

Deedee Myers will speak for her second year at the annual Amputee Coalition of America conference in Atlanta, Georgia.

This session is sponsored by [Otto Bock](#).

BUILDING YOUR BODY AS AN INSTRUMENT OF CHANGE

A two part workshop for leading your life from the inside out!

Part One: PROACTIVE ASSESSMENTS FOR FITNESS IN LIFE

Moving with more self-confidence, self-efficacy, dignity and self-regard is important to a life full of change, diversity, challenge and opportunity. Learn practices to support quality living by generating greater choice in your life around your own physical fitness and its impact on relationships, happiness and your dominant mood. The morning workshop supports you in assessing new possibilities for having a generative body and being in choice and commitment. This portion of the presentation will blend practices around greater body awareness with musculoskeletal and cardiovascular fitness that support your new or renewed commitment to living in your full potential from the inside out.

Part Two: PRACTICES TO RECONNECT TO YOUR BODY AND OWN LEADERSHIP QUALITIES

Life has many challenges and this workshop introduces practices for building a body that supports and regenerates your passion, slowing down while increasing effectiveness, fitness practices to reduce stress, maintaining a healthy lifestyle, customized fitness habits, meeting and befriending challenges. A continuation of the morning workshop your facilitators will support you in developing your individual practices and plan of action to start with today! Participants receive their own fitness journal and resistance band.

To find out more about this conference and Deedee's commitment to advancing leadership from within contact her at deedeemyers@ddjmyers.com