

TIBOR KOROMZAY

*Facilitator · Berater · Coach*

# Aikido and Leading

**Making an impact without pulling or pushing. Maintaining balance and stability facing a dynamic situation. Being clear and determined without aggression. Discover what Aikido has to say about this, and find your translation into daily leadership routine.**

**SEMINAR TWO DAYS**

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## AIKIDO AND LEADING

### TOPICS

Introduction to Aikido; experience of the main Aikido principles by practicing physically; application in daily interactions; transfer of the learnings to leadership situations in every day life.

### PARTICIPANTS

The seminar addresses leaders who want to develop their effectiveness, who want to combine power with composure, and who want to display clarity and determination without being aggressive.

### YOUR BENEFIT

You get to know an approach that is unique within the martial arts and is perfectly suited to find a clever way of dealing with challenges that leaders face today and tomorrow. You get suggestions about leadership, conflict resolution, and decision making in a way that is not commonplace. You get an introduction to Aikido beyond the hype about „eastern wisdom“.

### METHODS USED

Lectures, Aikido exercises with empty hand and with the sword, translations to real-world leadership situations, discussion of cases brought up by the participants.

### REQUIREMENTS

There are no special requirements regarding physical fitness. The exercises are adapted, so that they can be easily performed by anybody. We recommend that you wear comfortable clothes.

### DATES, SCHEDULES, LOCATION

September 15/16, 2016

Working hours 9-17

Hotel Bleiche, 8636 Wald ZH.

[www.bleiche.ch](http://www.bleiche.ch)

we gladly book a hotel room for you (single room starting at CHF 100.--), if you wish so.

### PRICE

CHF 1'300.--

Including two lunches, break meals, course documentation, and a Japanese wooden sword.

Cancellation fees: free of charge up to 45 days before the seminar, 50% up to 25 days before, 100% less than 25 days before.

### OPTIONAL FOLLOW-UP PACKAGE

Individual consolidation of your learnings in six 60-minute coaching sessions. CHF 1'200.--, bookable after completion of the seminar.

### REGISTRATION / CONTACT

[office@tiborkoromzay.ch](mailto:office@tiborkoromzay.ch)

### THE FACILITATOR

Tibor Koromzay, 1967, psychologist, psychotherapist; longtime management experience at board level in the private sector. 2nd Dan in Aikido. He works as a freelance facilitator, consultant, and coach, supporting individuals, teams and organizations in developing leadership, collaboration, personal growth, and corporate culture.