

# The Practice of Sustainable Leadership

## Increase Your Impact: Influence With Integrity

Can you build a sustainable business without sustainable leadership?

**We don't think so.**

Sustainable leadership is the capacity to co-create a future in which people, organizations, and ecosystems all continually thrive. In the current climate of economic and environmental breakdown, the moment is ripe for courageous and committed leaders to step forward and take a strong stand for creating sustainable businesses.

As one of these leaders, you need the strongest possible ability to enlist others in your ambitions and influence the future toward your aims, so that positive responses to current circumstances take root and thrive.

Your primary source of power as a leader comes not from position or rank or technique, but from the qualities that enable you to connect, inspire, and engage.

**Taking bold action for sustainability is not a technical issue so much as it is a leadership issue.**

Strong leaders have an ability to step into challenging times with bold confidence and directional clarity in addressing unexpected surprises and creating new possibilities. They have the ability to build coalitions of support across diverse stakeholder interests, personality conflicts, and resistance. They have the creativity, innovation, persistence, and flexibility to successfully bring a new, generative and more sustainable way of life into being.

**And we can show you how to become one of them.**



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**Chicago, IL – Friday  
October 9, 2009**

**Portland, OR – Friday  
December 4, 2009**

**9 AM to 5 PM**

Early Registration \$275  
< 3 Weeks Prior \$350

**Space limited to 25...  
Register today!**

630.368.0122  
503.287.7785 or  
embodysustainlead  
@gmail.com

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The starting point for a better world is the belief that it is possible.

~ Norman Cousins

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## Unique Approach

Join us in building your capacity to communicate and influence with integrity in this one-day introduction to the crucial leadership skill of somatic intelligence.

Somatic intelligence gives rise to the emotional and social intelligence that sets exemplary leaders apart. It will increase your capacity to take care of the fundamental human concerns that sustainability aims to address: economic, ecological, and social health and well-being.

Our training goes beyond theories and models, using training methods grounded in the latest research in neuroscience to teach you to take action in a new, different, and more effective way. These actions can only be learned and eventually embodied through experience and practice. This workshop will introduce you to new practices in both verbal and non-verbal communications that you can take back to the office and begin using immediately.

## Learn To...

- Build a stronger, more powerful leadership presence
- Develop your ability to influence and persuade with dignity and respect
- Communicate powerful requests that inspire people to take action
- Stay centered and grounded for high-stakes presentations & challenging conversations
- Generate the felt sense of a high-performing team

## Teaching Team



**Amanda Blake** is a Somatic Leadership Coach working with sustainability change agents in business. Mandy played a central role in the establishment of four business

ventures, and has been working in the field of sustainable business since 1995. Her broad business experience spans product development, marketing, training, and finance. A former internationally competitive athlete, Mandy is skilled at cultivating high performance in herself and others. She holds a BA from Stanford University and is a Certified Somatic Coach. [www.stonewaterleader.com](http://www.stonewaterleader.com)



**Dr. Chris L. Johnson** is Consulting Psychologist and Somatic Leadership Coach who has worked extensively for more than 20 years with leaders in diverse organizations, helping them grapple with system-wide change and effect high

Chris holds a PsyD from The Chicago School of Professional Psychology where she teaches in the Executive and Professional Development Program. She helps clients cultivate leadership presence, facilitate learning, improve competence, and build skillful, embodied action towards results that matter. She is a Certified Somatic Coach. [www.Q4-Consulting.com](http://www.Q4-Consulting.com) or [www.CEOSustainability.com](http://www.CEOSustainability.com)

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The question of reaching sustainability is not about if we will have enough energy, enough food, or other tangible resources . . . The question is: will there be enough leaders in time?

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D. Karl-Henrik Robert,

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