

# THE EMBODIED LEADERSHIP COACHING PROGRAMME

Manu Henrard

## The Leadership Challenge

**85% of leaders expect their business to change more in the next five years than the past few decades combined.**

Many of today's senior executives know the qualities they need to be great leaders in this fast changing world: presence, commitment to a noble purpose, courage, accountability and a high level of integrity and authenticity. But figuring out how to embody those qualities, particularly when they are under pressure, can be more complicated. The Embodied Leadership Coaching Programme helps you bridge this gap between knowledge and skilful action.

## Aligning purpose with masterful action

**According to neuroscience, the somatic approach is actually the most direct route to developing the behavioural and interpersonal skills that exemplary leaders share.**

Somatic coaching focuses on the whole body and the idea that much of our behaviour is influenced by what happens inside us. The approach integrates techniques inspired by neuroscience, mindfulness, martial arts and social psychology.

The framework of this program is adapted from a model which was originally developed by Richard Strozzi-Heckler.

## Choice follows awareness

Actions of exemplary leaders should align with what they really care about. For this to happen, leaders must deepen their self-awareness and engage with all aspects of themselves – body, emotion, mind and spirit – to find meaning and identify the behaviours that no longer serve them. Only then can they begin to reprogramme themselves so that old habits are replaced by new and more effective actions.

The Embodied Leadership Coaching Programme helps you increase your performance and achieve inner peace by using a somatic approach to leadership development.

**“ I started coaching sessions with Manu hoping to solve business issues. I ended up with much more powerful, creative and efficient solutions than I had first in mind. Those helped me work with more serenity and brought me to a higher level of management.**

**Valerie Pierre**

COO, Marketing and Operations Director, Microsoft Belux

**“ Manu made me dig deep to understand what I needed to do or do better: to align my emotions, my body and my actions; Each session was a step in the right direction and helped me to be a better leader.**

**Olivier Deutschmann**

Former CEO, Alcomotiv

## Exemplary leadership through awareness and practice

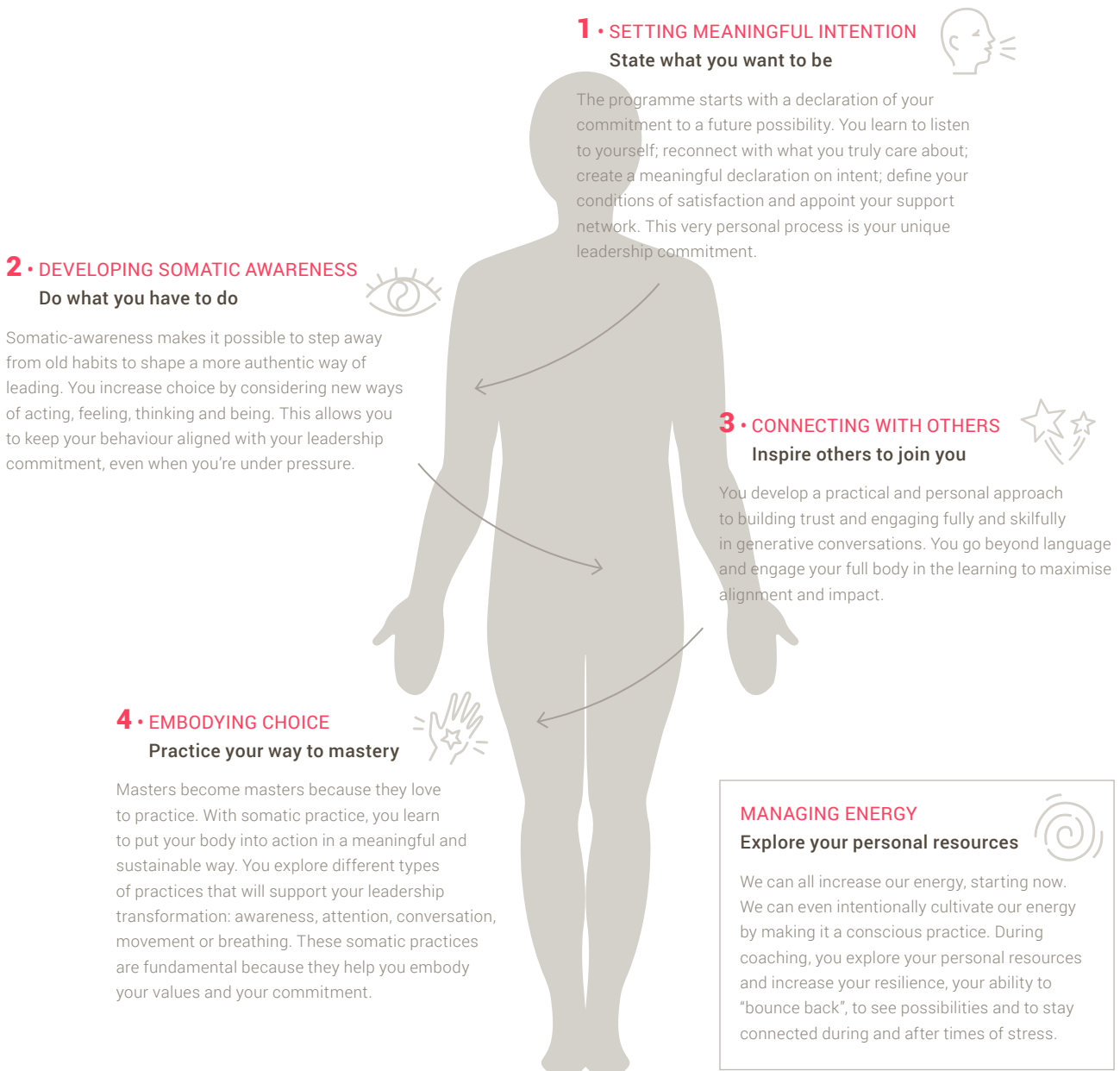
The 6-8-month coaching journey combines meaningful conversation with interactive exercises in self-observation and self-empowerment. You will use creative thinking and healthy practice, as well as rigorous behavioural work to lead you to fresh perspectives and rewarding new patterns of action.

Sessions take place on a monthly or bi-monthly basis – in person or by Skype – and last for approximately 1.5 hours.

“ True leadership comes from engaging every aspect of our identity – mind, body, emotions and spirit.

**Manu Henrard**  
Executive coach

## The programme may include the following components:



## Benefits

Embodied leadership coaching is a journey of self-exploration that is designed to:

- **Deepen your approach to learning** by integrating your body, emotions and mind as equal sources of information
- **Explore who you are** and who you want to become
- **Guide you towards the qualities** that will make you an effective and inspiring leader
- **Teach you to understand your state of mind**, how you feel and how you approach problems in order to act skilfully and meaningfully even in times of troubles
- **Develop personal life practices** to support your journey towards exemplary leadership.

Through this programme, you learn to lead with authenticity, manage effectively through conflict, balance conflicting priorities, listen and share leadership, increase impact, and build resilience to the pressures of the modern business environment. All this through self-mastery and disciplined practice.

## About Manu Henrard



I am a Leadership Executive coach, recruiter and entrepreneur. I founded Ninedots in 2010 with the personal ambition to combine meaningful productivity and inner peace.

Today, my purpose is to help leaders increase performance and well-being through self-mastery.

Beside my Master degree in Business Management from Solvay Business School and my Post-Master degree in International Management at the Brussels University, I am a Certified ICF Coach (PCC), an Ontological Coach from Newfield Network (NCC®) and a Somatic Coach from Strozzi Institute (SISC®).

My methods are strongly inspired by Strozzi institute "embodied leadership" work and are grounded in my own extensive experiences in coaching and business. My work is also deeply influenced by my own joyful journey of personal and spiritual growth.



## Who should participate?

Participants are people who are operating at or near the top of their organisation. They're strong, driven, ambitious leaders with high expectations, both of themselves and others. They want to access their full potential, as leaders and as human beings, and see coaching as a way to enhance their performance.

Let's start a conversation !

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