

Invitation to *Unique Shaolin courses*

Developed especially for
business people

PwC's Academy introduces these unique courses for the first time in Croatia. Don't miss the chance to use the know-how of original Buddhist Shaolin trainers to enhance your managerial skills. To ensure high levels of interactivity, there are only 12 seats per course, so we strongly recommend booking your place as soon as possible.



Stress Management the Shaolin way

Stress seems to be an unavoidable fact of life in our modern society. Constant stress can lead to feeling exhausted, pessimistic, and even depressed. The negative impacts on the individual are obvious, both on a personal and a professional level.

It is interesting to see how an uninterrupted tradition of knowledge that is more than 1,500 years old can prove an effective means for coping with pressure and stress.

The ultimate goal of this session is to help you move away from being "pushed around" by your appointments, your commitments, your stress and your emotions. The quality of your life is determined by your attitude towards those factors, and your ability to master them.

Our Shaolin course will enable you to:

- describe your sources of stress and re-define your strategies for responding to it;
- distinguish between what you can influence and what you cannot; and
- work on an individual action plan to reduce the negative impact of stress on your life and your family

Shaolin Trainers

These courses are led by two experts:

- **Shi Heng Zong**, 35th generation Shaolin Buddhist Master and Abbot of the Shaolin Temple Europe, and
- **Shi Heng Yi**, 35th generation Shaolin master and Shifu of the Shaolin Temple Europe.

Both are eager to share their knowledge and insights with people outside the monastery.

Date: 18 May 2018

Location: PwC Croatia, Heinzelova 70, Zagreb

Fee: 3.350 kn + PDV

RVSP: zeljka.kovacevic@pwc.com by 7 May 2018



The Academy