

WORKSHOP WITH MONKS MEDITATION & WISDOM



PRO TEAM ASIA

WORKSHOP

MEDITATION & WISDOM WITH MONKS

Unlocking Inner Peace and Practical Wisdom for the Modern Professional

Our Meditation & Wisdom Workshop with Monks offers a profoundly transformative experience designed to help individuals cultivate balance and well-being amidst even the busiest executive lifestyles. This 2-3 hour session provides deep understanding and actionable strategies, empowering participants to integrate self-care and personal growth sustainably into their lives. Guided by the wisdom of monks, this workshop is a unique opportunity to find calm and clarity in a fast-paced world.

MEDITATION & WISDOM WITH MONKS

Venerable Nick and Venerable Michael are two American Buddhist monks from Thailand on a shared mission to bridge mental health with spiritual health via online resources, in-person engagements, and long term projects supporting leaders across diverse industries to become models of wisdom to inspire others in their field. They share ancient wisdom in a universal and accessible way so that people of all backgrounds and beliefs can understand, connect with, and apply the guidance to better their lives regardless of their context.



PROGRAM

Participants will embark on a journey of self-discovery, learning the 'How and Why to Meditate Every Day' through guided practice, mastering 'The Power of Neutral Observation,' and effectively 'Stopping or Reducing What No Longer Serves Us.' The workshop guides attendees in 'Starting or Continuing Healthy Beliefs, Habits, and Behaviors,' ultimately fostering 'Living and Leading with Wisdom.' Each attendee will leave with an actionable, customizable integration plan, tailored to their unique life.

BENEFIT

Inspiration & Understanding - it's ok, possible, and even deeply beneficial for self and others to tend to personal balance & well-being amidst a busy executive lifestyle.

An Actionable, Customizable Integration Plan - this workshop will guide members through the process of extracting their own personalized roadmap to self care and empower them with the resources to integrate this change into their life sustainably in a way that works for them.

To ensure lasting impact and support sustainable change, this workshop provides comprehensive resources and ongoing integration support. Participants gain access to an online quiz to assess key life dimensions, practical 'Plan of Action' worksheets, and a printed book on essential habits. Further support includes a dedicated Meditation App for daily practice and personalized 1-on-1 or team follow-up zoom calls for guidance and coaching. We are committed to empowering profound and lasting personal change.

EXAMPLE ITINERARY

TIME	TO DO
09.45 - 10.05	Sharing of
10:05 - 10:40	Stories Meditation Portion
10:40 - 10:50	Wisdom Sharing
10:50 - 11:05	Coffee Break
11:05 - 11:15	Assessment Quiz + Explanation of 8 Dimension Model
11:15 - 11:40	“Stop Module”
11:40 - 12:05	“Start Module”
12:05 - 12:15	Neutral Observation & Meditation’s Role in the Process of Change
12:15 - 12:25	Asking for 1 Key Takeaway from Audience
12:25 - 12:30	Resource Walkthrough & Book Giveaway Group Picture
Remaining time before 12:30	Informal Chit Chat

DESIGN

Contact us with your delegate count and your expected goals or purpose.

Your itinerary for the program can then be designed and customized with you so we can meet all set objectives. The duration of the training depends on the number of participants and the objectives.

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