

We are delighted to
invite you to

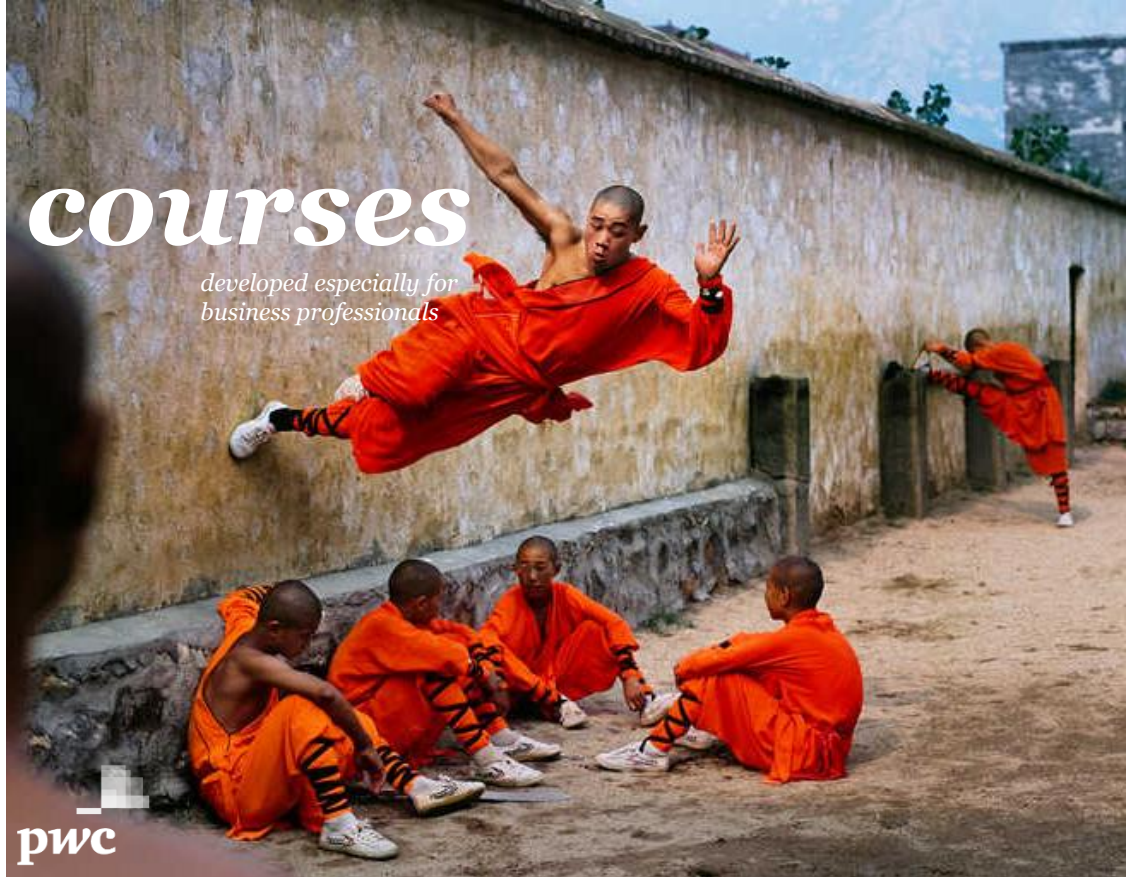
unique Shaolin courses

developed especially for
business professionals

After a series of successful training, PwC's Academy gives you the opportunity to take part in these unique courses in Serbia.

Don't miss the chance to use the know-how of original Buddhist trainers to enhance your managerial skills.

To ensure high levels of interactivity, there are only 12 seats per course, so we strongly recommend booking your place as soon as possible.



Stress Management the Shaolin way

Stress seems to be an unavoidable fact of life in our modern society. Constant stress can lead to feeling exhausted, pessimistic, and even depressed. The negative impacts on the individual are obvious, both on a personal and a professional level. It is interesting to see how an uninterrupted tradition of knowledge that is more than 1,500 years old can prove an effective means for coping with pressure and stress.

Conflict Management the Shaolin way

Conflicts when dealing with each other are actually a very normal occurrence in our society. However, the culture of arguing must be learned – but where? It is clear that managers need communication skills, problem-solving competence, and team development capabilities to motivate their employees. But what about implementing these in practice? A constructive way to deal with conflicts can be learned. Use this chance to turn conflicts into opportunities and opportunities into advantages.

Self-Empowerment the Shaolin way

In Shaolin culture, empowerment refers to the acceptance and the deep understanding of existing limitations. Many professionals and managers are constantly under stress that results in a feeling of stagnation.

This training is not about philosophy. We will provide you with all the necessary techniques, tools and knowledge to support you in improving the quality of your business.

Dealing with Uncertainty the Shaolin way

For some people uncertainty can lead to a feeling of being powerless which is furthermore accompanied by being frozen and blocked. For other people uncertainty is the source that brings further innovation and creativity. Learn in this training why and how to use your agility, open mindedness and focus to speed up your actions or to remove yourself from barriers that hinder a healthy and successful development of yourself and your professional business.

PwC's Academy

pwc

Shaolin courses developed for top managers



Dates in 2017:

- 20 Feb: Stress Management the Shaolin way
- 21 Feb: Conflict Management the Shaolin way
- 20 Mar: Dealing with Uncertainty the Shaolin way
- 21 Mar: Self-Empowerment the Shaolin way

Face-to-face follow up sessions available upon request

Stress Management the Shaolin way

The ultimate goal of this session is to help you move away from being “pushed around” by your appointments, your commitments, your stress and your emotions. The quality of your life is determined by your attitude towards those factors, and your ability to master them.

Our Shaolin course will enable you to:

- describe your sources of stress and re-define your strategies for responding to it,
- distinguish between what you can influence and what you cannot,
- work on an individual action plan to reduce the negative impact of stress on your life and your family.

Dealing with Uncertainty the Shaolin way

In the course you will learn:

- to understand how uncertainty influences yourself and your environment,
- to break through given mind sets and cultural assumptions,
- ancient techniques to improve your awareness and ability to focus,
- how to transform the state of uncertainty into a chance for development and progress,
- how to respond to change instead of following a fixed plan.

Conflict Management the Shaolin way

The objective of this training is to provide the practical skills to avoid the escalation of conflicts and to find ways to resolve them.

The course covers:

- various types of conflicts and their causes,
- how to diagnose and detect conflicts,
- different strategies for conflict resolution,
- recognition and evaluation of conflict potential,
- ways for conflict prevention,
- how to improve personal conflict skills.

Self-Empowerment the Shaolin way

At the end of the training, participants will be able to:

- use adequate and powerful tools and practical exercises that will help discover hidden limitations,
- apply the techniques to remove and overcome the limitations to improve their quality of life in general,
- liberate their consciousness from unproductive thoughts and instead develop a creative and boundless mind, free from limitations.

Shaolin trainers



The courses are led by two experts:

- **Shi Heng Zong**, 35th generation Shaolin Buddhist Master and Abbot of the Shaolin Temple Europe,
- **Shi Heng Yi**, 35th generation Shaolin master and Shifu of the Shaolin Temple Europe.

Both are eager to share their knowledge and insights with people outside the monastery.



PwC's Academy
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450 €+ VAT per course
Packages:
2 courses: 850 €+ VAT
3 courses: 1250 €+ VAT
4 courses: 1650 €+ VAT



Training is delivered in the English language



Training is intended for business executives, directors and top management



While the speakers are both monks, we would like to clarify that the content of the training is in no way religious.



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