LEO
Leaders of Embodied Organizing

a 5-week virtual intensive that combines organizing skills, healing, self-care, & mindfulness towards developing highly effective & balanced embodied organizers

1. MASTER TRAINER/FACILITATOR
Rusia Mohiuddin pioneered the integration of somatics into an organizing framework. Rusia has taken her vast community organizing & leadership development mastery to develop a new holistic model of organizing for the 21st century called Embodied Organizing.

2. EMBODIED ORGANIZING
Embodied Organizing is a comprehensive model for community organizers, designed for all levels of organizers, that seeks to develop skills, with an embodied leadership lens, to develop effective organizers while uniquely cultivating leadership that creates necessary balance & self-care so organizers feel & are able to do movement work for the long haul.

3. APPROACH: PRONG ONE
The LEO Intensive, following in the tradition established by its creator, Rusia Mohiuddin, takes on a two-pronged approach in developing skilled organizers: Theoretical learning of a broad set of organizing skills and healing, embodied leadership, and self-care methodologies.

4. APPROACH: PRONG TWO
Deepening theoretical learning through application & practice to add a critical layer of experiential learning to deepen & enhance overall organizing knowledge towards developing grounded & authentic leadership for the most effective organizing.

5. REG STARTS
Feb

6. COMMIT
mid-Feb

7. START
MAR 12th

8. FINISH
APR 23rd

9. EMBODIED LEADERSHIP
We believe in espousing in character, action, & relationships, the values & principles at the core of our being. Embodied Leadership is the deep commitment to continuously cultivate leadership qualities acutely aligned with our values & principles towards developing & sustaining authentic relationships. We do this so we are acutely aligned with the core values that allow us to be who & how we want to be in the world.

9. MINDFULNESS SKILLS
Organizers learn contemplative skills & develop practices that support & guide their work towards balance & mature leadership. Cultivating self-awareness can simultaneously increase our awareness of others. This is a critical skill in an effective organizer.