

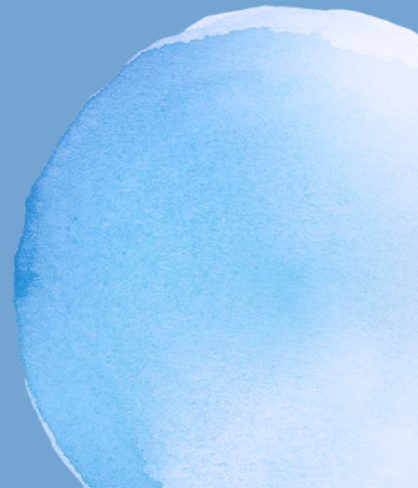
# YouLead

Step into your greatness



"Yoga is not about touching  
your toes, it's about what you  
learn on the way down"

- Jigar Gor



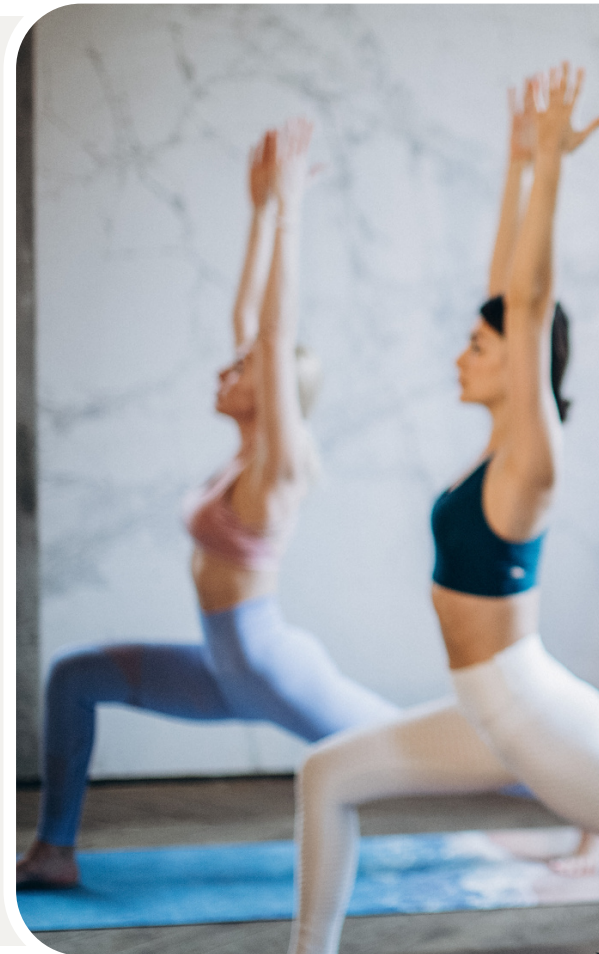
# INTRODUCTION

Are you looking for ways to boost the overall health and wellness of your team, whilst also enhancing their leadership skills and high performance habits?

**Leadership requires enthusiasm, energy and vitality. Only when you feel balanced, energised and fulfilled can you offer that to others. As a leader it is your mission and responsibility to find it, nurture it and offer it to your team.**

The current paradoxical time and business climate is so demanding that lots of leaders are struggling to keep up. Overwhelm and burnout is showing up more and more so now more than ever, it's crucial to lead from a place of balance and sustainability. Leaders are often feeling stuck in their own minds and feel like they don't have the answer, the energy or the resources to be the leader they want to be. Our body holds all the knowledge, wisdom and energy that can get leaders to access their full potential. This is where YouLead comes in.

YouLead will give you access to new resources in your heart, body and mind so you can step into your greatness.



# RESEARCH SHOWS THAT YOGA HAS THE FOLLOWING IMPACT ON LEADERS...



**Emotional Regulation:** A regular yoga practice helps improve emotional regulation and self-awareness. Leaders who are in tune with their emotions may be more empathetic, better at managing their emotions, whilst understanding the emotions of their team members.

**Stress Reduction:** Yoga is known to help reduce stress and promote relaxation. Leaders who practice yoga may be better equipped to manage stress and make clearer decisions in challenging situations.

**Enhanced Focus and Concentration:** Yoga involves mindfulness and meditation practices that can improve focus and concentration. Leaders who maintain focus and show up more present, are likely to be more effective in their decision-making and problem-solving abilities.





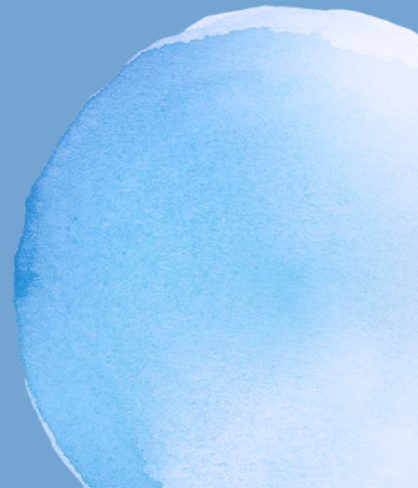
**Better Communication Skills:** Yoga fosters better communication between the mind and body, which translates into improved communication skills for leaders. Explicit and effective communication is crucial in inspiring and motivating team members.

**Increased Resilience:** Yoga encourages perseverance and resilience through challenging poses and breathing techniques. Leaders who practice yoga develop greater resilience and are better able to bounce back from setbacks.

**Cultivation of Positive Traits:** Yoga philosophy emphasises virtues such as compassion, patience, and humility. Leaders who integrate these positive traits into their leadership style create a more positive and supportive work environment.

**"Insanity is doing the same  
thing over and over again and  
expecting different results"**

- Albert Einstein



# WHAT IS YOULEAD?

YouLead has been designed to provide your leaders with **immersive and interactive experiences that combine the ancient practices of yoga with modern leadership skills and models**. By integrating mindfulness, meditation and physical wellness practices into a professional setting, we help participants learn to navigate through stress, improve their energy management, explore what great leadership looks and feels like, and enhance overall well-being, so they can offer their best selves to their team.

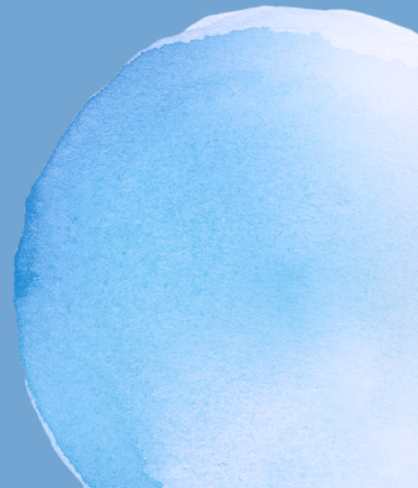
During our 1 day introductory workshop we will guide your team through a series of mindful movement flows, meditation, breath work, high performance leadership coaching, and group discussions about leadership and mind-body wellness. Your employees will leave feeling energised, refreshed, and equipped with new tools to enhance their leadership abilities and personal well-being.

We offer a different format of learning that best fits your needs. We will design the learning journey that offers the YouLead practice that you want and need, to help your leaders to step into their greatness.



"Yoga is the journey of the  
self, through the self, to the  
self"

- Bhagavad Gita



# WHO WE ARE



## Emmanuelle Langlois

- Director and Co-Founder of Leap Leadership
- Professionally Certified Co-Active Leadership and Life Coach (CPCC).
- PCC Coaching Accreditation with International Coaching Federation (ICF)
- Certified Yoga Teacher with the House of Yoga

Emmanuelle brings a wealth of commercial and international corporate experience to her work that enables her to understand, connect and positively impact the executives she trains, facilitates and coaches. She has a long-standing track record of success in designing and facilitating sessions, as well as leading and coaching, to drive individual and collective engagements through authentic and effective human interactions. She is known for her engaging and energetic facilitation style that contributes to create a unique learning experience. She is the Visionary - always sees the bigger picture. Wants to make a difference in people's lives and if possible, impact the world.



## Jason Pooley

- Founder and Director of the House of Yoga
- Certified High Performance Coach (CHPC)
- Certified Business Coach with Evercoach
- Founder of One Great Life Coaching Programme
- Certified Yoga Teacher and Trainer

Jason's background was in Tennis, playing at a high level and then coaching around the globe. He is one of a handful of (CHPC's) Certified High Performance Coaches in the UK. He founded The House of Yoga in 2012, which has impacted thousands of lives and certified 900 + yoga teachers. Jason has been a coach and facilitator on many global trainings which encompass personal growth, yoga and meditation. He seeks to help more people realise their greatest potential by seeing what's possible, so that they can create a life they truly love, 'One Great Life'.



# LEA\_P + THE HOUSE OF YOGA

Lea\_p Leadership are an experiential learning and development company. We deliver leadership programmes, assessments, training workshops and one to one coaching to create behavioural transformation within your team. We understand the challenges businesses are facing and we help leaders create a company culture that builds trust, is agile to change and supports honest, authentic workplaces. Cultivating high performance teams through nurturing the relational side of leadership.

The House of Yoga is one of the UK's leading yoga teacher training academies, offering a platform for your growth in teaching, leadership and life mastery. Our innovative programmes have been designed to provide you with inspiration, education and personal transformation in body, mind and spirit. We are dedicated to creating new inspiring teachers who lead with excellence, by creating a ripple effect of positive change in the world.

## CLIENTS INCLUDE



# CLIENT FEEDBACK

*"I have been equipped with tools and the confidence to focus on how I can consciously create a purpose for our business to realise its long term aspiration for sustainable independent success in a changing market place. We have worked with Lea\_p Leadership to support and develop people at all levels in our business; from our board, our senior managers along with younger staff that will all too quickly become our leaders of the future. These programmes have been really important in realising potential. **The results have been great and we have taken the business forwards hugely"***

*- Andrew Reynolds, UK & Global Board Director at RLB*



"Jason has been a fantastic addition to our Wellness programming and very successfully helped us to embed a very different way of thinking about our wellbeing and productivity. This is a difficult audience to win over, especially with new ways of approaching self growth, and Jason has understood that audience perfectly and pitched it in exactly the right way. He is very focussed, engaged and been an absolute pleasure to work with. We look forward to the continued relationship and how it will grow"



"Emmanuelle has impacted my personal life and professional life in ways i'm not sure I can articulate. It is clear how passionate she is about what she does - she brings infectious lightness to the room whilst also bringing a huge amount of knowledge that participants can take away and put into practice immediately. I am forever grateful to know her"





## INFO + LOGISTICS

YouLead is perfect for organisations looking to invest in their employees' physical and mental health, development and performance progress. It can be tailored to fit the unique needs of your team and company, and is best conducted on-site.

Get in touch today to discuss!

**E-mail** [emmanuelle@lea-p.com](mailto:emmanuelle@lea-p.com) | [coaching@jasonpooley.com](mailto:coaching@jasonpooley.com)

**Website** [www.lea-p.com/youlead](http://www.lea-p.com/youlead)  
[www.thehouseofyoga.co.uk](http://www.thehouseofyoga.co.uk)  
[www.jasonpooley.com](http://www.jasonpooley.com)



"Yoga does not just change the  
way we see things; it transforms  
the person who sees"

- BKS Lyengar

