

## Your Facilitators:

Actor, dancer, and singer Heidi Thornberg will help you explore your personal communication styles using the Life/Art communication model of "I see, I feel, I think, and I imagine."

Discover the "leader as hero" archetype with performance artist and choreographer Kathleen Cleary using movement, drawing, creative writing, and dialogue.

Together with performance artist/choreographer Stephanie Lindsay, investigate your subpersonalities using the Life/Art Process model of Identification, Confrontation, Release, Change, and Growth.

Performance artist and dancer Joy Cosculluela will use body part mythology and somatic techniques to explore issues of leadership authenticity.

Choreographer and performance artist Lisa Russo Pettigrew will encourage you to delve deeper into issues of leadership authenticity in a session on "mask and unmask."

For detailed information on workshop content, download the PDF entitled "Embodied Leadership" at [www.soulsofourfeet.org](http://www.soulsofourfeet.org)

*Most profound for me was when I "walked my talk" in the final piece. I awoke this morning, remembering how it felt! Thank you for creating the space to learn and experience.*

*Trish Schlaitzer*

## Registration

*Space for this interactive workshop is limited. To pre-register and reserve your space, please send payment in full (\$150). You may pre-register for separate workshops for \$45. Pre-registration is required. Some scholarships are available.*

*Souls of Our Feet is unable to take credit cards at this time. Please make checks to:*

Stephanie Lindsay  
506 S. Shelley Lake Lane  
Spokane Valley, WA 99037

*I wish to pre-register for the entire weekend workshop. \_\_\_\_\_*

*I wish to pre-register for \_\_\_ workshop(s) at \$45 per session.*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Verification of registration will be e-mailed to you.

*If leadership is more art than science, perhaps we should use the wisdom of the arts to help shape our leadership and the organizations we inhabit.*



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## Embodied Leadership

*An expressive arts workshop for leaders. And followers.*

**Workshop: Friday, April 2, 2010  
Saturday, April 3, 2010  
Gonzaga University's Dance Studio  
Corner of Pearl and Desmet**

**Performance: "True Stories"  
Saturday, April 3, 7:30 PM  
Bing Crosby Theater  
901 West Sprague Avenue**

**Souls of Our Feet**, an expressive arts institute located in the Pacific Northwest, helps individuals and organizations achieve positive change and growth using movement, the visual arts, and creative writing.

**Souls of Our Feet**  
*an expressive arts institute*

Director: Stephanie Guastella Lindsay  
506 South Shelley Lake Lane  
Spokane, WA 99037

[www.soulsofourfeet.org](http://www.soulsofourfeet.org)

[slindsay@gonzaga.edu](mailto:slindsay@gonzaga.edu)  
(509) 939-5433

## What kind of a leader am I? How do I become the leader I aspire to be?

At some point in our lives, either for short or extended periods of time, we will find ourselves in the role of leader. We may lead a large organization, a team, or a family. And, at some point in our lives, we will find ourselves in the role of follower. *How* we lead and follow says something about us.

Success in our personal and professional lives has a lot to do with how we choose to be. When we choose to be authentic, we tend to bring out the best in ourselves and others. We find the challenges of leadership and followership less difficult, even life-affirming. We discover that we do not have to pretend to “have all the answers.” We do not have to adopt the “leader as hero” archetype.

This workshop will provide you with the tools to “perform” authenticity personally and professionally. Each session will equip you with expressive arts tools to help you continue your journey to becoming authentic in all aspects of your life.



This workshop will help you to discover what is present and missing in your communication styles, investigate ways to release yourself from non-life affirming patterns of decision making, put back in what is really important or missing from your life, investigate issues of authenticity, discover what implications your life narrative holds for you, and consider the implications of transparent leadership.

## What will the workshop look like?

Workshop facilitators will skillfully and gently guide participants to utilize the visual arts, movement, and creative writing to identify ways that they “perform leadership” personally and professionally—in organizations, in families, and in relationships.



## How will I benefit?

There is a connection between life and art that can facilitate healing and change in individuals and organizations. Though we may not wish to admit it or be aware of it, we bring our wounded selves, our life stories, and our shadow sides into every aspect of our lives. When we pause to re-search our wounds, stories and shadows, we may be surprised to discover that we have been repeating the same behaviors throughout our adult lives. Over time, these repetitive patterns become mechanical responses that interfere with our ability to change and grow. These patterns of behavior, when worked with imaginatively and mindfully, can also serve as avenues to self-awareness, self-understanding, and personal transformation.

### *Details:*

#### **Workshops:**

**Friday, April 2: 1-5 PM**

**Saturday, April 3: 9 AM-1PM  
and 2-5:30 PM**

**Gonzaga University’s Dance Studio  
Corner of Pearl and Desmet**

**Saturday, April 3: 7:30 PM**

**“True Stories,” *an evening of  
performance art***

**The Bing Crosby Theater  
901 West Sprague Avenue  
Downtown Spokane**

**The fee for the workshop is \$150. The fee includes three 4-hour workshops, wine reception and roundtable discussion, and one ticket to “*True Stories.*”**

**The fee for individual workshop sessions is \$45 each. Those wishing to attend individual sessions must also pre-register.**

**Individual tickets to “*True Stories*” may also be purchased for \$15 each at the theater box office on the evening of the performance.**



***Souls of Our Feet* is partnering with Gonzaga University’s Doctoral Program in Leadership Studies and Leadership Spokane to bring this workshop to the Spokane community.**