

Spirit of Great Leadership

Presence, Awareness, Clarity, Creativity

25th September

09:00-16:30, Park Hotel, Weggis

Korean Sword Fighting / Art / Theatre & Improvisation /
Neuroscience / Communication / Leadership

Power of Body



Christian Mayer
Master Haidong Gumdo
(Korean Sword Fighting)
Kung Fu
Intuitive Archery
Mayer Master Next Level
Coaching

Power of Improvisation



Franca Basoli
Artistic Manager Tell Spiele
StageArt GmbH Trainer
Coach & communication
trainer

Power of Creativity



Daniel Eisenhut
Logan Creative Teambuilding
Artist
Corporate Art & Creativity

Power of Focus



Mike Pagan
International Speaker
Vice-President Professional Speakers
Association UK
Author "Stop Faffing About"

Power of Mind



Andy Habermacher
Certified Master Coach
CEO Corporate Training Programmes
Managing Director NeuroBusiness Group
Switzerland
International Speaker

The Spirit of Great Leadership

Combining elements of mind and body for more presence, awareness, clarity and creativity. Balancing the body and spirit to boost intuition, balance, focus and direction.

Overview

The idea was born over lunch with Christian Mayer discussing martial arts, energy flows and neuroscience. An idea combined with a pending visit by Dr Srinii Pillay, neuroscientist, Harvard Medical School, an idea that leadership focuses on business competencies but life competencies and energy flows are the heart of everything. Our mind, our soul, our body when in tune with each other can release incredible power, direction and deep-felt satisfaction. I have experienced the power of releasing your creativity through theatre, humour and art these are not soft skills – a general misunderstanding – these are skills at the heart of human nature and therefore at the very centre of excellence in leadership and in business. This day is designed to give insights into these elements and insights into yourself – to give you direction and energy and power and develop your leadership skills in directions you never knew they could go. The day is organised into modules with hands on practice. Topics:

- ✓ Focusing your chi ✓ Sword control ✓ Decisiveness ✓ Humour ✓ Improvisation
- ✓ Let your creativity loose ✓ How martial arts effect your mind ✓ Creativity in the mind
- ✓ How the mind reacts to words ✓ How humour can effect productivity
- ✓ Focus in mind, in body and in business ✓ What theatre can teach your business
- ✓ Controlling your energy ✓ Relax to get more focused ✓ Creating more awareness
- ✓ Levels of intuition ✓ Is your heart in it? ✓ Heart & Soul of Leadership

Date: Saturday, 25.09.2010, 09:00-16:30 **Location:** Park Hotel, Weggis

Price: CHF 480 (lunch and materials included)

Registration: andy@corporate-training.ch / www.corporate-training.ch

Modules

A: Korean Sword Fighting

Mind & body – focus, clarity & awareness

B: Neuroscience

How the mind processes creativity, effects of focus and martial arts.

C: Art & Creativity

Freeing up your creative side

D: Get Focused on Business

Get focused make decisions and stop messing around

E: Theatre & Improvisation

The power of improvisation and the power of humour – discovering your inner clown and let yourself free.

D: Communication

It's not what you say but how you say it – looking into the mind at how we process communication an how small differences can make big changes

Dress: relaxed clothes – there will be plenty of movement and activity