



The Unique Shaolin Way 1-day courses

The Shaolin Temple is existing since more than 1,500 years and belongs to one of the oldest orders in the world with an uninterrupted history – not a product of chance but the result of cleverly devised and carefully chosen decisions. PwC's Academy gives you the chance to experience and use the know-how of authentic Buddhist trainers to enhance your self-cultivation and managerial skills.

Shaolin Trainers:

- **Shi Heng Yi**, 35th generation Shaolin disciple and Headmaster of the Shaolin Temple Europe
- **Shi Heng Zong**, 35th generation Shaolin Buddhist Master and Abbot of the Shaolin Temple Europe

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

Stress seems to be an unavoidable fact of life in our modern society. The negative impacts on the individual are obvious, both on a personal and a professional level.

It is clear that modern professionals need a diverse set of capabilities to motivate their employees. But what about implementing these in practice?

In Shaolin culture, empowerment refers to the acceptance and the deep understanding of existing limitations. We will provide you with certain tools and knowledge to support you in improving the quality of your life and business.

Shaolin Masters are the highest representatives of the Shaolin Order, not only because of their vast knowledge, but especially for mastering themselves amongst other influences that they were surrounded with.

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 life is determined by your attitude towards those factors, and your ability to master them.

The 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.



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Training is delivered in English



PwC's Academy premises, Sofia

Important note:

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

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

Many professionals are constantly under stress that results in a feeling of stagnation. This training is not a philosophy, but provides participants with practical knowledge.

At the end of the course, you will be able to:

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