cute one:  
<http://www.youtube.com/watch?v=sCSCVSB7KcY>

Culture and the body  
<http://www.youtube.com/watch?v=IQuFNvkPjik>

Intriguing "proof" from watching people on the sea-front  
<http://www.youtube.com/watch?v=K5CUKznWfsc>

On gender and embodiment  
<http://www.youtube.com/watch?v=VHo3EViZrDY>

Embodied listening  
<http://www.youtube.com/watch?v=F5CjNuOx-Ao>



## Course Leaders

**Core Staff** - Mark Walsh (UK), Rev. Francis Briers (UK), Anouk Brack (The Netherlands) and Dr Paul Linden (USA)

*NB: there will be at least two leaders for each weekend workshops. Paul will be present at the nature retreat and the final long-weekend. Mark will be present throughout*

**Specialist Staff** - Michael Soth (body-psychotherapy), Chris Tero (music) and Dr Adrian Harris (nature connection), + one arts and creativity trainer to be announced

*Each present for one or more days*

**Coaching Support Team** - Joolz Lewis (London), Rowan Gillies (London), Aboodi Shabi (London,) Curtis Watkins (New York)

*NB - You will have some choice in your coach from this group and the core staff*

Between them, the staff have over 150 years of embodiment training and have studied many body practices such as:

- Martial arts including aikido (two black belts), tai chi, capoeira and karate (two black belts)
- Feldenkrais, massage, yoga and many other health practices
- Dance forms including Five Rhythms, Contact Improvisation and tango
- Theatre and improvisation
- Body psychotherapy
- Meditation, spirituality and mindfulness - numerous forms from many traditions

**The breadth and depth of embodied experience on this team is unparalleled.**

Some courses may come from martial arts, or meditation, or dance, or therapy, or theatre, but none include all these aspects. The coaching team includes some of the most qualified and experienced coaches in the world.

## Mark Walsh - Course Director, Co-lead

- 16 years of aikido training and teaching on five continents. Black belt
- Bsc (Hons) Psychology
- Extensive training and facilitation experience with organisations worldwide, including Unilever, Virgin Atlantic, NHS, The Institute of Development Studies, The Natural History Museum, Liberty Global and The Army of Sierra Leone
- Experience of embodied resilience training and peace-building in numerous areas of conflict
- Residential training in somatics (the study of the conscious body) and Embodied Leadership at Strozzi Institute, California, with Wendy Palmer and with Uzazu founder DylanNewcombe in The Netherlands.
- Experience of training in numerous other physical systems such as yoga, tai chi, Feldenkrais, flamenco, tango, contact improvisation, jiu-jitsu, MMA and Five Rhythms
- Training in integral theory (Ken Wilber et al)
- Four years in the outdoor education industry training climbing, abseiling, team building, orienteering, fencing, archery, snowboarding, trampolining and leadership
- Nine years Non-Violent Communication training, including study with NVC founder Marshall Rosenberg, and pioneering work with "Embodied NVC"



- Training in the linguistic coaching system of Fernando Flores
- Coach training with several organisations - most recently with Newfield who he now teaches embodiment for and with Consciousness Coaching
- Numerous mindfulness training courses and meditation retreats
- Writes Google #2 ranked [www.integrationtraining.co.uk/blog](http://www.integrationtraining.co.uk/blog) management training blog, hosts #1 training Youtube Channel and is one of the most "followed" trainers on Twitter worldwide (33,000+ followers)

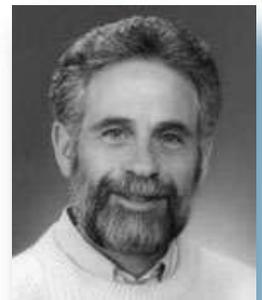
## ● Rev Francis Briers - Co-lead

- Over 12 years experience facilitating groups, coaching individuals and designing and running trainings, much of that including an embodied approach to the work
- Has worked with embodiment and leadership with groups across private, public, and third sector and with participants from every continent. Recent clients include: Hewlett Packard, HSBC, LexisNexis, and The Global Leaders Academy
- BA (Hons) Theatre Arts (Acting) from one of the UK's top drama schools
- Over 10 years in theatre including physical theatre, dance and movement, voice work, and mask, and later teaching theatre to Diploma level
- 3rd Dan Black Belt in Kodo Ryu Karate, and qualified instructor
- Over 16 years training in various martial arts including Karate, Tai Chi, Capoeira, Iaido, and Medieval weaponry
- Trained in various forms of chi gung
- Founder of the "Somatic Presence" system of training in embodied awareness
- First and currently only person in the UK Certified as a Samurai Game® facilitator
- Qualified Hawaiian Temple Style massage practitioner
- 13 years training in Five Rhythms® movement practice
- Over five years training in Shamanic Healing, and training and ordination as an Interfaith Minister and spiritual counsellor bringing a deep exploration of the dialogue between body, spirit, and nature
- Over 17 years exploring meditation including dynamic, standing, and walking meditation
- Author of 3 books on personal and spiritual development



## ● Paul Linden - Trainer

- Body awareness educator
- 42 years in the field
- Developer of Being In Movement® mindbody education
- Founder of the Columbus Center for Movement Studies / Aikido of Columbus
- Ph.D. in physical education
- Instructor Feldenkrais Method® of somatic education
- Member of the international facilitator team for MaleSurvivor Weekends of Recovery (MaleSurvivor.org)
- Extensive experience teaching people such as musicians, athletes, pregnant women, computer users, adult survivors of child abuse, and children with attention disorders.
- Sixth degree black belt in aikido
- First degree black belt in karate
- Author of a number of e-books, among which are: *Winning is Healing: Body Awareness and Empowerment for Abuse Survivors* and *Embodied Peacemaking: Body Awareness, Self-Regulation and Conflict Resolution*



[www.being-in-movement.com](http://www.being-in-movement.com)



## ● Anouk Brack - Trainer

- MSc in Biology (Wageningen University) specialised in neurobiology
- Leadership Embodiment and Intuitive Intelligence expert
- Accredited Leadership Embodiment and Conscious Embodiment teacher (Wendy Palmer Teacher Training - Embodiment International)
- 12+ years professional skills (presentation, negotiation, team communication) trainer at Wageningen University. Currently teaching the courses: Integral Leadership for Sustainability, Intuitive Intelligence and Consultancy Skills
- 5+ years freelance communication skills trainer and authenticity with effectiveness coach
- Worked for Dutch Authority for Financial Markets, Erasmus University Hospital, Deltion College, Heineken, Berenschot, Dutch Governmental Agency
- Founder and co-director of Experience Integral
- Accredited coach (Foundation level by European Mentoring and Coaching Council - EMCC)
- Experience: improvisation theatre, energy reading, aikido, tango, mindfulness, theory and application of integral approach (Ken Wilber, Barrett Brown, Peter Merry), facilitation & Art of Hosting



## ● Dr Adrian Harris - Nature Connection Facilitator

- Experienced researcher and workshop facilitator
- Ecopsychologist: Working with the natural environment to catalyse change
- Leading embodied cognition researcher: Published in 10 books and journals; presentations at numerous international conferences
- Editor of Embodiment Resources
- NLP trained to Practitioner level
- Certified Core Energy Management Trainer
- Personal development training includes Being in Movement (Paul Linden), conflict resolution, emotional intelligence and wilderness awareness



## ● Chris Tero - Music Facilitator

- BA (hons) in Related Arts (Chichester University)
- Working in corporate sector since 1997
- Associate facilitator at Henley Business School 1997- date
- Post Grad from the Laban Centre for Movement and Dance
- Professional musician since 1990
- Studied traditional dance and music in Senegal (1992)
- Member of West African dance company (95-98)
- Leads drumming and team building workshops
- Currently involved in CSR/Community Engagement projects



## ● Michael Soth - Body Psychotherapy Facilitator

- UKCP registered Integral-Relational body psychotherapist
- Trainer on counselling and psychotherapy training courses since 1987
- Recognised as one of the Europe's leading body psychotherapists
- Ex training director at the Chiron Centre for Body Psychotherapy
- Founding member of COMMUNITAS providing training events in Group and Organisational Leadership



## ● Curtis Watkins - Coach

- Professional qualifications include Certified Master Somatic Coach by the Strozzi Institute
- Master Certified Coach (MCC) International Coach Federation
- 25 years of experience in the field of adult education
- Experience of working with mid-size to Fortune 500 companies on vision, mission, strategic planning, team building, sales, marketing, goal setting, effective meetings, communication, coaching and long term behavioural change
- Designed executive coaching programs for top-level executives
- BA history Emory University



## ● Rowan Gillies - Coach

- Over 20 years industry experience across banking and law sectors
- In the corporate world since the 1990s, adept versatility as coach-consultant-confidante, facilitator, designer, trainer and/or mediator, serving cross-sector corporate leaders & coaches globally
- Training in "Immunity to Change" Coach (Harvard – Ongoing)
- MSc in Coaching/Consulting for Change (Oxford Said Business School & HEC Paris)
- Accredited by International Coaching Federation
- Potentially the world's most technically-qualified developmental coach, trained in a plethora of leading-edge values/culture, leadership developmental, organisational systems, peak performance technologies. See partial list above
- Member of NeuroLeadership Institute and the IAPP CAPP positive psychology institutes
- LLB, Dip Arb, CEDR Mediator, Solicitor, Attorney



## ● Joolz Lewis - Coach

- Independent consultant, coach & mentor - "The Corporate Hippy", a powerful combination of corporate head and a hippy heart
- Fifteen years of combining business consulting expertise with yoga philosophy
- Delivers high-performance programmes in small, medium and large-sized organisations
- Ability to bridge strategic thinking and operational execution with emotional intelligence
- Manages change and transformation programmes, culture creation, executive coaching and performance management programmes
- Extensive cross-functional business experience across multiple sectors, together with high spiritual and emotional intelligence delivers results, while having fun along the way



## Aboodi Shabi - Coach

- Head of coaching and training for Newfield Network
- Professional Certified Coach through International Coach Federation
- Widely recognised as a pioneer and leader in the UK and European Coaching community, he was a founding co-President of the UK ICF
- Has worked in the field of personal development for over twenty years, and in coaching since 1996
- Regular speaker on coaching at international events
- Association for Coaching Conferences in London
- Deep interest and passion around intercultural connections and conversations



## Investment

£2500 - early booker (before Jan 31st) - one payment  
£2950 - standard rate, payable in two payments; or  
£250 per contact-day - pay as you go (£3500 total). £500 deposit books a place

## What You Get

A professional qualification and set of new skills you can employ in your work  
Deep and lasting personal development  
Entry into a dedicated community of practitioners

## Included:

### *Pre-Course*

Pre-course personality assessment metric, reading materials, videos and support

### *During*

All training  
Learning materials  
Two Books and a new embodiment DVD  
Food and accommodation during the August retreat  
Four coaching sessions, with a choice of some amazing coaches.  
More sessions can be purchased

### *Post-Course*

Post-course personality assessment metric  
20% reduction on all Integration Training courses and involvement in the IT community  
The opportunity for associate work with Integration Training

## Next Steps

Contact us with any questions you have - 07762 541 855

[mark@integrationtraining.co.uk](mailto:mark@integrationtraining.co.uk)

**OR** complete the application form below and send this to us for consideration



**Application Form**

- copy and insert into an e-mail

We will be accepting 16 people only onto this course to ensure maximum personalised learning. Please complete the following questions and mail this back to us at – [mark@integrationtraining.co.uk](mailto:mark@integrationtraining.co.uk):

**Name:**

**Address:**

**DOB:**

**Contact Number:**

***What is your embodiment training, experience and current practice? E.g. "3 month yoga teacher in Kerala training, aikido twice per week."***

***What is your relationship with your body?***

***What is your training and coaching training and experience?***

***What do you hope to get from this training? What has attracted you to it?***

***What do you think will be your biggest challenge on this training?***

***Are you happy to commit to 2-3 hours practice per week? E.g. one yoga class, 30min home study, meditation for ten minutes 4 times per week.***

***Do you have any current mental or psychological health issues that would affect your participation?***

***How would you like to pay for the course?***

***Any Questions for us?***

Integration Training – Bank transfer details

Nat West Bank  
Account no: 18653103  
Sort code: 60-24-77  
IBAN: GB88NWBK 60-24-77 18653103 SwiftBIC: NWBK GB 2L

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