

Leadership Embodiment Fundamentals (level 1)

Deeper leadership. More solidity. More presence.

As a leader, entrepreneur, or coach, do you want to **act with more calmness, clarity, and humanity—precisely when things get tense?**

Then the two-day Leadership Embodiment Fundamentals training course is literally tailor-made for you.

This training does not give you yet another theoretical framework, but a **physical compass** that you can immediately take with you into every meeting, every conversation, every difficult situation. You will learn to regulate yourself, to expand rather than shrink, and to tap into your natural leadership—even when your system would rather choose “fight, flight, or freeze.”

Leadership with presence is not an extra layer of strategy. It is **the quality of your presence**. And that is tangible for everyone.

What is Leadership Embodiment?

Leadership Embodiment is a powerful method that combines insights from mindfulness, neuroscience, and Aikido.

The premise is simple: **how you sit and stand changes how you think and speak.**

You learn how to influence your state of being through posture, breathing, and attention. Even under pressure, you gain access to more space, more clarity, and more humanity.

What you will learn?

From stress to flow in one minute You will discover how to quickly center yourself and regain your energy, even in the midst of action.

Inclusive and humane leadership You will learn how to radiate confidence, connection, and lightness—even when the environment does not naturally lend itself to this.

Powerful communication without hardening You speak clearly, firmly, and respectfully, without pushing or softening to the point of vagueness.

Listening without losing yourself You receive feedback and criticism without letting it get to you. You remain open, available, and non-defensive.

Working with resistance You experience how you don't have to push away tension or "no," but can navigate in a way that creates movement.

Results you can feel right away after this training

- You will feel calmer, more organized, and more flexible—even in busy or chaotic situations.
- You will be able to switch gears more quickly and process information better.
- You will be more resilient in the face of setbacks and complexity.
- You will feel more inspiration, energy, and commitment to what is really important to you.
- You will experience that your influence grows without having to push harder.

Who is Fundamentals ideal for?

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

- want to increase their impact without losing themselves
- want to lead in a more human and powerful way
- want to remain clear and connected in difficult situations
- want to inspire teams, customers, or stakeholders from a place of stability rather than tension
- want to experience more balance, energy, and direction

Even if you don't formally have a job title that includes "leader," this is valuable. You are a leader whenever people tune in to you. And that happens every day, not only at work, but also at home and among your friends and hobby groups.

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).

Why this training works

Because we don't work *on* your leadership, but *from* your leadership.

You don't just learn concepts, you literally change your physiology, your state, your presence. That's the level at which real change sticks.

And yes — it feels surprisingly light. As if you finally have access to the version of yourself you knew existed.

Next Leadership Embodiment Fundamentals training in English/Dutch

Date & location :

- February 10 and 11 '26, Zandhoven, Belgium ([Wilgenroosje](#) - Possibility to sleep over)
- March 17 and 18 '26, Zandhoven, Belgium ([Wilgenroosje](#) - Possibility to sleep over)
- April 29 and 30 '26, Zandhoven, Belgium ([Wilgenroosje](#) - Possibility to sleep over)

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

Trainer : [Heinrike Bergmans](#)

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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