

Leadership Embodiment Intermeditate (level 2)

Deeper leadership. More solidity. More presence.

After Leadership Embodiment Fundamentals, you will feel that more is possible. More depth, more solidity, more inner space - both in your role as a leader or entrepreneur and in how you move through life at home.

Leadership Embodiment Intermediate builds on your foundation and opens up the next layer of presence, self-confidence, humor, and compassion. This is where your leadership truly comes to life in your system.

In this two-day training, you will learn to stay centered in situations that demand more from you: pressure, resistance, loss, difficult conversations, critical stakeholders, personal disappointments... in short, real life.

You will discover how to return to clarity, direction, and solidity under any form of pressure — without burning yourself out or shutting down.

What you will learn

Aligning your body and your words : You will develop a congruence that inspires confidence: what you say and how you move are in sync. People sense the difference.

Staying centered under pressure, loss, and adversity : Whether it's criticism at work, a failed project, or a heated conversation at home—you learn how to quickly regain your composure without closing off or pushing away.

Communicating fully embodied : You learn to speak from your whole system: clearly, firmly, humanly, and without tension. It feels different. And it works differently.

Strengthening the power of your intention : You learn how to give direction without forcing it. How intention becomes your compass, even in the midst of chaos.

Receiving feedback without losing yourself : You remain open, available, and curious—even when feedback stings. Not taking it personally suddenly becomes... possible.

Standing your ground when support falls away : You develop the ability to keep going, even when others doubt, fall away, or don't share your vision.

Setting boundaries with respect : You learn to say “no” with clarity and while maintaining relationships. (Your children will notice this too.)

Working with the Bokken — increasing your positive power : You use a Japanese wooden sword shape to strengthen your energy, focus, and inner authority. Not to fight, but to embody your positive power.

Who is Intermediate ideal for?

For leaders, entrepreneurs, coaches, professionals, and individuals who:

- want to further increase their inner strength
- want to lead not only more effectively but also more lightly
- want to stay in flow more often, even in challenging situations
- are ready for the next level of awareness and presence
- want to grow in authenticity—at work and at home

Accreditation

Upon completion, you will receive an official Leadership Embodiment Intermediate certificate (Wendy Palmer).

The training is accredited by the International Coaching Federation (ICF) for 14 CCE units (Continuing Coach Education).

Next Leadership Embodiment Intermediate training in English/Dutch

Date & location : June 18 and 19, 2026, Mechelen, Baarbeekhoeve (Belgium)

Included : Participation in the training, drinks and snacks upon arrival and during breaks, healthy lunch, handouts.

Trainer : Anouk Brack

Participation fee:

- Companies and Corporate : €1,195 incl. VAT - [Subscribe here](#)
- Solo Entrepreneurs, Coaches, and Trainers : €850.00 incl. VAT - [Subscribe here](#)
- Private individuals and non-profit organizations : €450.00 incl. VAT - [Subscribe here](#)

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