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PEACEFUL POWER LEADERSHIP™

Peaceful Power Leadership™ (PPL) provides guiding concepts and somatic (body-based) skills designed to enhance your unique leadership style and magnify your abilities to:

- Motivate, build trust and bring out the best in your workforce
- Reduce stress and conflict. Maintain health and balance. Optimize desired business results
- Be more at ease handling the constant challenges, pressures and responsibilities of leadership

PPL Training teaches integrated self-mastery tools, emphasizing the beneficial power of coherence, respect and 'walking your talk' at the core of great leadership. Through experiential mind-body practices you will explore and gain greater proficiency in:

- ***The Body Language of Leadership / Embodying Your Message***
- ***Peaceful Power Presence*** to generate more compelling, charismatic, responsive leadership
- ***Listening and Communicating Effectively***
- ***Staying on The Upside of Stress***
- ***Doing Conflict Well!***
- ***Mobilizing creativity, commitment, accountability, and on-the-job satisfaction***
- ***Empowering employees, building team cohesion, and creating 'Black Belt Businesses'***
- ***Stressing Less & Prospering More as a leader***

Peaceful Power Leadership Training looks beyond technical expertise, 'being the boss' or particular management styles, to develop key leadership traits likely to bring forth the best in individuals, teams and organizations.

Through experiential interactive exercises, participants gain fresh insights and ideas in order to be more congruent and at ease in their leadership roles. Clarify core interpersonal values. Discover 'Embodied Leadership.' Explore options and variations in leadership styles. And return to your workplace more aware and at-choice in going about the business of leading.



Jamie Leno Zimron is a 6th Degree Aikido Black Belt, LPGA Teaching Pro, Somatic Psychologist, Peak Performance Speaker-Trainer, and international Citizen's Diplomat. She provides leading-edge integrative trainings to **Work, Play & Be Your Best!** A Phi Beta Kappa graduate of Stanford University, she is esteemed worldwide for her dynamic teaching style and unique gifts in guiding people to newfound well-being, connection and success.

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