

Embodied Learning

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The Challenge

Behaviour change for better performance, is a 'tough nut to crack' for all organisations. After recruitment we hope staff and leaders are fully equipped to always perform at the highest level. Sometimes however, unhelpful habits and behaviour traits get in the way and a lot of time and energy is consumed managing these.

Changing behaviour often needs much more than knowledge based learning and so the question is, what methods work best?

Embodied learning is an innovative style of rapid, 'how to' business learning – incisively different to traditional behaviour change learning.

85% is 'how to' practical exercises. People leave immediately being able to apply the learning. It is specifically designed to redress the two things people carry around in their behaviour everywhere they go. 1. Their short-term state. 2. Their long-term behaviour patterns. Consequently, it creates awesome shifts in capability, impact and accountability for leaders & staff.

So what are we doing to help organisations address this challenge and connect with the benefits of Embodied Learning?

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What

Embodied learning or body awareness combines expertise in somatics and physiology, psychology, neuroscience, nueroperception, behaviour and their impact. E.g.

It helps leaders create inclusion and trust in seconds, whether in a meeting room, an auditorium, an outdoor event and even on a conference call.

It improves listening, non-judgment and emotional connection because it radically improves people's ability to connect but with far more than just their words, cognitive models and techniques.

It helps people change their behaviours quickly because behaviour change has to happen in the body for it to be proven authentic. All the exercises in Embodied Learning are designed to enable these.

Why

Science is catching up with the importance of our body in terms of impact, perception, trust, influence and success. For example.

Posture affects hormones that affect perceptions and success outcomes. (Cuddy. Carney et al. 2010)

Breath, tension and posture affect the vagus nerve that regulates heart, brain and behaviour. 2014Grossman, P., & Taylor, E. W. (2007)

The gut holds brain neurons that affect states including motivation, mood speech, and stress that influence our communication and behaviour. School of medicine Mount Sinia We take the science and translate that into everyday examples and business situations that improve business communication and performance.

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How does it work?

Embodied Learning is conducted by a specialist trained facilitator, from short buzz sessions, webinars, to full days. Blended for your requirements.

If you would like to explore more contact Glenn Bracey, where he will answer any questions you might have and introduce this field of work. Our team, led by Glenn will introduce you to the theory and concepts and then work with you to develop a bespoke approach which involves:

- Identifying which teams, departments or functions will be involved in the project
- Introducing specific, proven models that structure teams you require
- Creating bespoke programmes of learning to fit your organisational culture
- Promoting social learning and exchange so participants can share their experiences, learning, insights and value
- Introducing simple feedback loops and measures so people can self report throughout and the organisation can track progress against relevant KPI's

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Right for my organisation now

Do you want to bring about recognisable behaviour change or offer new learning that is highly practical and leading edge, then you may want to consider Embodied Learning with Future Vision if...

You want to take leadership to the next level, especially concerning landing their message, authenticity, impact, emotional connection, trust and inclusion.

You want to create tangible behaviour change that transforms business relationships

You value 'how to' learning that means your people can better manage their short-term state under pressure.

You want to re-ignite staff with how engaging and insightful learning can be

You want to help staff and leaders overcome their most challenging, nemesis relationships

You want to develop your leaders for the future, now

You want to have the best blended learning solutions that drive behaviour change



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