



The pace of change, enlisting others who don't have to follow, doing more with less: pressures such as these require high levels of agility and emotional intelligence for today's leaders to be successful. Trying to build these traits through talk, thought or trial and error is slow and often ineffective. But working with the whole leader and four energy patterns that run through the whole mind-body system vastly improves results.

In *Targeting Your Leadership Energy*, participants gain more than self-awareness, but also learn how to develop self-regulation, empathy and change agility. They learn about their own leadership energy, how they can better leverage their strengths, how to shift their energy as needed, and reclaim more of their whole self. We didn't invent embodied leadership; we just show how to do it.

Learning Outcomes:

- Experience the energy patterns, how each is essential, and how to enter and empathize with each
- Learn pattern preferences and implications for work and leadership
- Build agility by knowing how to access each pattern and target energy appropriately
- Build a practice to develop any pattern needed for greater effectiveness

Audience: First line managers through general managers, those who lead through influence

Prework: Complete the FEBI online (15 minutes), which measures preferences for the 4 energy patterns

Format: 1/2 day, in person

Contact: emily@zenleader.global

from workshop participants:

"This training was the first training in which I really got how I show up as a leader and how I can better manage my own energy to be more effective."

"The workshop changed the social meaning of energy in the workplace. Now I have four lenses on all the time and am valuing all of them."

Targeting Your Leadership Energy

This interactive, FEBI-based workshop builds leadership agility and emotional intelligence from inside out. It helps leaders work with their own nervous system, learning which energy patterns they favor, and how to shift into any pattern that aligns with needed outcomes.



Most leaders have heard again and again of an area where they could be more effective, but find it hard to change. This workshop gives them physical ways to expand their capability, build empathy, and embody the change they want to be.