



## EMBODIED INTELLIGENCE

### The Role Your Body Plays in Learning, Relationships & Creativity

#### A One-Day Workshop with Charlie Badenhop.

At every moment in time your body speaks to you in a “somatic language” that determines your emotional response to life. When a well-intentioned goal of your rational mind is in conflict with the emotional experience generated by your body, your body almost always wins out. We see this happening each time someone unsuccessfully attempts to diet, give up smoking, or overcome anger, depression, or stress. The rational mind says “Yes, I should and I will!” as the body says “No, I can’t!”

Understanding the subtle yet powerful communication of the body is like having a personal coach offering additional insights whenever you need. You achieve breakthroughs in your personal and professional life as you learn how to supplement the strategies of your rational mind with the age old wisdom of your body. .

#### **In this introductory workshop you will learn how to:**

- Successfully address the challenges that leave you feeling less than whole.
- Learn to feel more at ease in your body and with your emotions.
- Develop a heartfelt presence that enhances your relationship with others.
- Use what you learn to help your clients, friends, and family.

***The Seishindo model of somatic intelligence*** presented in this workshop is meant for both private individuals and professionals. The theories and practices presented can help each individual transform their ability to generate a healthier, more fulfilling life. Those in the helping professions will receive the additional benefit of an extra set of tools to help achieve high quality results with challenging clients.



#### **The Presenter**

***Charlie Badenhop*** is the originator of **Seishindo**. He is a fourth degree black belt and licensed instructor of Aikido in Japan, a certified trainer in NLP and Ericksonian Hypnosis, and a long time practitioner of Structural Integration, and the Japanese healing art of Sei Tai. He has also been a graduate instructor for the Newfield Network, a leading coach training organization in the USA.

Charlie's workshops are improvisational in nature; his work is known for its magic, depth of experience, and celebration of life. He weaves together theory, poetry, music, practical applications, and a clear sense of reconnecting to one's core identity.

## Kudos & Testimonials

- *“Charlie Badenhop is an extraordinary man. For me, his work offers great insights into the unity of mind and body in clear simple language that is immediately graspable and at the same time shatters any rigid conceptions one might be holding.”* Mary Ann Giorgio, C.S.W., Brooklyn, New York
- *“As a coach to senior executives, I need ways to work deeply with people who are skeptical about anything non-linear. Charlie combines in-depth understanding with practical methods. Better still, unlike many masters, he is as unpretentious about himself as he is generous with his knowledge. As a learner, I feel safe to be exactly who I am, because Charlie is so straight-forward about his own humanity.”*  
Steve Levin, organizational development consultant and executive coach.
- *“Forgiveness, love, acceptance and protection are key concepts in Charlie’s work, and as we come to discover, key concepts in the workplace as well. It is time indeed to approach people in a holistic and humane manner in our workplaces if we want to unleash their creativity and commitment. This is exactly what Charlie does in his revolutionary workshops”.* Danielle DeWilde, Consultant, Trainer & Coach, Belgium
- *“My experience of Charlie and the practices of Seishindo have been nothing short of profound. By tapping into my own somatic and emotional sources of wisdom, I can now come from an authentic place in bringing these practices to my executive coaching clients. I was awed at the life-changing insights participants in his workshops were able to experience with his gentle and humble guidance.”*  
Connie MacKinnon, Executive Coach & Management Consultant, Calgary, Alberta

## Notes for Success

To get the most from this highly interactive workshop, registrants are encouraged to visit Charlie’s website to become familiar with the principles of Seishindo in advance of the workshop. <http://www.seishindo.org>

As well, the book, *“A General Theory of Love”*, by Lewis, Amini and Lannon will provide participants with an “insightful look at the science of human emotions”, and provide an excellent basis for entering into the practices of Seishindo. A supply of this book will be made available for sale at the regularly scheduled CAPC breakfast meetings in February and March.

**Participants are encouraged to dress comfortably and casually for the event.**

## Details & Logistics

**April 22, 2005 – 8:00 am - 5:00 pm**  
**Fort Calgary**  
**750 – 9<sup>th</sup> Ave. SE, Calgary, Alberta**

### **COST**

**Before March 21:** CAPC Members \$250  
Nonmembers \$350 (Canadian \$)

**After March 21:** CAPC Members \$325  
Nonmembers \$395 (Canadian \$)

**INCLUDES:** continental breakfast, lunch,  
workshop materials, and GST.

### **REGISTRATION:**

#### **Limited to 100 participants**

University of Calgary  
Continuing Education

Phone: 403-220-2988, Fax: 403-284-5702

Email: [busifce@ucalgary.ca](mailto:busifce@ucalgary.ca)

**Ask for Event # 65850**

You can find out more about Charlie and  
Seishindo by going to:

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

For more about CAPC:

[www.calgarycoaches.com](http://www.calgarycoaches.com)

### **Private Sessions with Charlie**

**Charlie Badenhop** has kindly agreed to make available a limited number of 1-1/2 hour private sessions for CAPC members and workshop attendees on April 21 & 23. These sessions are available at a special rate of \$300.

#### **If you would like to:**

- Explore core issues, such as your current identity, your health, or destructive habit patterns
- Feel more fully alive and emotionally balanced
- Explore the direction of your professional or personal life
- Explore how to incorporate Seishindo practices into your professional practice,

**A Seishindo in-person private session can prove to be of great value.**

If you think you might be interested in a private session, please contact Connie MacKinnon at [shore-line@telusplanet.net](mailto:shore-line@telusplanet.net) or Charlie at [charlie@seishindo.org](mailto:charlie@seishindo.org)