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Embodying Authenticity: A Somatic Path to Transforming Self, Team & Organisation

Eunice Aquilina

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Transformative change begins with those who seek to lead it.

Connecting the individual journey with the collective journey is what allows organisational transformation to unfold and sustainable change to become possible.

Embodying Authenticity explores the theory and practice of an integrated somatic methodology and how this unique approach supports individual and collective transformation, which are interdependent and inseparable.

In somatics the 'self' and the body are inextricably linked, when we connect with vast intelligence of the body powerful change is available.

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