



## **Walk Your Talk**

The Art of Effortless Power:  
Unbroken Movement for Effective Interactions.

### **Communication, Cooperation and Leadership Workshops for managers.**

The main effect of our workshops is that people become aware of the impact they have on other people with their behaviour, body movement and speech.

This new awareness is not just an intellectual understanding but a real experience. Therefore the workshops leave people changed, transformed in a positive way.

We offer a different way of relating in which the focus is on effortless dissolving resistance and acting without restraint: To let the body and mind act as One.

As recent scientific research shows us, most of our communication happens at an unconscious level.

It's not the words of others we are responding to, but the whole picture: the body, its movements and the way people speak to us and behave.

Our brains are wired in such a way that we have already reacted on other people's presence without being aware of it.

Before we know it, our body has already reacted by tensing up, by creating resistance and a defensive reflex.

As we all experience "joint attention" most of us go through emotions, resistances, body-tension and stress without being aware of the fact that

the source of it is outside of ourselves. And without being aware that we are constantly passing this resistance on to others.

For example: If we move towards an other person he or she has already created an unconscious defensive reflex.

As a result our communication towards that person already meets resistance!

If we want others to do something different, the way we communicate it determines our success.

Because 90% of our communications happens unconsciously, there is an enormous potential available for becoming more effective in our communications.

We will reveal a new way to connect with others without creating resistance and become effective without “doing” anything. The ancient Daoist principle of Wu Wei (not-doing) is explained for a 21st century mind!

Our workshops are not about any conversation techniques, roleplay or confrontation-practice.

We teach people how to move in a different way resulting in "pressureless communications" that is; communications without creating resistance.

And acting without any doubt or restraint.

The principle we apply originates from an exceptionally effective Martial Art where finely tuned body movement is used to dissolve the defensive reflex of the opponent therewith rendering him or her defenseless in a positive way.

During the workshop we will demonstrate this simple and powerful technique that is within everyone's reach...

Our workshops can be as long as a section of one day to several days depending on how far people want to go in integrating the principle of "unbroken movement".

The principle has a powerful effect on making interaction with others more effective, more enjoyable and completely effortless.

It is very useful in any environment where managers need to deal with change and cooperation.

## **The expected results are:**

- \* Dealing with Resistance.
- \* Effortless Power & Effective Communications.
- \* Confidence.
- \* Enhanced Feeling Awareness.

price: 2500 euro per day.

The workshops open are to an unlimited number of participants.

private sessions: 150 euro per hour.

## **Trainers:**

Torsten Kanzmeier, (1962) founder of “Lei Gong Nei Quan” or “Torsten’s Internal Boxing”. Over 30 years of experience in Martial Arts (master degree in Tan tien Tschuean), life coach, personal trainer of professional boxers. [www.inneres-boxen.com](http://www.inneres-boxen.com)

Guido Sleddens (1959), personal development trainer / coach. He is a highly respected coach and trainer to business as well as offering personal coaching. He runs personal development seminars and workshops in the Netherlands and abroad as well as stress management workshops (particularly stress in the workplace) and seminars and personal coaching programmes. Over 30 years of experience in a wide range of Martial Arts, holder of several Black Belts.

## **References:**

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