

Williams-Hindle, Hayley (2021). Fellowship Grant:

Arts and Humanities Research Council (AHRC) Proposed Research Extract.

October 2021 to March 2022. Williams-Hindle, Hayley. Embodiment through the use of Tension and Trauma Releasing Exercises (TRE) in autistic cultural and creative leadership praxis. An exploration of method and insight (Provisional Title).

Title: Embodiment using Tension and Trauma Releasing (TRE) in autistic cultural and creative leadership praxis: An exploration of method and insight

The **purpose** of this research is to expand on notions of Authentic Leadership by exploring the usefulness of 'embodiment' within Autistic cultural leadership praxis. And to identify practical implications for future autistic cultural leadership development programmes.

Embodied leadership is founded on principles that leaders can acknowledge, describe, and bridge the additional layer of inter-relational complexity that exists for the majority neurotypical and neurodivergent individuals.

Specifically, the **aim** is to put the theory of Embodied Leadership principles into practice for autistic cultural leaders and to document the learning and insight that results.

Research design: This study draws on an ethnographic approach which contextualizes leadership insight in personal history.

Participants will be Autistic cultural leaders.

The **intervention** will consist of a series of workshops introducing and practising TRE. Workshops will be conducted online or in person, depending on the preference of the participants.

Measures will include guided participant discussion within the framework of authentic leadership examining self-awareness, relational transparency, balanced processing, and internalized moral perspective. A selection of self-report measures are also being explored.

Time frame: the study will be conducted from October 2021 to March 2022.