

# Lead with Heart Warrior of the Heart Training

1st – 3rd May 2015 – Cedar Ck Mt Tamborine QLD Australia

## *Inspiration to lead your life with strength, courage and compassion.*

A two-day residential workshop in a beautiful setting with great people.

Through guidance and fellowship the workshop will explore a number of philosophies and practices that offer insight into the nature of leading self and others as a 'Warrior of the Heart'.

In dealing with the challenges, complexities, and demands of modern life this workshop offers you an opportunity to explore ways to work from a place of peace and strength: a place that has the heart at the centre, is balanced, calm and clearly decisive when action is needed.

The workshop will:

- Bring together the principles and practices of Aikido basics as a stimulus for conversation and reflection and apply the Flow Game to seed wise action
- Assist to explore ways of engaging and aligning personal passion and purpose with the work you want and need to be doing in the world
- Offer an opportunity to focus on improving your sense of well-being in good company and with informed guidance

### Toke Moeller



Host and facilitator of the workshop; Toke is an Aikido practitioner and host of participatory leadership processes. He is based in Denmark and travels the world working with leaders, organisations, communities, and governments. He is the co-creator of The Art of hosting, The Flow Game, The Warrior of the Heart dojo, former Chair of the Board of the Danish Entrepreneurs Association, longtime international professional conference organiser (PCO) and process host.

### Martin Challis

Will be assisting Toke. Martin is a facilitator and coach based in Brisbane. He has worked extensively with a broad range of leaders and organisations in Art of Hosting practices, The Flow Game and Warrior of the Heart.



### Commonly asked questions

Q: Do I need any previous Aikido or Martial Arts Training?

A: No. The Aikido component is practiced as light exercises and is used to illustrate principles, and practices that can be applied in daily life.

Q: What are the expectations of me as a participant?

A: Essentially that you want to attend and have a desire to develop personally.

Q: What is unique about this event?

A: The guiding principles used in Warrior of the Heart training are based in ancient wisdom that is made immediately accessible and applicable to daily life.



**WHEN:** Friday 1st May - 6.00pm registration

Saturday 2nd May

Sunday 3rd May - 4.00pm close

**WHERE:** Cedar Creek Lodges Mt Tambourine  
(just 20 minutes from the Gold Coast)

**FEE:** \$770 (GST incl) per person (covers accommodation, all meals, training and resources)

For More information on Warrior of the Heart and FlowGame  
<http://www.interchange.dk/practices/warrioroftheheart/>

## REGISTRATION

[www.jeder.com.au/woh](http://www.jeder.com.au/woh)

For more information and a chat call Martin Challis on 0410 314740