

EMPOWERING THE INTANGIBLE

WORKSHOP

Dance n Leadership

A moving journey into the meaning of contact, trust, presence and followership in leadership and professional practice

Dance and movement has the ability to open our senses and gives us the possibility to explore the continuum of followership and leadership. This workshop will be a moving journey into the core elements of embodied leadership and non-verbal communication. We will explore how simple and joyful elements from dance can intensify and train body awareness, presence, trust and contactability. We will lead and be lead. We will explore how embodied communication can reach and empower the intangible. We will let music and easy communicative movements teach us how to hold, share, and create a space together.

In recent years, there has been a heightened awareness on the connection between embodiment and leadership. We cannot stop moving. The flow of words can be stopped, but the body is always in movement – always communicating. The language of the body is the first and most essential language of the human being. In all human relationships the language of the body is both a universal and socially and personally toned mother tongue, which follows us throughout our lives. Thus, the language of the body is of great importance for self- awareness, authenticity, energy, empathy, presence and communication reading in leadership.

This workshop builds on the practice-interventions, the methods and the results from several research projects about *The Language of the Body in Leadership and Professional Practice*. These examined how movement and the senses may be used when training embodied leadership competences. The projects have a wholeness oriented movement psychological and phenomenological approach and have been carried out in various educational settings in Copenhagen e.g. in leadership courses, teacher education, university education, nurse education and various postgraduate contexts with different types of professionals. This workshop will be an

explorative and moving journey into the multilayered research field, the workshop participants experiences and theoretical core concepts from the research.

Everybody can participate. You can wear your normal clothes.

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