



From Budo to Boardroom

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A workshop providing embodiment lessons from the martial arts to cultivate charismatic leadership and improve the bottom line

Summary

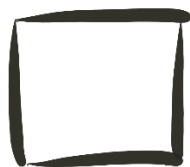
This highly focused workshop will combine traditional martial arts knowledge and practice with evidence-based science to teach you the secrets of embodied presence, to gain **you** the extra edge when the pressure is on.

The workshop will distil the three key principles of the Japanese martial art of Aikido, and by teaching you a few key no-nonsense techniques will help change your mindset and physical embodiment.

Principles that were once used to stop, or deflect, life-threatening attacks can now help you hold, or take, ground in the battlefield of business negotiations.

Workshop Contents

The workshop is broken into three sections, each focusing on a specific principle. These principles are represented in Aikido by the symbols of a square, triangle and circle.

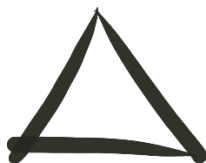


"Go" - Strength and Stability

Everything strong needs a firm base and a solid centre.

Research has shown that people attribute characteristics to a person precognitively, as part of a first impression, and that the majority of that judgement is based on embodied (physical) cues.

This section will teach you to build the mind-body connection and to generate and hold a sense of presence, charisma, and stability in the face of challenging environments.

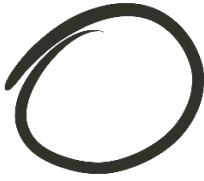


"Irimi" - Entering

A vital trait in the martial arts is the ability to enter a space with calm assertiveness. Whether to defuse, or deliver, an attack it is vital to maintain composure at this key moment.

In the business environment the ability to deliver the correct message clearly, and at the decisive moment, can make the difference between winning and losing a bid.

This section will use exercises from the martial arts, including the bokken (wooden sword), to embody this principle by building the feeling of *Atemi* - "the entering mind".



“Ju” – Connection

Too much stability creates inertia.

Too much entering creates overreach.

By connecting - we create “*Musubi*” - we bind these energies together.

In business it is vital that we connect both to our team members, and to the people we are doing business with. We must create a common vision that everybody can strive towards.

This section will use connection (*aiki*) exercises to teach you how to embody this principle.

By using these ideas to present ourselves and connect to others, we can engage in embodied charismatic leadership that presents a harmonious way forward for all participants.

Introducing Mind and Body Movement

Mind and Body Movement (MBM) was founded in 2015 by David Ellard.

David is a Yoga Teacher, Personal Trainer, Meditation Teacher and 4th Dan Instructor of Aikido.

After 20 years working delivering technical telecommunications training and sales support to organisations across four continents; David created MBM to bring the lessons that he had learnt from a lifetime of study in the martial arts, and other embodied wisdom practices, to businesses and public sector organisations.

In addition to his work in the UK, David teaches regularly in Germany, Switzerland and the United States, and often visits Ethiopia to support the newly formed East African Aikido Association and their work for peace in this part of the world.

Introducing Aikido

Aikido is a modern post-war Japanese martial art derived from ancient battlefield techniques. It can be translated as “the way of harmonious spirit” and incorporates an ethical foundation requires that the practitioner considers the well-being of their attacker.

Since its creation it has spread widely and can now be found all over the world.

With its broad mind-body curriculum Aikido is used by number of military and police forces around the world including the Japanese Riot Police. Its principles have also been incorporated into a series of business leadership and coaching programs.

