

AURORA

Creating a Greater Leadership Presence

Are you ready to step into your personal power?



What's incredible is anyone can use these techniques to get into a resourceful state. It's an instant tool to gain composure, calmness and confidence.

Sales Director, Eurostar



We talk about leaders embodying their vision and values, yet how many actually do?

Somatic Coaching will help you develop how you present yourself ensuring you bring your whole self into a room to create the presence you want.

What is Somatic Coaching?

Somatic Coaching is a revolutionary method for developing a greater leadership presence. It works with and engages the whole body to build authenticity, integrity, courage, and confidence to achieve your personal and professional goals. It will help you explore leadership from a different perspective and get the results you want.

Would it be useful to you to?

- Develop a powerful leadership presence?
- Build flexibility to cope with any situation and stay calm?
- Command trust and respect before speaking?
- Master the essence of non verbal communication

Who can benefit from the Programme?

- Managers wishing to develop a greater impact in presenting and communicating to others.
- Managers/Executives developing for the next role who need to develop greater gravitas.

- Leaders who know they get 'blown off course' easily and need to find a way to stay on track.

What will you learn?

93% of what we communicate is non verbal. This approach will help you:

- Develop a presence of integrity and authenticity.
- Coordinate more effectively with others.
- Develop a capacity to stay balanced in times of adversity and change.
- Make powerful requests.
- Give and receive effective assessments.

How does it work?

We need to experience what is happening in certain scenarios to understand how we 'show up'. What happens to us physically? What impact does this have on our thoughts, emotions, and the way we behave? Sometimes this will serve us and other times it won't. On those occasions when it doesn't we need to identify a new way of 'being' and we need to work with the body to shape itself into the new way of being.

Through a series of exercises we will work with you to identify what is getting in the way of making greater progress. We will then identify practices for you to follow to open up new opportunities and achieve your desired outcome.

Getting noticed without raising your voice!

AURORA



We will work on a one to one coaching programme or collectively with teams.

We work hard to create the right environment for maximum learning and we guarantee that the events will be memorable, challenging and effective for your business.

I now practice a routine which encourages total focus on the desired outcome.

Executive Coach

What if I decide to go ahead?

We can help you develop your leadership capability through:

- Keeping your composure and creating effective action in high stress situations.
- Developing a deeper level of listening.
- Making powerful requests to get the results you want.

Who will be facilitating these events?

Dawn Bentley is the lead facilitator and one of only three people in the UK trained as a somatic coach. She has a breadth of management and commercial exposure through a variety of business situations and has managed several organisations through change programmes. Having worked for major UK and Global companies in the private, and public sector, her experience has allowed her to successfully lead and develop individuals, and teams, to achieve results.

Her aim and commitment when working with either teams or individuals is to enhance their performance and recognise their true capability, ensuring there is knowledge transfer in the process.

In addition to her commercial experience, she brings over ten years experience of facilitating on a highly effective Leadership in Management programme, is an accredited coach with Strathclyde University, and has an MBA from Sussex University.



Want more Information?

Contact Dawn Bentley at: info@aurora4success.co.uk
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Explore your potential

Getting noticed without raising your voice!