

ANALYSIS

SALES

COMMUNICATION

LEADERSHIP

PERSONALITY



Power of Thoughts

The Secret of Invincibility

Content

Sensitivity training for executives with the Shaolin Monks of China

Shaolin Kung Fu is more than a martial art, it is a way of life and behaviour, which can be applied everywhere. The true secret of invincibility: **“Thinking Power”**

Advantages

- Optimise concentration, receptivity, resilience and reasoning
- overcome blockading patterns of perception and thinking
- Increase composure in stressful situations
- Improved self-control and self-influence
- Increase self-confidence

Advisers

- Gerhard Conzelmann (President of the International Shaolin Institute e.V.)
- Shi Yan Bao (34th generation monk of the Shaolin Monastery in China)

Methods

- Presentation, Workshop, Exercises (Qigong, Meditation, Relaxation, ...)

Duration

Two-day workshop, presentation (1-4 hours), coaching (tbd)