

# Seishindo Embodied Presence Workshop

## *“Calm and Confident in times of stress”*

with Charlie Badenhop  
Washington DC Metro Area, 24-26 June 2009

Co-Sponsored by: Chesapeake Bay Organizational Development Network (CBODN) and New Heights Group LLC

### Stress-management for coaches, consultants, and leaders

Stress is everywhere these days. You can feel it, hear it, and see it. In such uncertain times, what will your choice of action be? Wait around until “the economy” gets better? Can you really afford that emotionally and financially?

Or will you consider taking action for yourself, and explore ways to further develop your confidence, creativity, and professional skills?

Stress is one of the greatest challenges of our time. If you coach or lead others, stress is also one of the greatest opportunities you'll ever be offered. You have the chance to make a real difference in people's lives, and become known as a person who helps others maintain emotional balance.

### Remaining calm and confident in times of stress

Stress affects everyone's physical health, emotional well-being, productivity, and creativity. You can attempt to fight against the ravages of stress, OR you can discover you have all the resources you need to manage your stress, and encourage others to do the same.

### This workshop is experiential, practical, and immediately applicable

What you will learn draws upon the perspectives, practices, and disciplines of both Western and Eastern models of health and well-being. Aikido, NLP, Ericksonian Hypnosis, the Japanese healing art of *Sei Tai*, and Yoga.

In this workshop we weave together theory, poetry, music, practical applications and fun. You'll learn how to think with your body and your heart, as well as with your intellect. Come and join us for an experience beyond words!

### Somatic Intelligence

The way you use your body, breathe, and move, has a major impact on how you feel and react to challenges. Understanding the subtle yet powerful communication of body language, allows you to stress less and relax more! The key is to link the intelligence of your rational mind with the wisdom of your body.

*Step One:* Uncover the behaviours, thought patterns, and body language that lead to stress and re-activity, and those that lead to inner calm and confidence.

*Step Two:* Engage in mind-body practices to better manage your emotional tone and sense of health and well-being.

*Step Three:* Clarify how you can take responsibility for creating an embodied presence that engenders greater calm, confidence, and creativity in times of uncertainty and stress. Achieve a sense of well-being in both your personal and professional life.

### **Is this Workshop for you?**

This workshop will serve you well if you want to:

- Better manage your health, awareness, and well-being.
- Help teach your clients to do the same.
- Come away with a new set of tools, especially helpful in troubling times.
- Increase the scope of conversations you're able to have with clients.
- Develop a deeper connection and more participatory relationship with your clients, then words alone can offer
- Work in a supportive environment, and know that you are free to work at your own pace and rhythm. This course is not physically demanding.

### **About the Trainer:**

**Charlie Badenhop** is the originator of Seishindo, and he has an international reputation as a trainer and coach. Charlie is a fourth degree black belt and licensed instructor of Aikido in Japan, a certified trainer in NLP and Ericksonian Hypnosis, a long-term practitioner of Self-relations therapy, and the Japanese healing arts of Sei Tai and Seiki Jutsu. He has been living, working, and studying in Japan for more than twenty years. Charlie's workshops are known for their authenticity and depth of experience.

### **Practicalities**

#### **When**

- June 24-26, 2009 9:30 AM – 5:30 PM

#### **Where**

- Washington DC Metro Area (Venue to be announced.)

#### **Investment**

- \$995

#### **Interested in signing up or finding out more?**

- To Register– Contact Roz Kay at [rkay@newheightsgrp.com](mailto:rkay@newheightsgrp.com) Roz will send you the link to CBODN's online registration site.
- Registration is limited to max. 30 participants
- For more information please contact Roz Kay at [rkay@newheightsgrp.com](mailto:rkay@newheightsgrp.com) or Charlie Badenhop at [charlie@seishindo.org](mailto:charlie@seishindo.org)

## Coaches and Consultants attending past Seishindo workshops said:

■ I was awed by the life-changing insights participants were able to experience "My experience of Charlie and the practices of Seishindo have been nothing short of profound. By tapping into my own somatic and emotional sources of wisdom, I can now come from an authentic place in bringing these practices to my executive coaching clients. I was awed at the life-changing insights participants in his workshops were able to experience with his gentle and humble guidance."

[Connie MacKinnon](#), Executive Coach & Management Consultant

■ Learning from Charlie, I feel safe to be exactly who I am.

As a coach to senior executives, I need ways to work deeply with people who are skeptical about anything non-linear. Charlie combines in-depth understanding with practical methods. His insight and intuition make him a master. Better still, unlike many masters, he is as unpretentious about himself as he is generous with his knowledge. As a learner, I feel safe to be exactly who I am, because Charlie is so straightforward about his humanity.

[Steve Levin](#), Organizational development consultant and executive coach

■ It was the most profound and extraordinary workshop I have ever attended "The Seishindo workshop "Simple Mind Pure Heart" was the most profound and extraordinary workshop that I have ever attended. Profound because of the miraculous changes that have occurred in me and extraordinary because of the unique methods used to generate those changes."

[Angela Scherma](#), Sales and Service Manager; FOXTEL

## Kudos from colleagues

■ Innovative in the field of NLP

"Charlie Badenhop has been a member of and a contributor to the NLP community for many years. He has brought his knowledge of the martial arts to NLP and shared the movements, philosophy, and art of the special relationship with self and others that can be achieved through Aikido. Charlie has a keen interest in the body as a system with memory, learning ability and problem solving skills. He has held this belief in the face of the cognitive approach which is most prevalent. Charlie has created many innovations in this area that help people heal body, heart and soul.

He has explored deeply the learning process and achieved great results in language learning and other areas. Well there are many more wonderful things I could say about Charlie, but now I will say the last but not the least in any way. Charlie is a kind and true friend.

With respect and love,"

[Judith Delozier](#), co-founder of NLP and co-developer of New Code NLP.

■ Deep understanding of mindbody relatedness

"Charlie Badenhop is a gifted somatic healer with unique skills and intuitive capacities. His deep understanding of mindbody relatedness comes from extensive experience in many areas - e.g., aikido, hypnosis, NLP, and Japanese healing arts - and is especially helpful to all those interested in promoting wellness in self and others."

[Stephen Gilligan](#),

The founder of Self-Relations Therapy and author of "The Courage to Love"