



Embodying Authenticity: A Somatic Path to Transforming Self, Team and Organization

Eunice Aquilina

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The somatic approach is one that incorporates the body as a critical instrument of leadership.

Viewing organizations as living systems created through relationships and the way people coordinate and respond to each other, *Embodying Authenticity* integrates somatic methodology with organization development literature, which points to the "use of the self" as an instrument of change and transformation.

Author Eunice Aquilina shows how individual and collective transformation is both interdependent and inseparable from one another and how approaches to change are emergent and adaptive, responding to continuously evolving environments.

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