

FREE TRAINING IN
Body Consciousness

GUIDE

*How to be
a Leader of
Consciousness
and Wellness*

**BY CREATING DEEP
CONNECTIONS**

LK Intelligent Movement®
With Lea Kaufman



www.MovimientoInteligente.com



KEYS TO *create deep connections*

**“The real job of a leader is to make
the others shine ”**

Lea Kaufman

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- Allow people to be who they are
 - See them as they are
 - Love them as they are
 - Allow them to live the human experience fully
 - Do not intervene
 - Do not correct
 - Do not impose a model
 - Do not want to change the other, but to help them
 - know
 - Open space for self-knowledge
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Reflection QUESTIONS

1. With whom do you feel deeply seen and listened?
 - i. Describe how is your relationship with that person
 - ii. Describe how you feel in the presence of that person,
What emerges in you?

2. Who feels deeply seen and heard by you?
 - i. Describe your relationship with that person
 - ii. Describe how you feel in the presence of that person,
What emerges in you?

3. What are the qualities that you express when you are with people, that you connect deeply?





CONNECTING WITH YOUR

Inner Leader

1. Let your wisdom guide you and answer with the greatest possible details of these questions. Don't edit anything, let it pop spontaneously what it is in you.

What is your inner leader like?

- i. What qualities does it have?
- ii. What communities does it want to build?
- iii. What is the world it wants to create like?
- iv.

2. What actions can you take today that would express your inner leader?

Be very specific, describe the action, when, where and with who you are going to do it.

SHARE THE REFLECTIONS ON CLASS 2