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For Immediate Release

## EXECUTIVE COACHING FIRM HOSTS RENOWNED SOMATIC TEACHER

*Sue Bethanis, CEO of Mariposa Leadership, Inc. will discuss resilience, martial arts, and mindfulness with Wendy Palmer at 3pm PT on June 24, 2010.*

San Francisco, CA - June 4, 2010 - Leaders can read leadership books, take classes and get coached all without making lasting changes. Why? Because having an insight is not the same as *living* an insight. Intellectual learning is not true learning until it is embedded in the physical body. And because the body learns only from experience, we need to do more than read and talk, we need to simulate exercises like pilots do to train our body to center and respond.

Join us on Mariposa's popular *Wise Talk* forum at 3pm PT on Thursday, June 24th for a lively discussion between Sue Bethanis, CEO and Founder of Mariposa Leadership, Inc. and Wendy Palmer, a Bay Area legend who has been exploring and teaching the principles of aikido and mindfulness for over 35 years. The author of *The Intuitive Body*, Palmer helps leaders develop presence and cultivate center under pressures. Bethanis and Palmer will discuss some of the following intriguing questions:

- What is conscious embodiment, and what are some essential principles? Why is it so important for leaders to understand and practice?
- What does our body know that our mind does not? Why is it so hard to change behavior just by thinking about it? How can we get to know our body better, and train it to respond in a more effective manner?
- What happens in our bodies when we are faced with a threat or other stressor? What can we do to prepare ourselves for such threats, and recover quickly when they happen? What simple practices can we do to help this?
- What other somatic practices are good for leaders? How—and why—should leaders work to improve inclusiveness, non-verbal communication, and the ability to act calmly without aggression?

Smart leaders know—intellectually and in their bodies—that being centered is a fluid state. It is not how many times they are knocked off balance, or how hard or by what, that matters; it is how quickly they can return to center. And for that, they need practice.

Contact [allison@mariposaleadership.com](mailto:allison@mariposaleadership.com) to sign up for the *Wise Talk* Forum.

Susan J. Bethanis, Ed.D., is the Founder/CEO of [Mariposa Leadership, Inc.](#), author of [Leadership Chronicles of a Corporate Sage](#), and host of the popular leadership forum [Wise Talk](#). Mariposa Leadership, Inc. offers premier [leadership coaching services](#) to the [hightech, biotech, and cleantech industries](#). Click [here](#) for press releases, press kit, and press clips.