



Corporate Window to Collective Well Being and Performance

Corporation is constantly seeking well being of its organizational members for greater individual and collective performance to realize its Vision.

Well being is not only on such attributes like leadership, talents, motivation and drive, but also healthy body and mind.

A weak or low energy body, or Body Constituent will certainly affects a person's behavior and performance, not able to manifest his or her full potentials effectively.

Often, people experience some body discomforts, or experiencing stress intensity different from others, not amounting to sickness for medical intervention. However such discomforts and stress also greatly affect performance in work. Over time, sickness may step in.

Certain behavior like domineering character, or reserved, not taking initiatives, withdrawn maybe judged as attitudes problems, but may well be Body Constituent problems, which need to be identified, understood and take necessary interventions.

This 2-day training program is based on ancient Chinese books of wisdom of three thousand years, called 黄帝内经 Huángdì nèijīng, "The Yellow Emperor's Canon of Medicine " or "Emperor Inner Secret to Longevity and greater Performance".

Program Objectives

1. Introduce the essential concepts and principles based on ancient Chinese wisdom for further understanding and application towards greater balancing between Mind and Body for optimal human performance.
2. Teach some techniques to enhance greater mind-body well being.
3. Provide comprehensive reference guides for continuous self and collective practice.

The followings are addressed in the training class:

- Understanding of our Body System (for better health and well being) based on a set of different theory and concepts, being practiced since 3000 years ago till today.
- Better understanding of organizational behaviors (management and staff): in what ways introvert, extrovert, aggressiveness or withdrawal can be due to Body Constituents, energy not well balanced, and intervention methods introduced.
- How to identify and understand your own unique Body Constituent that has impact on your overall well being, behavior and performance?
- How Body Constituent affects a person being introvert or extrovert, leadership or lack of leadership?
- How different emotions affect different aspects of your body systems like digestive system, blood circulation system etc.
- Learn another coaching tool on relationship between different types of emotions, affecting behaviors and health.
- How to identify some telltale signs, or symptoms of your body, which may lead to serious illness if early interventions not taken? For example, potential heart failure or heart-attack, whereby modern Western Medicine may not yet able to identify at early stage.
- How pattern of body symptoms in what-time-of-the-day may indicate deficiency in some aspects of the body system for early intervention.
- In what ways fruits and vegetable can be detrimental to your health, affecting your moods and behaviors.
- Why some foods are good for others and not for you?
- How to do your simple daily 'medical tests' by observing and feeling your body besides depending on once a year medical check-up.
- What preventive measure to take, in term of food, suitable exercises, EQ (emotional intelligence), lifestyle to ensure well being, in relation to your own Body Constituent?
- Learn a coherent theory that links the major parts of the body organs / systems for greater understanding and personal action.
- Understand Meridian system and its usage to improve health.
- Understand the System Dynamic of the body.
- Relate some of the ancient concepts to today Quantum Physics.
- Instead of piece-meal improvement on health here and there, with understanding of an overall coherent theories, more meaning is derived in doing daily health improvement in a more balanced manner.
- Learn a variety of Qi-exercises to improve mind and body.
- After understanding the overall profound and coherent theories about human body, and Body Constituents, participants will be more motivated to take action on their personal well being and health, and thereby contribute more effectively to organizational collective performance.

Note:

Participants are advised to wear exercise-attire for the 2nd day of training, and a face towel for those who sweat a lot, and an extra dress for changing if necessary.

Each class is limited to maximum 20 pax.

Andrew Wong 14th May, 2014

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