

TAEKWONDO YOGA

Leadership Workshop

WORKSHOP OVERVIEW

An embodied leadership experience that integrates martial arts discipline with mindful movement. Participants learn practical tools to manage stress, stay grounded under pressure, and lead with both strength and stillness.

TOPICS & WORKFORCE COMPETENCIES

Mind-Body Tools for Leaders

Competencies: Emotional Regulation • Self-Awareness • Stress Recovery • Present-Moment Focus

Your body detects threat before your mind does. Participants learn to recognize the three nervous system states—fight/flight, freeze, and calm-connected—and use breath and movement to return to their window of tolerance, where clear thinking and steady leadership are possible.

Managing Stress as a Leadership Practice

Competencies: Sustainable Performance • Proactive Renewal • Energy Management • Burnout Prevention

Effective leaders renew across four dimensions: physical, mental, emotional, and spiritual. Participants learn to focus on what's important but not urgent, distinguish their circle of influence from their circle of concern, and treat restoration as a discipline—not a reward.

Staying Grounded Under Pressure

Competencies: Composure • Strategic Patience • Emotional Steadiness • Crisis Response

When stakes are high, separate the person from the problem. Participants learn to label emotions to diffuse them, go to the balcony to see the full picture, and respond strategically—not reactively—when pressure rises.

Small Shifts, Big Impact

Competencies: Adaptive Thinking • Systems Awareness • Strategic Intervention • Change Leadership

Not every problem needs a direct fix. Participants learn to distinguish technical challenges from adaptive ones, give the work back to those who own it, regulate the heat so people can learn, and know when to step back and let others lead.

FORMAT OPTIONS

- 60-Minute Keynote + Movement
- Half-Day Workshop (3 hours)
- Full-Day Immersion
- Multi-Session Series

IDEAL FOR

- Leadership Retreats
- Corporate Wellness Programs
- Women's Professional Networks
- Healthcare Workers & First Responders

