

Kung Fu for Business

Moving Forward in Times of Uncertainty



Kung Fu for Business is an innovative and dynamic approach to leadership development aimed at senior teams who want to explore new ways of driving forward their goals.

A practical method to help teams move forward towards their goals when faced with:

- major obstacles
- significant change
- feeling stuck

You will leave with a reinvigorated team and a set of principles that you can apply immediately to encourage ongoing responsiveness and resilience

Where Kung Fu and Meditation Can Make a Difference...

There are many parallels between practising Kung Fu and achieving goals in times of uncertainty. The aims of Kung Fu are to **find the most effective route through adversity** and ultimately **to win without doing battle**.

You will experience three core principles of Kung Fu:

- **Keeping the goal in sight**
- **Responding to and overcoming obstacles**
- **Developing resilience in the face of kick back**

You will gain insights about your own strengths and weaknesses in these areas as individuals and a team.

You will then work with these insights and the core principles **to move you and your team forward**.

Meditation is recognised as a process that encourages and develops **concentration, clarity and a calm state of mind**. We introduce you to practices that will help you to **clear your mind of distractions, create a positive state and enhance your learning experience**.

'Very powerful.'

Vandy Massy, CEO MSA Interactive

'I now have a clear vision of the future and what needs to be done. A really important part of the experience was the fun and camaraderie generated.'

Martin Brown, Managing Director Herbert Group Ltd.

'You'll feel a little different to the day before and you'll be a little different the day after.'

Lucy Morrice, Owner Professional European Presentations

Please call Anna on 07894466671 or email anna@kungfuforbusiness.com

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Anna Coen delivers executive coaching and leadership programmes for large organisations and SMEs. She is particularly focused on helping clients achieve their aspirations and improve their performance through aligning individual development with business strategy. She is currently studying for a Higher Certificate in Counselling at Cambridge University, is learning Wing Chun Kung Fu and has been meditating for many years.

Anna is a qualified Chartered Accountant and MBA and has operated as a director developing and driving forward new initiatives in the areas of professional development, learning and organisational change.
www.acintegration.com



Ross Sargent has practised martial arts since 1995, and since 2001 has been a full time professional instructor. He is a Director of Cambridge Kung Fu Ltd and a qualified instructor of Wing Chun and Escrima Concepts. His purpose is to help individuals and organisations increase their confidence through experiencing Wing Chun Kung Fu.

He graduated with a First Class Honours Degree in Materials Science and Engineering from Imperial College London. In addition to his martial arts training he has had personal training in Yoga, Pilates, NLP, Chi Kung and Body Mind Centering.
www.cambridgekungfu.com



Alan Ashley is a leadership coach and change consultant whose work in FTSE 100 companies, SMEs, and the public and third sectors brings together leading edge technologies, models and tools with ancient wisdom and practices.

He has over a decade's experience of teaching mindfulness and concentration techniques to support personal development and professional effectiveness. His current interests include supporting people in deepening emotional intelligence, and improved decision making through clearer thinking and intuition. He is also in the process of completing a Postgraduate Diploma in Change Agent Skills and Strategies and is an Ordained Buddhist.
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