



Zen Training Center, Inc.

together with... Focus Leadership, LLC



present...

Zen, Aikido & Leadership

*A unique Zen training experience,
integrating principles from Aikido and
applications to leadership that you will
put to good use in the rest of your life.*

*Come with a challenge,
an opportunity,
a shift you want to make in your leadership,
in your life,
a question, a quest or simply curiosity...*

*...and leave with new clarity
- guaranteed!*



January 15th—17th, 2010

Zen Training Center, Inc.

65 Water Street

Worcester, MA 01604

www.zen-center.org

The Seminar, The Instructors

- Energy / *hara* development - the foundation of presence.
- Introduction to Zen meditation - the foundation of clarity.
- Aikido & Leadership - the foundation for leading with new energy & empathy.
- Finding balance and sustainability by utilizing different patterns of energy.
- Bringing out the joy & enthusiasm that gets others moving with you.
- Aikido applications: extending, leading, and the power of influence.

*What happens when you support your life & leadership
with a grounding in Zen & Aikido?*

FIND OUT!

What Do You Need?

No previous experience required... however, those with experience will find ways to deepen and apply their training. Come with a challenge or opportunity in mind - something you're facing in your leadership or life at present - or an objective that would make this training particularly useful to you.

Wear a martial art gi if you have one. We will also have gi's for sale at the seminar if you wish to purchase one (\$50). You can also wear loose fitting clothing that covers the legs, e.g., sweat pants and a long t-shirt.

Ginny Whitelaw, Ph.D.

Dr. Ginny Whitelaw is a Rinzai Zen priest, ordained by Chozen-ji in Hawaii, and has trained under its great teachers: Tanouye Rotaishi, Hosokawa Roshi, and Hakuun Greene Roshi. She is also a 5th degree black belt (*Godan*) in Aikido. She was a long-time student of Fumio Toyoda Shihan and led two dojo under his organization.

She also has a Ph.D. in Biophysics and is the co-founder of Focus Leadership, LLC, a professional development firm specializing in accelerating leadership development through mind-body integration. She is the author of two books, including *Move to Greatness: The four essential energies of a whole & balanced leader*. She is a recognized expert on the energy patterns of personality and co-developer of the instrument that measures them, FEBI™. Dr. Whitelaw is the former Deputy Manager of Integration for the International Space Station Program at NASA, where she was awarded NASA's Exceptional Service Medal for her efforts. Since leaving NASA she has taught leadership programs and served as an executive coach to top leaders in Global 1000 companies, including Novartis, Dell, Merck, Sprint and many others. Her particular passion lies in integrating the profound development possible through Zen and Aikido with the challenges of leadership and daily life.



Bob Caron

Bob Caron has been teaching Aikido and Zen for over 10 years and is the Executive Director and Chief Instructor at Zenshinkan Dojo in Worcester, Massachusetts. Bob is a 4th degree black belt in Aikido and was also a student of Fumio Toyoda Shihan, as well as Ed Haupt Sensei - the founder of Zenshinkan Dojo. Bob has traveled all over the world, training in and teaching Aikido and integrating the principles of Aikido into leadership and daily life.

Bob has a master's degree in counseling and psychotherapy and is working to finish his doctoral degree from Boston University in human movement sciences. Bob is an accomplished teacher, having taught classes in Boston University's graduated school and at Assumption College in Worcester, Massachusetts. He is an executive coach with Focus Leadership, LLC and has a passion for improving people's lives and their leadership using principles of Aikido and Zen.



Schedule, Lodging & Directions...

Workshop Schedule

Friday:	1:00PM - 5:00PM 6:30PM - 9:00PM
Saturday:	8:00AM - 12:00PM 1:30PM - 5:00PM 6:30PM - Dinner
Sunday:	8:00AM - 1:00PM

Recommended Hotels

Hilton Garden Inn
35 Major Taylor Blvd.
Worcester, MA 01608
(508) 753-5700

Residence Inn By Marriott
503 Plantation Street
Worcester, MA 01605
(508) 753-6300

Hampton Inn
110 Summer Street
Worcester, MA 01608
(508) 757-0400

Courtyard Marriott
72 Grove Street
Worcester, MA 01605
(508) 363-0300

Directions to Zen Training Center, Inc.

From East:

Take Rte. 290 West to Exit 14 (Grafton Street/ Rte.122)
Continue to end of ramp.
Take right onto Harrison Street
Take immediate right onto Water Street

From North:

Take Rte. 495 South (Or Rte. 190 South) to Rte 290 West
Take Rte. 290 West to Exit 14 (Grafton Street/ Rte.122)
Continue to end of ramp.
Take right onto Harrison Street
Take immediate right onto Water Street

From West:

Take Rte. 90 (Mass Pike) to Rte. 290 East
Take Rte. 290 East to Exit 13 (Kelly Square)
Take left off Exit 13 ramp.
Take first right onto Water Street.

From South:

Take Rte. 146 North to end
Bear right onto ramp onto Rte. 290 East.
Take immediate right onto Exit 13 ramp (Kelly Square)
Take left off Exit 13 ramp.
Take first right onto Water Street.

Parking available to right of building and on-street

Additional parking on Water Street-50 yards BEFORE building on right - this is a metered lot so be sure to pay the fee!
Call Zenshinkan Dojo at (508) 799-9106 if you get lost or have any questions.

The Registration Form...

Seminar Fees

\$150 (early registration discount, before December 15) / \$ 200 (regular, after December 15)

Make checks payable to "Zen Training Center" & mail to 65 Water Street, Worcester, MA 01604

(MC/VISA accepted)

Card Number: _____ Exp Date: _____

3-digit security code: _____ Zip Code of Billing Address: _____

Authorized User Signature: _____

Registration Information

Name: _____ Today's Date: _____

Mailing Address: _____

City, State Zip: _____

Email: _____ Please add me to your email list!

Release of All Liability and Image Rights

The applicant, in consideration of being accepted as a participant in the seminar, 'Zen, Aikido & Leadership' at Zen Training Center, Inc. / Zenshinkan Dojo, 65 Water Street, Worcester, Massachusetts 01604, hereby assumes all risks of bodily injury resulting from his/her participation in the seminar. The applicant further agrees to hold harmless Zen Training Center, Inc., / Zenshinkan Dojo, its officers, instructors, guest instructors and agents, leaser Michael Komenos of 125 Barber Ave., Worcester, Massachusetts, as well as Focus Leadership, LLC, its officers, instructors and agents, from all loss, liability, claim or expense arising from injury as a result of applicant's attendance at this seminar.

I further understand that Zen Training Center, Inc. / Zenshinkan Dojo and/or Focus Leadership, LLC., may choose to take video, audio, or photographs during the above listed event and that my image and/or voice may be captured during this documentation. I understand that Zen Training Center, Inc./ Zenshinkan Dojo and Focus Leadership, LLC are the sole co-owners of these video, images and/or audio and I release all rights and privileges to the same to use these materials in any way deemed appropriate by their officers or directors. I understand that I will receive no compensation of any kind for the use of these materials now or at any time in the future.

By signing below I acknowledge that I have read and understand this agreement in its entirety.

Signature of Participant: _____ Date: _____