



The Business Dojo

Embodied Leadership and How to Get the Best Out of Your Team

What is embodiment?

We present ourselves to the world through our bodies and every emotion we feel and every action we take is expressed through our body. Although most people find it easy to recognise particular emotions in others, because there is a great deal of commonality, the particular way you present an emotion via your body is unique to you. Developing an understanding and awareness of how you embody the different emotions, gives you the opportunity to change your state of mind by changing the way you use your body. Mind and body are inextricably linked and so embodying confidence actually does give you confidence.

Why this workshop is relevant?

In the world today, leaders have to deal with more uncertainty and change than ever before. *They also have to deal with a growing number of people who have lost faith in the establishment and in the values of big business in particular. This occurs because all too often business leaders are tempted to focus on the short term, with no thought as to the long term sustainability of their plans, the implications for their employees, their clients and society as a whole. Results may well look great initially, but all too often the seeds of destruction have been sown.

**The 2017 Edelman Trust Barometer reveals that trust is in crisis around the world. The general population's trust in 4 four pillars of society; business, government, NGOs, and media has declined significantly, a phenomenon not reported since Edelman began tracking trust among these segments in 2012. (<http://www.edelman.com/trust2017/>)*






So with all this turbulence and loss of trust:

-) How do you stay grounded in your decision making?
-) How do you stay centred in your discussions?
-) How do you stay aware and receptive in your relationships and communications?

In summary, what can you do to build trusting relationships and to give yourself the best opportunity to make the right decisions in a disturbed world?

How we work

At Business Dojo we are wary of management jargon, which seems to chop and change by the year, and this in itself is part of the trust problem. We believe that the development and practice of disciplines to equip leaders for a modern world are rooted in ancient wisdom and in particular the principles practiced in the Japanese martial art of aikido. We help leaders develop what you might call a state of GRACE, where leaders are:

-  Grounded
-  Relaxed
-  Aware
-  Centred
-  Embodied

These principles are taught through simple exercises that do not involve the use of martial arts techniques, so they are completely painless and safe. Nevertheless, they enable participants to experience the powerful benefits through their bodies. It is the deepest form of learning! We aim to create embodied leaders, whose minds and body are unified, as only in this state can optimal performance be achieved. In practical terms, leaders:

-) Are more clear sighted
-) Increase their resilience
-) Stay calm in a crisis
-) Work better in a team
-) Make better decisions.

The Business Dojo is led by Quentin Cooke, an internationally respected figure in the practice of aikido. Aikido literally means the way of harmony with nature and uses martial arts techniques to teach and test deeply rooted principles that help students perform at their best when under stress. In short, it is conflict done well.

Quentin has over 30 years' experience and has taught in many countries. He co-founded a group called Aikido For Daily Life and is a board member of Aiki Extensions, an international group, that amongst other things fosters and supports projects that use the lessons of aikido to improve the lives of sectors of society that are greatly stressed. The deep learning that aikido has developed is combined with the practical experience of running his own business as an Independent Financial Advisor for over 20 years, helping individuals and businesses achieve their financial goals.

Quentin says:

'In this internet age, where so much can be done at the click of a button and so much of our communication with others is done at a distance, it is not surprising that so many people have lost touch with their bodies. We ignore the subtle signals that our own body and the bodies of others send all the time at our peril. This disembodiment is very unhealthy for individuals and society as a whole and so it's vital that our leaders re-connect with themselves and the people they touch. The result will be greater awareness, which in turn will lead to better decisions that benefit us all.'

Where we work

The Business Dojo we runs open courses at its beautiful dojo in Burwell, a village outside of Cambridge. (*Dojo translates as 'the place of the way'*).

We also offer tailored courses for individuals and organisations that are looking to challenge conventional thinking, through practical and powerful interventions that will change lives as well as change performance outcomes in your business. These can be done at The Business Dojo or at a venue more suited to the client.

For more information visit the the Business Dojo website – www.the-business-dojoco

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