

SOMATIC DIALOGUE® FOR LEADERSHIP

A Taste of Somatic Dialogue:

Sharpening Your Leadership Senses On
Exploring Your Leadership Presence
in Body.

3-day workshops

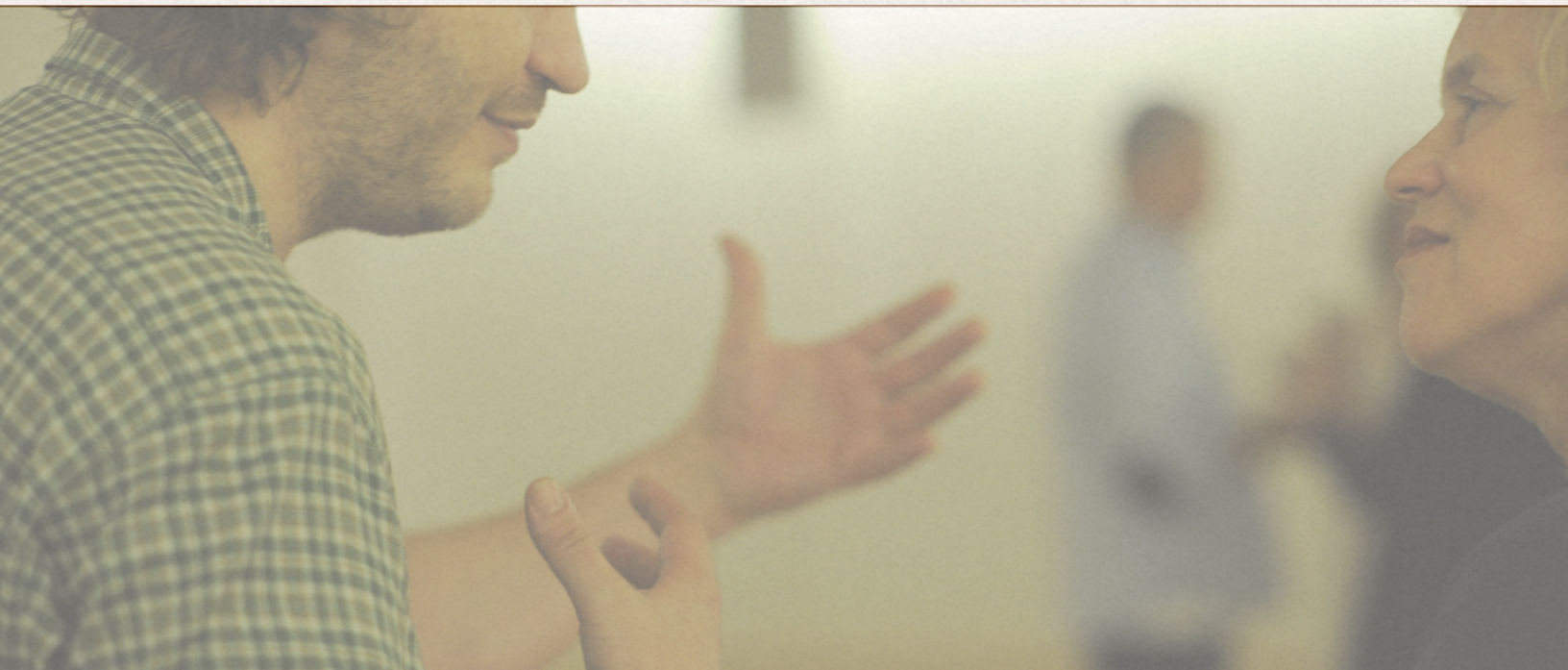
Friday 19:30-21:30

Saturday 10:00-18:00

Sunday 10:00-16:00

(can be customized)

Where: Limpid Works Studio, Prague,
Czech Republic or custom location



Why Presence Matters for Today's Leaders

Today's world climate is intense.

Leaders face more stress, uncertainty, and performance pressure than ever. In this environment, those who stay **present and grounded** can bring **calm and clarity** to their teams.

Trust isn't based on titles anymore.

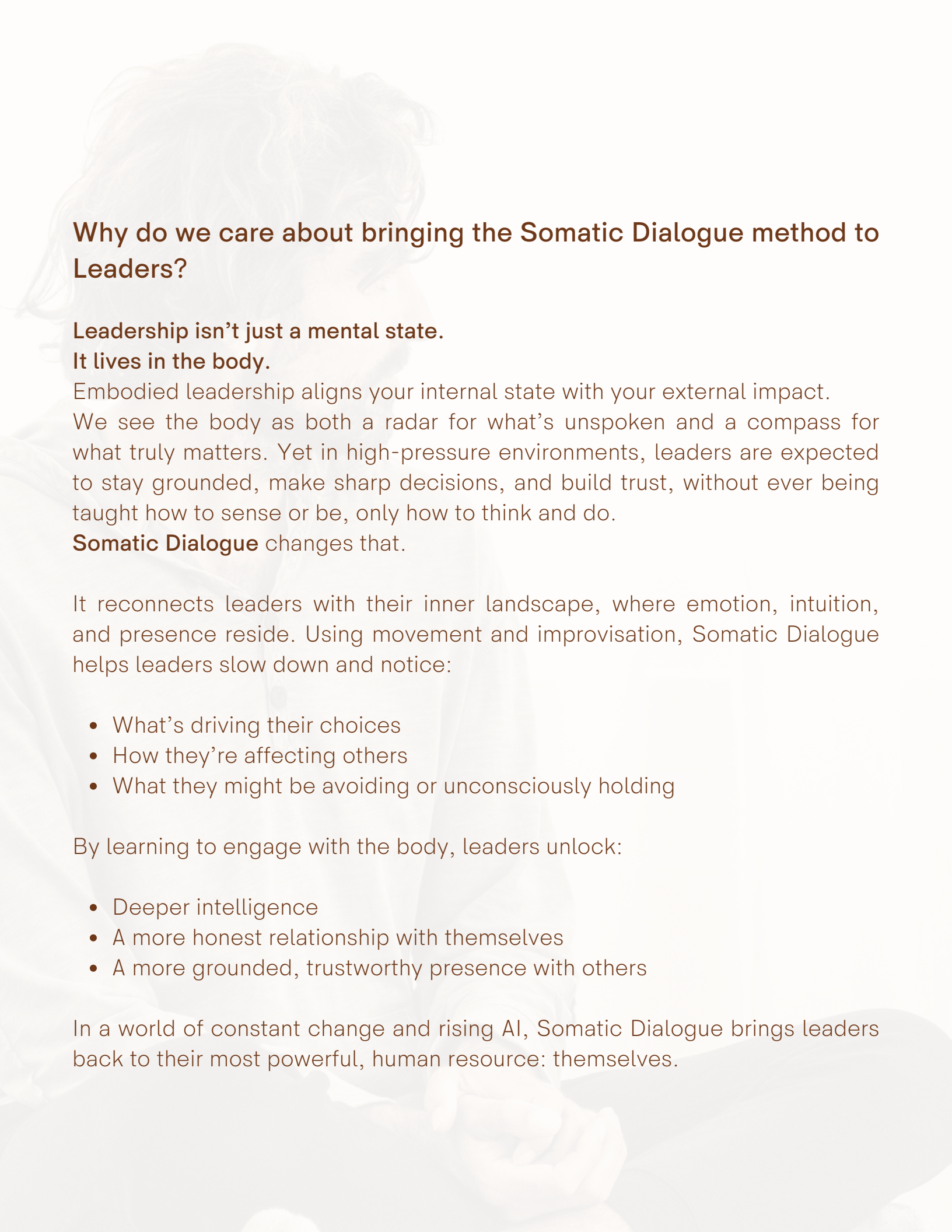
It's built on authenticity.

People follow leaders who feel **genuine**, not scripted. Being fully present shows sincerity faster than words or credentials ever can.

Effective leadership goes beyond constant communication: it requires presence. Present leaders create meaningful connections by making others feel seen and heard. In today's complex world, presence enables thoughtful responses rather than reactive decisions.

While technology -especially AI-advances rapidly, true leadership remains a deeply human role. Technology can process and respond, but leaders create space, foster connection, ensure understanding, and bring presence. As systems grow more machine-like, leadership must become more human.





Why do we care about bringing the Somatic Dialogue method to Leaders?

Leadership isn't just a mental state.

It lives in the body.

Embodied leadership aligns your internal state with your external impact.

We see the body as both a radar for what's unspoken and a compass for what truly matters. Yet in high-pressure environments, leaders are expected to stay grounded, make sharp decisions, and build trust, without ever being taught how to sense or be, only how to think and do.

Somatic Dialogue changes that.

It reconnects leaders with their inner landscape, where emotion, intuition, and presence reside. Using movement and improvisation, Somatic Dialogue helps leaders slow down and notice:

- What's driving their choices
- How they're affecting others
- What they might be avoiding or unconsciously holding

By learning to engage with the body, leaders unlock:

- Deeper intelligence
- A more honest relationship with themselves
- A more grounded, trustworthy presence with others

In a world of constant change and rising AI, Somatic Dialogue brings leaders back to their most powerful, human resource: themselves.

From Explorations to New Skills

1. Performative mind with a Non-Performative Body (in Leadership)

We begin by exploring the concept of the *non-performative body*: a body that is fully present, sensing, and alive, not acting for show or external validation. While leaders are often expected to perform and drive performance, this approach recognizes that the body is not a tool for display.

Instead, the body is a vessel of memory and emotion; it holds, evokes, and mirrors experience. It becomes a medium for authentic presence. Leadership, in this sense, is not just about what we *do*, but about how we *are*, in and through our bodies.

2. Learn the difference between ease vs. effort (in the Body)

We explore the contrast between a body at ease and a body in effort. What happens when you release control and begin to truly listen? Your center of gravity is more than physical: it's your connection to the Earth's natural force of gravity.

We learn to move not through force, but through relationship with the ground, with ourselves, and with others.

3. Learn ways to be a centered Leader

Through embodied practice, you'll explore what it feels like to lead from your center, physically as well as metaphorically. You'll notice the shifts that occur when you're off-balance and learn how to return to your center. This awareness helps cultivate leadership that is grounded, confident, and composed.

4. Learn the power of Presence

By witnessing others and being witnessed in a safe, supportive space, you'll strengthen your capacity for empathy, deep listening, and authentic dialogue. Embodied presence becomes a foundation for meaningful connection and communication.

5. Reflect and Integrate

Between movement sessions, we'll pause for reflection—inviting you to notice what's emerging in your body and how it relates to your leadership.

You'll have space to share, be inspired by others, and witness how embodied awareness can lead to real, personal insight and transformation.

In this workshop, you will learn:

- what it feels like to be in (or out of) alignment between your thoughts, actions, and body. Leadership becomes something you embody, not just perform.
- to become aware of your usual habits and discover how to arrive at new choices if and when needed.
- stay true to yourself, even when your instinct to care for others pulls you away from your own needs.
- to open up new ways of moving, sensing, and responding, leading to fresh approaches to action, communication, and problem-solving.
- to build body-based practices that help you trust your inner resources and respond to challenges with more resilience and creativity.
- how to bring about the best in people in your organization.

While you'll start to feel these changes during the workshop, fully embodying them is an ongoing journey that takes practice and commitment.

ABOUT US

Esra Sertoglu

For over 30 years, Esra has been dedicated to work with organizations, teams and forums. Her career began as an organizational consultant in New York and transitioned to working with small teams, groups, and forums. She is a certified coach and facilitator with extensive experience in fostering trust, promoting open and unfiltered communications, and facilitating conflict resolution with leaders and teams based in the US, Europe, and the Middle East. Over the past three years, since embarking on the Somatic Dialogue method, her work has shifted—from understanding and shaping dynamics to holding space for others to make their own embodied discoveries.

Berrak Yedek

Berrak is the founder of Limpid Works and Somatic Dialogue method. Having gone through a long experience in dance she worked as a performer, choreographer and dance teacher. For many years she has been dedicating herself to this method in private sessions as well as group workshops.

Günes Coban

Günes has worked in the film business as an art director for many years. This gave her the opportunity to meet many different people from a wide range of backgrounds and life experiences. After moving to Prague ten years ago, she started to work with Berrak Yedek. She helps shape the overall look and feel of Limpid Works.





Workshop Structure

This workshop includes:

- Introductory Zoom Call. A live online session before we meet in person in Prague.
- In-Person Workshop in (Prague). A deep and transformative experience.
- Follow-Up Zoom Call. A post-workshop gathering to to share the take home value.

Why Prague?

A City That Holds Silence and Story - Prague's rich history and quiet strength create a backdrop where both the body and soul can listen. The city holds centuries of transformation, resistance, and renewal-mirroring the internal journeys we invite in somatic work.

Limpid Works studio embodies clarity and stillness. The design is open, centered, uncluttered it helps participants access their inner space more easily and return to equilibrium when exploring vulnerability.

Social time with the participants in the evenings will deepen the dialogue.

