

# Embodied Leadership

## MEDITATION & SOCIAL PRESENCING THEATER (SPT)

*When we feel more connected to ourselves and to others it is easier to make the right choices and to navigate in life. Getting more embodied helps us discover new things about ourselves, our relationships and the systems that we are part of (family, organizations, society etc). On this course our focus will be to build inner capacities for leadership and change.*

### The course

Focusing on the body helps us to be present, the body is here and now. We will explore the capacity to really be present in the situation and lean into the needs and the potential that is always present in every situation.

We listen to the body, get in dialogue with it and move the awareness down in the body—a journey from head to body, from delimitation to openness and wholeness. We also listen to the “social body” that we as a group form—what does it want? How does it feel? How can we contribute? Together we explore what it means to be human—our patterns, our habits, and the possibilities that we have to influence our lives and systems.

*“SPT is a unique way to explore the intelligence of the body. To practice my responsiveness to what arises between me and my fellow human beings and become aware of how I affect others just by my presence.”*

- course participant

### The practices

We will introduce you to a modern Nordic meditation path, with roots in depth psychology, Tibetan Buddhism and values such as democracy, gender equality and sustainability. It is an inclusive, stripped-down, deep and complex method based on the Danish meditation teacher Jes Bertelsen’s work.

The other method we will use is Social Presencing Theater (SPT). SPT is a form of mindfulness in motion, that helps to make visible and explore social systems and change processes. It is also a method for personal and group development, as it helps practitioners to see their own role and contribution in the system. The method cultivates important capacities for better relationships, self-leadership, change and understanding of social systems.



### Teachers

**Liv Fabricius**, holds a master’s degree in quality and leadership development.

**Anders Fabricius**, has worked as a process manager, project leader and integration coordinator.

They are both acknowledged SPT teachers, taught by the SPT founder Arawana Hayashi from the US.

Liv has practiced meditation for almost 15 years and Anders for more than 40 years. They have specialized in change processes, through innovation projects and through the three year program “Sustainable Co-creation—practicing presencing”.

### Practical information

**Where?** Malmö, Sweden

**When?** November 16-17, 2019

Saturday 9am - 5pm

Sunday 9am - 4pm

**Price:** €160 / 1 700 SEK

The price includes VAT for private individuals and NGO:s.

For organizations VAT (25%) will be added on the price.

Only snacks are included in the price. Meals and accommodation are not included in the prices.

### Register for the course

In order to sign up, please write an email with name, address, phone number to [info@fabriciusresurs.se](mailto:info@fabriciusresurs.se)  
Sign up at latest October 18th 2019.

Questions? Use the email above or  
WhatsApp/Phone: +46702811142

[www.fabriciusresurs.se](http://www.fabriciusresurs.se)