

☒ IN-PERSON ☐ LIVE-ONLINE**JUNE 30-JULY 4, 2025****Amanda Blake, PhD****Embodied Intelligence at Work: Leveraging Mind-Body Science to Enhance Professional Performance****Monday - Friday: 9:00a.m. - 12:30p.m. EDT | 30-Minute Break Daily
15-Hour Course | Delivery Format: In-Person Only**

In these volatile times, we are all called upon to envision a brighter future and do what we can to bring it about. This is true at the individual, family, community, and societal levels: we need leaders in every domain who are prepared to take bold action on behalf of building a better world.

Unfortunately, in our well-intended efforts to improve conditions for ourselves and those around us, we too often over-rely on our intellect and fail to tap our embodied intelligence as a resource. But we overlook this immensely powerful yet underutilized asset at our peril. Research has shown that embodied intelligence helps us...

- cultivate necessary resilience for this turbulent era
- deescalate conflict and build stronger relationships
- tap into hidden sources of wisdom to guide our actions

In short, embodied intelligence is both a resource for our thriving and a remedy for the profound sense of separation that contributes to conflict, disconnection, and inadvertent harm to life at all levels.

This intelligence – distinct from informational knowledge – is far from a secondary consideration. Rather, it is a necessary component of thriving for individuals, companies, communities, and beyond. Neurobiology shows us why. Better yet, the underlying neurobiology of embodied intelligence provides important clues about how we can apply this vital source of wisdom in our everyday lives.

This program is not about yoga, mindfulness, or trauma therapy, although it is informed by all those disciplines and more. Instead, it is about how to discover, in a deeply experiential way, what it feels like to be at your best and how to call upon those noble qualities in any given moment, especially when you need them most.

This experiential, evidence-based program intertwines two core threads: the underlying neurobiology corresponding to embodied intelligence alongside experiential practices designed to tap that intelligence. Participants will leave with an increased ability to rely upon their innate embodied intelligence in everyday life and work and be at their best whenever life calls for that.

If you work with leaders, innovators, pathfinders, individuals, or teams pursuing solutions to today's biggest challenges – or if you consider yourself on that path – then this program is for you. All bodies are welcome.

Amanda Blake, PhD is the author of the award-winning book *Your Body Is Your Brain, and creator of the Body = Brain™* course on the neurobiology of experiential leadership learning. In addition to teaching about the art and science of embodiment, she works with leaders worldwide to help them become their best self, enjoy life more, and make a bigger contribution. Once an internationally competitive athlete, Mandy is skilled at cultivating high performance in herself and others. As a Master Somatic Leadership Coach, she is known for supporting pragmatic yet profound transformations in her clients. She holds a degree in Human Biology from Stanford University and a doctorate in Management from Case Western Reserve University. She's also a longtime yoga enthusiast, mountaineer, and musician. Learn more at embright.org.

Speaker Disclosures

Financial: Amanda Blake has no financial relationships with ineligible organizations. She receives a speaking honorarium from MAK Continuing Education, LLC, Cape Cod Institute.

Non-financial: Amanda Blake has no non-financial relationships with ineligible organizations.

Amanda Blake, PhD | Embodied Intelligence at Work: Leveraging Mind-Body Science to Enhance Professional Performance | June 30-July 4, 2025

Course Agenda

Monday:

- Neurobiology of Embodiment
- Explore the biology of embodied intelligence
- Learn six evidence-based outcomes of embodied self-awareness
- Cultivate embodied self-awareness (ESA)
- Hone the key skill of ESA: sensing

Tuesday:

- Embody & Enact
- Tap into vision and care — the core fuel of embodied learning
- Explore customized practices to help you embody your best self
- Design a tiny habit that will embed your best self into your daily life

Wednesday:

- Illuminate & Imagine
- Expand your understanding of the qualities you seek to embody
- Use creative play as a path to deeper discovery
- Learn how to use contrast to get unstuck from ingrained habits

Thursday:

- Leverage Learning Loops
- Integrate embodied and conceptual self-awareness
- Learn how to recognize and build upon every tiny win
- Practice guiding others through their learning loops, accelerating their journey to embodying their best self

Friday:

- Design Embodied Practices Like a Pro
- Finalize your daily practice design
- Learn how to layer practices for amplified success
- Co-create a memorable illustration of all you have learned

Course Objectives

Upon completion of this course participants will be able to:

1. Define embodied intelligence – how it works and why it's an essential leadership skill
2. Explain how increased embodied self-awareness can positively impact work and clients
3. Describe the neurobiological underpinnings of embodied intelligence
4. List six evidence-based outcomes of cultivating embodied self-awareness
5. Apply simple, concrete principles to creatively cultivate embodied intelligence at work and beyond
6. Practice the embodied intelligence skills that positively impact resilience and adaptability
7. Discover embodied practices that hold the potential to deescalate conflict and build stronger relationships
8. Design contextually relevant, meaningful embodied practices that result in sustained behavior change at work and in life
9. Use experiential contrast to get unstuck from ingrained habits
10. Demonstrate more competence, creativity, and innovation in how you work with clients

Continuing Education

Course Content Level: beginner, intermediate, and advanced. This course is open, and content is, suitable for all clinicians and learning levels, beginning, intermediate and advanced.

Courses must be completed in one delivery format.

*This course is not eligible for ASWB ACE, ACCME, NYSED, PA psychologist, or NBCC contact hours/credits.

Coaches: This course has been approved for the following Continuing Coaching Education (CCE) units with the International Coaching Federation.

Core Competencies: 7 ; Resource Development: 8

Please see the [course CE page](#) for a complete listing of course-specific CE approvals.

For a full list of continuing education approval statements please visit <https://www.cape.org/ce-credit>.

Tuition, Registration & Course Formats

Registration:

Visit www.cape.org to register for our In-Person & Live-Online course offerings. All major credit cards are accepted. No cash or check payments will be accepted.

Course Formats:

15-hour course format: Monday-Friday 9:00a.m. - 12:30p.m. EDT with a 30 min break daily

12-hour course format: Monday-Wednesday 9:00a.m. - 1:30p.m. EDT with a 30 min break daily

8-hour course format: Thursday-Friday 9:00a.m. - 1:30p.m. EDT with a 30 min break daily

In-Person Location:

Nauset Regional Middle School, 70 MA-28, Orleans, MA 02653

Live-Online Course Format:

Interactive synchronous online: Live-Online sessions are held via Zoom Meetings. Live-Online courses will include opportunities for interaction with colleagues and faculty members via group discussions, break-out groups, and Q&As.

System requirements: • Operating Systems: Windows XP or higher, MacOS 9 or higher, Android 4.0 or higher • Internet Browser: Internet Explorer 9.0 or higher, Google Chrome, Firefox 10.0 or higher • Broadband Internet connection: Cable, High-speed DSL & any other medium that is internet accessible.

Tuition:

Early tuition rates (through 4/1/25)		Full tuition rates (after 4/1/25)		Student pricing*:	
15-hour in-person early:	\$750	15-hour in-person full:	\$800	15-hour in-person:	\$600
15-hour live-online early:	\$625	15 hour live-online full:	\$675	15 hour online:	\$475
12-hour in-person early:	\$650	12-hour in-person full:	\$700	12-hour in-person:	\$500
12-hour online early:	\$550	12-hour online full:	\$600	12-hour online:	\$400
8-hour in-person early:	\$450	8-hour in-person full:	\$500	8-hour in-person:	\$300
8-hour online early:	\$350	8-hour online full:	\$400	8-hour online:	\$200

*Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition

Veteran Affairs Employees:



MAK Continuing Education, LLC, Cape Cod Institute is vendorized in SAMS in station 703. Active-duty and retired military members are eligible for 10% off. Please upload your military ID / verification at the time of registration and you will automatically get the discounted rate.

Cancellation & Change Policy

Up until two weeks (14 days) prior to your course start date: For cancellations (in-person or live-online), you will receive a refund less a \$50 cancellation fee

Between 14 days and 1 day: Credit may be applied to any 2025 or 2026 Cape Cod Institute course. No refunds will be issued within this time period.

Once your course begins: No credit or refund is available if you cancel on the day of arrival, do not show up, are dissatisfied with the presentation or content, or leave an event early for any reason. No partial credit/CE hours can be given if you need to leave for any reason. We understand that circumstances outside of your control may impact your ability to continue attending your course. Common examples include: situations affecting a participant directly or their travel plans, unexpected injury or illness, and significant connectivity problems; however, we cannot offer credit or refunds for these scenarios.

The Cape Cod Institute is not responsible for participants' travel, lodging, or incidental expenses.

Course Changes:

Before June 1: You may switch your course or the format (in-person or live-online) without a fee. A refund will be provided for the difference in price.

After June 1: Course or format (in-person or live-online) changes made after June 1, will incur a \$50 change fee. There will be no price reduction for switching to a live-online course.

You can notify our staff of your cancellation or change requests at info@cape.org

Please visit <https://www.cape.org/policies> for more information.

Continuing Education Information

Full attendance of in-person and live-online courses is required to meet the standards of accrediting organizations. No partial credits will be provided. CE certificates are distributed by email for both in-person and live-online courses following the conclusion of your course, confirmation of full attendance, and completion of an online evaluation form.

You will receive additional details regarding the online evaluation process at the end of your assigned course. Evaluations must be submitted within three weeks of the end date of your course. You will receive a copy of your certificate of attendance with detailed CE approval statements, once you submit your evaluation. Please check with your regulating body/organization that this certificate is sufficient proof for you to claim continuing education credits/credit hours/clock hours/contact hours.

Most courses are eligible for 15 credits/credit hours/clock hours/contact hours. Exclusions will be listed on individual course pages as well as below. Please check individual course pages for course learning objectives.

All courses are open and suitable for all clinicians and learning levels, beginning, intermediate and advanced unless otherwise noted on the course page.

Please contact your licensing board to determine your continuing education requirements and check for reciprocal approvals.

Continuing Education Approvals:

Current continuing education approvals for MAK Continuing Education, LLC, Cape Cod Institute are listed on our website: **<https://www.cape.org/ce-credit>**

You can also contact our staff with any CE-specific questions at + 1(203) 781- 6492 or **info@cape.org**.

Travel Information

All in-person sessions are held at the Nauset Regional Middle School at 70 MA-28, Orleans, Massachusetts. Orleans is a 2-hour drive from Boston or Providence (expect traffic delays on Saturdays). There are scheduled flights from Boston and Providence to Hyannis, a 40-minute drive to Orleans. A car is needed for full access to lower Cape Cod. Biking around Orleans is easily done via the rail trail, and local buses between towns are available.

Cape Cod is about 70 miles long, and 75 miles from Logan Airport in Boston and Green Airport in Providence, Rhode Island. Driving distances to the Lower and Outer Cape are:

Boston 77 miles; Providence 77 miles; New York City 245 miles; Montreal 355 miles.

Please visit our travel page for specific directions, lodging and travel information: **<https://www.cape.org/travel>**

Contact Information

Cape Cod Institute Administration
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E-mail: **info@cape.org**

Please contact us by email or phone with any questions regarding accessibility accommodations, questions, or concerns.

JUNE 30 - AUGUST 22, 2025

JUNE 30-JULY 4, 2025

Amanda Blake, PhD

Embodied Intelligence at Work: Leveraging Mind-Body Science to Enhance Professional Performance
In-Person

Janina Fisher, PhD

Transforming Trauma-Related Resistance and Stuckness
In-Person & Live-Online

Cathy Malchiodi, PhD, LPCC, LPAT, ATR-BC, REAT

Expressive Arts Therapy and Sensory Processing to "Reset" the Nervous System
In-Person & Live-Online

Natasha Prenn, LCSW

Put Deliberate Practice into your AEDP Practice
In-Person & Live-Online

JULY 7-11, 2025

Suzanne Goh, MD, BCBA

Transformative Care for Neurodivergent Individuals: State-of-the-art Therapies to Optimize Health, Development and Wellbeing
In-Person & Live-Online

Gabriella Rosen Kellerman, MD

Tomorrowmind: Building Intra- and Interpersonal Resilience at Work and Beyond
In-Person & Live-Online

Licia Sky

Embodied Awareness: The Art of Presence & Attunement
In-Person

Bessel van der Kolk, MD

Frontiers of Trauma Treatment
In-Person & Live-Online

JULY 14-18, 2025

Lana Epstein, MA, LICSW

Putting It All Together: Combining Somatic and Ego-State Therapies with EMDR
In-Person & Live-Online

Meghan Riordan Jarvis, MA, LICSW

Grief as a Daily Practice: Tools to Educate and Support in Times of Profound Loss
In-Person & Live-Online

Richard Schwartz, PhD &

Jeanne Catanzaro, PhD

Internal Family Systems Workshop
In-Person & Live-Online

Stan Tatkin, PsyD, MFT

Introduction to a Psychobiological Approach to Couple Therapy (PACT)
In-Person & Live-Online

JULY 21-25, 2025

Sebastian Barr, PhD

Affirming and Effective Work with Trans and Nonbinary Adolescents and Young Adults
In-Person & Live-Online

Jeanne Catanzaro, PhD

Unburdened Eating: An IFS Workshop for Mental Health Professionals
In-Person & Live-Online

Deb Dana, LCSW

Polyvagal Theory in Therapy: Practical Applications for Treating Trauma
In-Person & Live-Online

Richard Schwartz, PhD

Transformative Healing: An IFS Workshop on Addressing Legacy Trauma
In-Person & Live-Online

JULY 28-AUGUST 1, 2025

Farah Harris, MA, LCPC

The Color of Emotional Intelligence: Leveraging Self-Awareness to Address Inequities in Clinical and Organizational Practice
In-Person & Live-Online

Deborah Korn, PsyD

EMDR Therapy and the Treatment of Complex PTSD in Adult Survivors of Childhood Abuse and Neglect
In-Person & Live-Online

Maria Sirois, PsyD

The Fateful Story: How Narratives Shape Health, Growth and Resilience
In-Person & Live-Online

Jeffrey Zeig, PhD & Julie Anné Zeig, PhD

Master Class in Experiential Psychotherapy
In-Person & Live-Online

AUGUST 4-8, 2025

Gloria Burgess, PhD

Sanctuary: Rekindling the Heart of Leadership®
In-Person

James Hawkins, PhD, LPC

Emotionally Focused Therapy: Strengthening Bonds in Couples, Individuals, and Families
In-Person & Live-Online

George McCloskey, PhD

Intervention for Child and Adolescent Executive Function Difficulties
In-Person & Live-Online

8 & 12 HR COURSES - NEW!

AUGUST 4-6, 2025 *12-HR

Jonah Paquette, PsyD

Positive Psychology 2.0: Creating a Life of Meaning, Purpose, and Connection
In-Person & Live-Online

AUGUST 7-8, 2025 *8-HR

Christopher Willard, PsyD

Adapting Mindfulness Techniques for Children, Teens, and Adults
In-Person & Live-Online

AUGUST 11-15, 2025

Bob Anderson

The Journey of Conscious Leadership
In-Person

John Forsyth, PhD & Jamie Forsyth, PhD

Harnessing the Transformative Power of Mindful ACT Therapy: How to Live Well When Life is Hard
In-Person & Live-Online

Pilar Jennings, PhD

Buddhism & Psychotherapy in Conversation: A Healing Partnership
In-Person & Live-Online

Cece Sykes, LCSW, ACSW

Internal Family Systems: Compassion for "Big A" and "Small a" Addictive Processes
In-Person & Live-Online

AUGUST 18-22, 2025

Edward Hallowell, MD with Sue George Hallowell, LICSW

Unwrapping the Gifts: A Strength-Based Approach to ADHD Across the Life Span
In-Person & Live-Online

Rubin Naiman, PhD, FAASM

Healing Our Sleep, Dreams, and Consciousness: An Integrative Approach
In-Person

Ronald D. Siegel, PsyD

What Clinicians Need to Know about Non-Ordinary States: Mindfulness, Compassion, & Psychedelic-Assisted Psychotherapy
In-Person & Live-Online

Eboni Webb, PsyD, HSP

From Chaos to Calm with DBT – A Path to Connection and Emotional Regulation
In-Person & Live-Online

All courses are suitable for all clinicians and learning levels, beginning, intermediate, and advanced unless otherwise noted.
For a complete list of CE approval statements, please visit: www.cape.org/ce-credit

FOR COMPLETE COURSE INFORMATION AND TO REGISTER, VISIT: www.cape.org