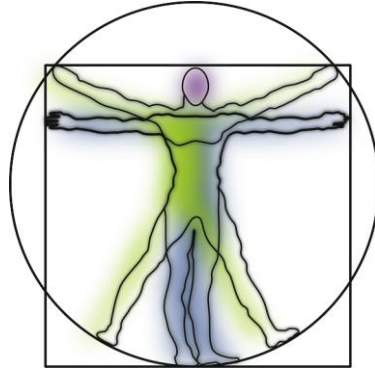


OUT OF YOUR HEAD – AND INTO YOUR POWER!

*May what I do flow
from me like a river,
no forcing and
no holding back.*

RAINER MARIA RILKE



How many times have you:

- Been excited about a new goal or possibility yet were stumped by how to make it happen?
- Taken a superb training or development program with exceptional content, only to have all the great ideas get lost when you returned to your busy life?
- Shied away from receiving critical feedback though you knew you could learn something from it?
- Gotten stuck in a familiar rut (or two) when you tried to implement a new plan, practice, or idea?

Out of Your Head and Into Your Power will show you why these things have happened and give you a straightforward solution you can use immediately to get beyond them. You will learn how to use both your mind and body to get past the unconscious limitations that have kept you from coming into your power as a person and a leader.

We promise that you will leave this course with practices that will produce UNPRECEDENTED AND SUSTAINABLE RESULTS in both your professional and personal life.

In this full-day session you will:

- Gain access to powerful, effective new ways of thinking, taking action, and leading.
- Reframe and resolve the problems and obstacles you face.
- Develop and deepen your leadership presence.
- Begin to translate your ideas into breakthrough action in an area of life that is important to you.

Out of Your Head and Into Your Power is designed for anyone who needs to accomplish through others and be an effective and compelling leader.

October 23, 2014
10 AM to 5 PM
Redwood City, CA

Cost \$995

To register, click [HERE](#), or go to <http://bit.ly/1p8ZMiK> or call us at the Institute for Women's Leadership
415-331-3222

HOW DOES THE PROGRAM WORK?

Out of Your Head and Into Your Power is grounded in two powerful practices: Contextual Leadership™ and Somatics:

CONTEXTUAL LEADERSHIP™

The transformational work of [Contextual Leadership](#)™ allows you to reveal to yourself the limiting, unconscious beliefs that have been impeding your leadership and your life. It shines a light on your personal blind spots in a way that enables you to authentically choose a new mindset, a broader context that will free you to rise to a new level of effectiveness.

SOMATICS

Soma is a Greek root meaning “the living body in its wholeness.” In other words, it works with the whole self: the mind, emotions, physical sensations, and the energy or spirit.

In this program you will learn how to tune into the wisdom of the body in a way that will allow you to have a more calm and centered presence in stressful situations. It will also enable you to take on practices that produce powerful results in both your personal and professional life.