

# Movement Pattern Analysis

## A Tool for Effective Decision-Making and Team-Balance

### Introductory course, including your own MPA-Profile

June 7-9, 2024, 9am - 5pm, Berlin, Germany

Profile interview (2 hours) individually arranged prior to the course (by latest June 5-6, 2024 in Berlin)

**Movement Pattern Analysis (MPA) is used to describe an individual's unique process of decision-making, based on the study of human actions and interactions.**

Through detailed analysis of movement behaviour, MPA establishes a profile of an individual's preferred decision-making style – the distinctive way a person tends to think through or implement decisions. Gaining this insight enhances personal development, improves interpersonal communication, and facilitates more effective teamwork.

MPA was developed by Warren Lamb in the 1940's and 50's, building upon the innovations of movement theorist Rudolf Laban and management consultant F.C. Lawrence. Over 30,000 individuals – primarily those involved in senior management – have made use of MPA-Profiles, and some companies, including multi-national corporations, have continued their success with MPA for over three decades.

#### Introductory course in MPA

One of the tutors will meet each participant for two hours prior to the course to make his/her MPA-Profile. Then, during the course, movement experience, observation practice, and theoretical discussion will be used to help the participants understand their MPA-Profiles and recognise how particular kinds of movement behaviour link to decision-making.

This rare opportunity to work with experts in the field gives each participant the opportunity to explore what embodied action reveals about decision making as a process and to apply this knowledge for enhanced self-management, career development, and productive collaboration.

#### Your own profile is made

Knowledge of our own MPA-Profile enables us to appreciate the relatively constant elements in our make-up – our intrinsic, core motivations – so that we can learn to optimise potential strengths and compensate for potential weaknesses, both alone and when interacting with others.

By the end of the course, each participant will be able to interpret an MPA-Profile chart and comprehend their own characteristic process of making decisions. In addition, MPA-Profiles of participants are used to create a hypothetical team, and students learn concepts of team balance and how MPA can be applied to improve collaboration.

Topics covered also include:

- Discerning 'integrated movement' and its significance
- Identifying stages in decision-making and their movement correlations
- Understanding nonverbal cues that invite or preclude interaction potential, and team-development
- Learning how these factors combine to reveal an individual's MPA-Profile 'in action'

Participants derive lasting value from knowing their own MPA-Profiles and deepening their comprehension of movement and what it conveys about behaviour, both within the workplace and beyond.

This course serves as a prerequisite for advanced training, and many students have gone on to become fully qualified as professional MPA-Practitioners. MPA has a wide range of professional applications – from executive appraisal to team-development to career guidance.



### James McBride, MA, R-MPA

James McBride has been an MPA-Consultant for 20 years, directing an international consultancy firm based in Denmark ([coaction.dk](http://coaction.dk)). He is the European coordinator for the Institute of Movement Pattern Analysis ([iomp.com](http://iomp.com)) and a founding board member of the Warren Lamb Trust ([warrenlambtrust.org](http://warrenlambtrust.org)).

James holds an M.A. (Dist.) from LABAN / London City University, a Diplôme d'État (French National Diploma) in Dance Education and is an Associate Tutor in Laban Studies (Laban Guild).

With over 20 years' experience as a performer and choreographer, James has lectured regularly at the University of Copenhagen, the Danish National School of Performing Arts, the Norwegian Theatre Academy, the Danish Royal Academy of Music, and the Danish School of Psychomotricity.

*"I have found the insights extremely valuable. It helped me to develop as a person as well as in my role. It has given us greater understanding of how to improve the effectiveness of our top team..."*

*"The analysis of our team was then razor-sharp and so clearly presented that I have since then carried the essential points within myself and learned to understand adjusting aspects in my daily work with my team."*

### Price of workshop and profile

- Regular price €1510
- Early bird price €1430 (pay by 15 April 2024)

**Registration:** [info@antjakennedy.de](mailto:info@antjakennedy.de)

**Place:** Schirpitzer Weg 20, 12355 Berlin, Germany



### Antja Kennedy, R-MPA, CMA

Antja Kennedy has been a freelance dance teacher, dancer, choreographer and movement analyst for over 40 years. She holds a Certificate in MPA (R-MPA) and in Laban / Bartenieff Movement Studies (CMA), as well as a Bachelor Degree in Dance.

Antja is a co-founder of the Tanzfabrik Berlin (1978), EUROLAB Association (1988) and Global Water Dances (2010), working in each executive committee. Since 1990, she has taught and directed the EUROLAB Certificate Programs in Laban / Bartenieff Movement Studies. Since 1992, Antja has taught at several German universities and dance programs. In 2003, she was guest professor at the University of Hamburg (Dept. of Movement Science).

Since 2022 Antja has been a coach for career and personal transformation ([antjakennedy.de](http://antjakennedy.de)).

*"I am very grateful for the perspective that MPA has given me. In partnership, profession and in the family environment, it has given me more space for actions."*

*"I have found the techniques to be uniquely beneficial in the development of both teams and individuals and strongly related to our efficiency, creativity, and enjoyment of work..."*

An MPA-Profile, including verbal and written feedback, normally costs €2000 (without the course).

**FREE Webinar on MPA with Antja Kennedy**  
Thursday March 21, 2024, 8-9pm (CET) via Zoom