

TRAINING IN LEADERSHIP THROUGH BALANCE: PRINCIPLES OF AIKIDO

'Balance is a kind of
perpetual movement between
imbalances endlessly expressed
and readjusted.'



 **Main language:** English

 **Dates:** 14, 16 & 20 march 2023

Modality : Online from 6:00 pm till 8:00 pm (Beirut time)

 **Cost per participant:** 90\$ (Fresh)

 **For registration [click here](#)**

DESCRIPTION

Aikido, a Japanese martial art, is literally described as the path to energy harmonization. A great metaphor of leadership!

During this program, participants will experience the major effects of the right posture, breathing, and mindset to release their personal potential, and how to stay focused under pressure. They will also discover why balance is the most essential skill to be developed to assert their leadership and optimize their performance, both individually and collectively. Inspired by the 'Dojo spirit', they will understand why respect and practice are the core of great Leadership.

TEACHING OBJECTIVES

- Discover how to optimize your vital energy as individuals, team members and companies: the 4 levels of energy.
- Understand the dynamics of balance and their role in leadership: the art of managing imbalance-How to develop a sense of rightness.



Eric HUBLER

After managing various businesses in the United States and then in Europe for 15 years, Eric has developed in 2003 an innovative leadership concept inspired by his double experience in management and martial

arts: the 'Aikido Management' method. As a speaker, trainer, and executive coach, he has accompanied more than 250 organizations and trained more than 10,000 people around the world. He is the author of several books, among which «The Equilibrist» (co-authored with Philip Blanc) that has become a bestseller translated into several languages. Eric is an expert trainer at the Professional Training Center at USJ.

