

# Embodied Leadership: A Multidisciplinary Whole Person Approach to Workplace Connectivity

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## Some of the concepts we cover are:

- Appreciating difference while collaborating on a unified project.
- Growing our awareness of our unique movement signature, and that of others, to become more flexible and fluent in our ability to respond and adjust situationally.
- Becoming more mindful of our internal cues so that we can more intentionally create a safe space in the workplace.
- Learning more about how storytelling facilitates engagement, communication and personal connection.
- Discovering new ways that leaders can intentionally make themselves more approachable to team members and peers.

## Call to Action:

Share about something that makes you happy (or anything else that inspires you) with 3 different people that you connect with here at the Forum, while also inviting them to do the same. Notice how that level of engagement feels. We would love to hear about your observations and will be reaching out to you within the next few weeks to hear what you discovered.