



## **The Vancouver Ki Society**

### **Business Seminar Series**

*Change is inevitable, growth is optional*

Companies are created by people. The ability of a company to be competitive, deliver key business objectives and adapt to a rapidly changing environment is directly related to its culture and the attitude of its people. A company's culture is a direct reflection of its leaders.

To be successful, leaders must be able to perform well in any situation. When facing challenging situations, such as important decisions or hard financial times, it is difficult to perform at your highest potential. Maintaining a calm mind, free of anxiety, fear and stress, is critical to making good decisions and leading teams confidently.

The Vancouver Ki Society Business Seminars teach leaders how to develop their mind using an active meditation called Mind and Body Coordination. By using these methods, business leaders will learn how to maintain a positive and calm mind, manage challenging situations and lead those around them without conflict.

Applying the principles of Mind and Body Coordination to your business can help you:

- Create a more positive corporate culture that reduces stress, improves creativity, engages staff and promotes collaboration
- Develop better business relationships, founded on trust and clear communication
- Overcome resistance to change and enable effective change management

These seminars teach leaders how to apply the principles Mind and Body Coordination to their business.

The Vancouver Ki Society Business Seminars offer leaders a hands-on, experiential format to improve their self-awareness and presence through the development of a calm and flexible state of mind that will enable you to effectively deal with any challenge. These concepts are broken down into an approachable framework, offering real-world applications and simple exercises to validate your understanding at each step.

### **Vancouver Ki Society Business Seminar Series**

Each year the Vancouver Ki Society will offer four full day seminars, focusing on different aspects of Mind and Body Coordination and its application to the business world. Each seminar will build upon the previous one, further developing the student's understanding of Mind and Body Coordination. Every seminar will include an opportunity to discuss each student's experiences in a group setting with their peers and the instructors.

## Seminar Curriculum

Through the four seminar series, a wide range of material and leadership applications will be covered, including:

- The basics of Mind and Body Coordination
- Tools to strengthen your mind, stay positive, reduce stress and improve energy (such as meditation and Ki Breathing)
- General applications to leadership
  - Control yourself before leading others
  - Building positive relationships based on trust
  - Public speaking and leading meetings
  - How conflict can arise when approaching situations from a personal perspective
  - How to lead more effectively by applying the concept of Universal Mind
- Specific applications provided by students. Examples may include:
  - Visioning and goals
  - Managing change
  - Stress management
  - Managing interruptions / multitasking realities
  - Managing creativity
  - Problem solving and developing intuition

The initial, Foundation Seminar, is required for all students wishing to attend seminars 2, 3 and 4. The Foundation Seminar provides the basic language and platform for all lessons and applications. This seminar may be offered multiple times a year, based on demand.

## Signup Information and Costs

People interested in signing up for the quarterly seminar series can contact Roger Isaacs, Chief Instructor at the Vancouver Ki Society at 604.244.0403 or [info@vks.ca](mailto:info@vks.ca).

Individual seminars are \$250 (when paid in advance). Annual subscriptions are available for \$900 (allows participation at four seminars). After attending the Foundation Seminar, students are also able to sign up for the 3 remaining seminars and save \$100.

Customized and on-site seminars are available. Please contact us for more information.

**Please contact the Vancouver Ki Society to learn more  
or for a free consultation to determine the best approach for your organization.**

**Roger Isaacs, Chief Instructor, Vancouver Ki Society**

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