

# **BECOME A NOUSENS PIONEER**

## **Exclusive Training for Team Leaders: Dive Deep into the Art of Embodiment with the Embodiment Leadership Method “Learn By Feeling”**

In TODAY's challenging business landscape, leaders are facing an increasing number of challenges: overactivity and increased pressure, confusion and complexity, power struggles, the need for accurate and increasingly rapid **responses**, the need to mobilize oneself and teams over the long term despite exhaustion and disengagement... These challenges put everyone to the test and demand the acquisition of new skills. To thrive in this environment, a new approach to leadership is essential.

At NOUSENS, we recognize the transformative power of embodiment and somatic practices, especially when integrated into leadership and team dynamics. Embodiment work is rooted in the understanding that our bodies are not just vessels but deeply integrated systems where emotions, thoughts, and sensations intersect. This approach is backed by **the groundbreaking Polyvagal Theory by Dr. Stephen Porges**, which highlights the connection between our physiological state and our emotions, behaviors, and overall well-being. By tapping into this interconnectedness, leaders can harness a deeper, more intuitive understanding of themselves and their teams.

As the corporate world evolves, leaders who pioneer these practices will be at the forefront, heralded as visionaries who understood the profound impact of these methodologies on team performance, cohesion, and overall organizational health.

### **Why is it crucial for you as a leader?**

**Personal Growth:** Cultivate a deeper understanding of yourself, enhancing your leadership capabilities and decision-making skills.

**Innovative Leadership:** Stand out as a forward-thinking leader, bringing cutting-edge practices to your team and organization.

**Resilience:** Harness the power of somatic practices to navigate challenges with grace, clarity, and resilience.

### **Benefits for Your Teams and Organization:**

**Enhanced Team Dynamics:** Foster an environment where team members are more in tune with each other, leading to improved collaboration and reduced conflicts.

**Increased Productivity:** Teams that are in sync and can regulate their emotions are more focused and efficient.

**Employee Well-being:** Promote a culture of well-being where employees feel understood, valued, and aligned with their body and mind.

**Organizational Growth:** Companies that prioritize holistic employee development often see increased innovation, reduced turnover, and improved overall performance.

### **Why Be a NOUSENS Pioneer:**

**Pioneering Leadership:** Be recognized as a visionary, leading the charge in integrating embodiment and somatic practices in the corporate world.

**Community Support:** Join a network of like-minded pioneers, sharing insights, challenges, and successes.

**Continuous Development:** Access to exclusive resources, workshops, and training sessions to further enhance your leadership skills.

**Call to Action:** The future of leadership is holistic, encompassing both mind and body. Be at the forefront of this transformative movement. Become a NOUSENS Pioneer and lead your teams and organization into a new era of growth and well-being.

**Embodiment Leadership Method “Learn By Feeling”** goes beyond traditional approaches and focuses on developing a strong sense of self-awareness, emotional intelligence, and an embodied presence.

It empowers leaders to navigate complexity, maintain focus, and make impactful decisions while managing stress and pressure. By developing a deep connection between mind and body, leaders can tap into their innate wisdom and resourcefulness to lead effectively in the face of uncertainty.

### **Educational Objectives**

Acquisition and Development of Skills In this training - we will focus on acquiring and developing a range of essential skills that will enhance your presence and leadership abilities, leading to greater individual and collective performance. By owning these skills, you will have more impact while exerting less effort. Throughout the program, you will cultivate stability, congruence, openness, power, and self-confidence, enabling you to navigate challenging situations with ease.

The NOUSENS training for Pioneers will empower you to develop a quality of presence that taps into your full potential of intellectual, relational, emotional, and creative intelligence, particularly in high-pressure and stressful environments. The skills you will acquire include:

### **Level 1 | EMBODIMENT SKILLS**

SKILL	MY GOAL
Intention	I clarify and express my purpose and goals with clarity and purpose.
Empathy	I deepen my ability to understand and connect with others' emotions and perspectives.
Presence	I cultivate a state of being fully present and engaged in every present moment.
Resilience	I develop the capacity to bounce back from setbacks and adapt to changing circumstances.
Adaptability	I enhance my flexibility and ability to adjust to new situations and challenges.
Authenticity	I embrace and express my true self, aligning my actions with my values and beliefs - taking into consideration my environment.
Collaboration	I foster effective collaboration and teamwork, leveraging the strengths of individuals to achieve collective goals.

**Level 2 | EMBODIMENT SKILLS**

Intuition	I develop and trust my intuitive abilities to make informed decisions and navigate complex situations.
Breath Control	I harness the power of conscious breathing to manage stress, increase focus, and regulate emotions.
Body Awareness	I deepen my understanding of my body's sensations, movements, and postures, allowing for greater self-awareness and self-expression.
Sensory Awareness	I heighten my awareness of the senses and leverage them to gather information and enhance communication.
Emotional Regulation	I learn techniques to recognize and regulate my emotions, maintaining emotional balance in challenging situations.
Intercultural Competence	I develop the skills necessary to navigate cultural diversity, understanding and appreciating different perspectives.
Non-Verbal Communication	I master the art of non-verbal communication, utilizing body language, gestures, and facial expressions to convey messages effectively.

Throughout the training, you will engage in experiential exercises, discussions, and practical applications to fully integrate these skills into your leadership approach. By the end of the program, you will be equipped with a robust toolkit that will support you in becoming a more effective and influential leader in various contexts.

The NOUSENS toolkit enables you to express the basic qualities of authentic leadership in any situation:

1. Stay centered and creative in the face of difficulties, uncertainty, and stress.
2. Listen to and include others, regardless of who they are.
3. Express your intention and what matters to you with impact.
4. Lead with power and flexibility.

The NOUSENS method, known as **Embodiment Leadership “Learn By Feeling”** was developed by Elodie Attias Embodiment Leadership Coach and Aurelie Brisac Change Management Coach. Based on somatic intelligence, it is an innovative and practical approach to maintaining high levels of performance while expending less effort.

The training covers various key management situations, including:

- How to engage in relationships
- How to lead a team
- How to respond to negative feedback
- How to maintain your point of view
- How to receive different perspectives
- How to handle oppositions
- How to deal with setbacks, crises, and challenges

At the end of the training, you will be able to:

- Develop warm and powerful leadership through the use of presence techniques.
- Identify and overcome limiting behavioral patterns through somatic exploration.
- Discover strategies for achieving greater impact with less effort.
- Learn a centering process for self-regulation in high-pressure situations.
- Utilize the resources of space to effectively express your values and intentions.
- Continuously develop and cultivate the leadership qualities that matter to you.

At the end of the training, You will receive

**The Embodiment Leadership “Learn By Feeling” Certificate for NOUSENS PIONEER**

**BOOK A CALL WITH AURELIE BRISAC**

NOUSENS CO-FOUNDER & CHANGE MANAGEMENT COACH

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