

Introduction to Leadership Embodiment Light On The Hill (2/27-3/1/2026)

Presented by Graham Hall
Workshop Facilitator/Leadership Coach

Training your body and mind
to access your greatest potential





Energetic LEADERSHIP COMPETENCIES

1 | INCLUSIVENESS

The message WE ARE IN THIS TOGETHER

2 | CENTERED LISTENING

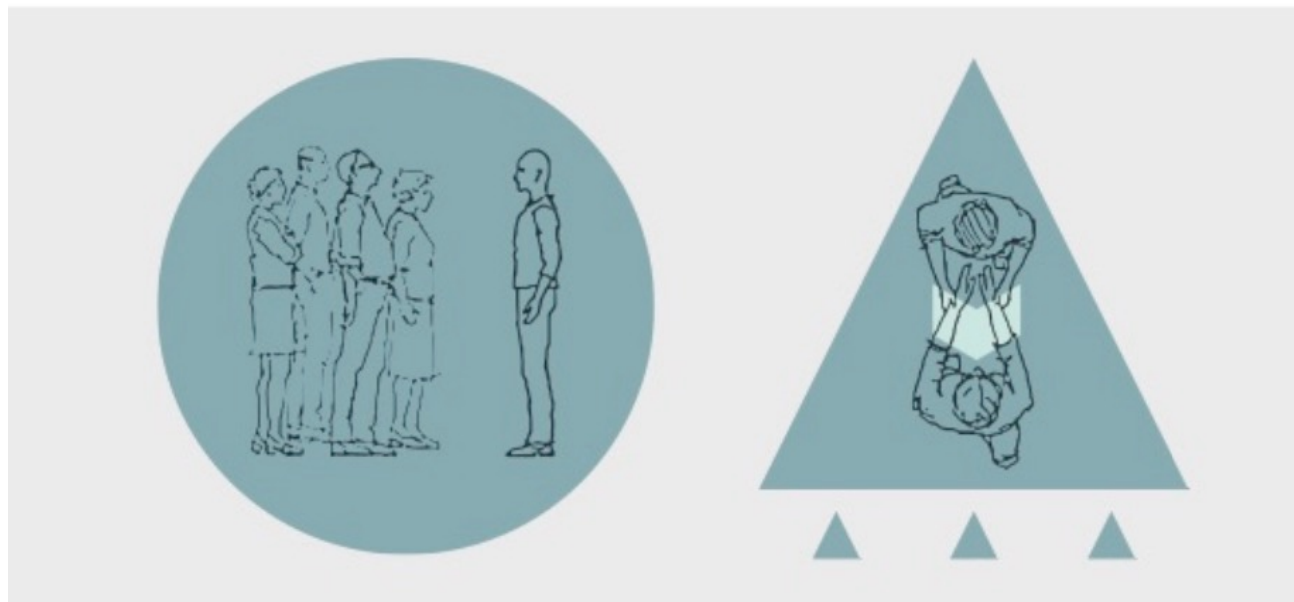
Listening WITHOUT TAKING IT PERSONALLY

3 | SPEAKING UP

Taking a stand with CLARITY & PRECISION

How the way we sit and stand can change the way you think and speak.

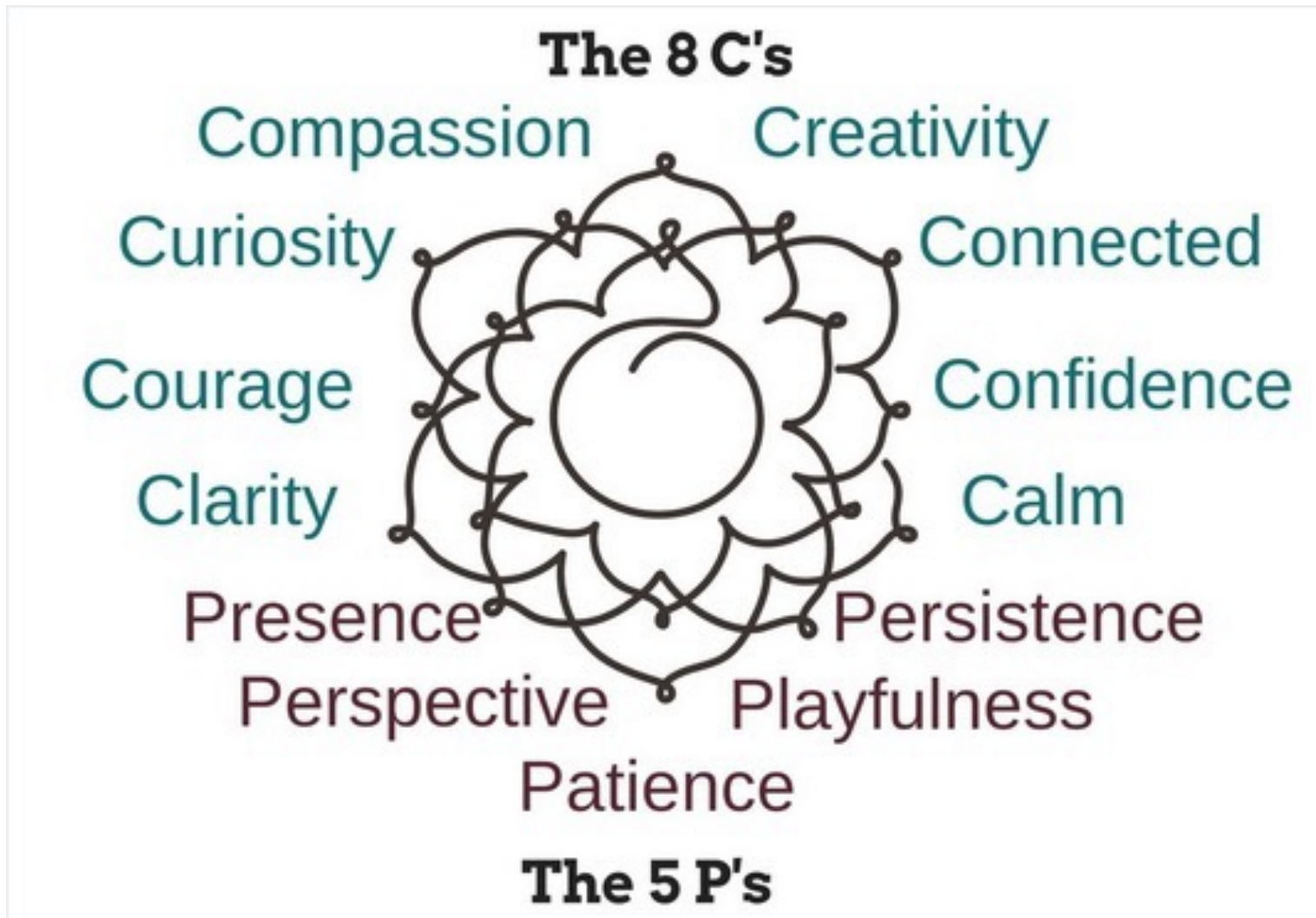
Non verbals are at least 70% of communication.



INCLUSIVENESS
COLLABORATION

EMPOWERMENT
SPEAKING UP / TAKING A STAND

Qualities of Center/Self



From: Internal Family Systems (IFS) – Dick Schwartz

Four Part Centering Practice including a quality

1. **Uplift** – align with the vertical
2. **Balance** your energy
3. **Settle** – relax your shoulders and jaw
4. **Inquire** – what would it be like to be a little more at ease (or whatever quality you choose)?

Short Form Centering for daily practice

1. **Uplift**
2. **Expand**
3. **Settle**

Repeat at least 8 times a day to build your capacity to be present and centered in your flow state.

Ecological, biological, and social systems are homeostatic in order to maintain stability. These systems oppose change with every means at their disposal. In his book, *Walking on the Edge of the World*, George Leonard beautifully describes why this is so.

" ... this homeostatic tendency, mediated by countless feedback loops, deserves our praise before our blame, since it makes for stability and survival. But there are times when, in response to new challenges, systems need to change. At those times, it's essential that we at least understand that the built-in resistance is proportionate to the scope and speed of the change, not necessarily to whether it's ultimately adaptive or maladaptive."

Homeostasis is why even when you know you should be more open, kind, and relaxed, and stress occurs, you still constrict and revert to your baseline personality pattern. Each of us reacts with our personal version of control, approval and safety.

"The electron-scanning microscope, with the ability to magnify several thousand times, takes us down into a realm that has the look of the sea about it... As the magnification increases, the flesh begins to dissolve. Muscle fiber takes on a crystalline aspect. We can see that it is made of long spiral molecules in orderly array. And all of these molecules are swaying like wheat in the wind, connected with each other and held in place by invisible waves that pulse many trillions of times a second.

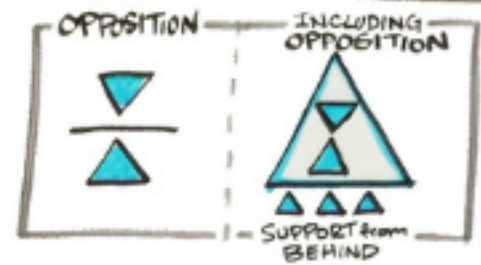
And what are the molecules made of? As we move closer, we can see atoms, the tiny shadowy balls dancing around their fixed locations in the molecules, sometimes changing position with their partners in perfect rhythms. And now we focus on one of the atoms: its interior is lightly veiled by a cloud of electrons. We come closer, increasing the magnification. The shell dissolves and we look on the inside to find ... Nothing. Somewhere within that emptiness we know is a nucleus. We scan the space, and there it is: a tiny dot. At last, we have discovered something hard and solid, a reference point. But no! - as we move closer to the nucleus it, too, begins to dissolve. It too is nothing more than an oscillating field, waves of rhythm. Inside the nucleus are other organized fields: protons, neutrons, even smaller particles. Each of these, upon our approach, also dissolves into pure rhythm. Of what is the world made? It is made of emptiness and rhythm. At the ultimate heart of the body, of the world, of the universe, there is no substance. There is only the dance.

George Leonard – The Silent Pulse (from - Leadership Embodiment – Wendy Palmer and Janet Crawford - Page 29)



LEADERSHIP EMBODIMENT

NON-VERBALS ARE 70% OF COMMUNICATION.



LEADERSHIP EMBODIMENT

RECOVERY UNDER STRESS



Key

TESTOSTERONE HORMONES

CONFIDENCE & EMPOWERMENT



INCREASED TOLERANCE FOR RISK



THE "ALLIGATOR" BRAIN
MUSCLES CONTRACT
FOCUSES ATTENTION
SHUTS DOWN MEMORY

OXYTOCIN

CONNECTION & WELLBEING



SOCIAL INSTINCTS
PHYSICAL TOUCH
STRENGTHENS RELATIONSHIPS
CARING EMPATHY

CHANGE the BODY... CHANGE the MIND!

LEARNS THRU REPETITION & PRACTICE

LEARNS THRU INFORMATION & EXPERIENCE

Working Together – David Whyte

We shape our self
to fit this world

and by the world
are shaped again.

The visible
and the invisible

working together
in common cause,

to produce
the miraculous.

I am thinking of the way
the invisible air

passed at speed
round a shaped wing

easily
holds our weight.

So may we, in this life
trust

to those elements
we have yet to see

or imagine,
and find the true

shape of our own self,
by forming it well

to the great
intangibles about us.

from [The House of Belonging](#)
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