



BJ Seminars International

... for transformational change



Chair Chi Training Program (Level One)

Facilitator: Chris Bennett

In this highly interactive workshop you will learn how to deliver a basic Chair Chi session, which includes gentle exercises and strategies that will help enhance your clients emotional, psychological and physical well-being. Basic topics include: Understanding Chi – Yin Yang philosophy – Teaching (square method) – Safety Processes – 7 Directions – Chair Chi principles. You will also learn how to adapt the skills for those who have a disability.

Chair Chi Level Two

Facilitator: Chris Bennett

This one-day workshop is Level Two of our three-stage Chair Chi Training Program.

This workshop is also highly interactive and includes a refresher of the skills already learned in Level One.

This Level Two workshop deepens the learning of Chi concepts and philosophy and has additional exercise sets to enable you to provide a variety of skills for your clients. It includes the 1-2-3 exercise set which is an excellent combination of Chi skills that are essential for energising and calming at a deeper level.

Chris was excellent, with great knowledge of the clientèle, form and practice time. He was easy to learn from and always encouraging. The exercises are appropriate for residential aged care (both low and high care) and the workshop was good fun!

Peter Jolly, Catholic Homes

Public Workshops 2015

Please see next page for dates and locations

A Taste of Appreciative Inquiry

Facilitator: Sue James

This workshop is designed for all those who are dipping their toes into the Appreciative Inquiry water and would like a simple and practical guide to this approach. It is ideal for: CEOs, team leaders, managers, HR or OD practitioners and anyone interested in the Appreciative Inquiry philosophy, whether personally or professionally.

Unleashing Appreciative Intelligence®

Facilitator: Sue James

Appreciative Intelligence® enables people to be highly successful in work and in life; to come up with fresh, innovative ideas, inspire others to join with them on their journey towards desired goals – and ultimately reach those goals in spite of challenges or barriers encountered along the way.

This interactive, hands-on workshop will show you how to identify and expand your capacity for Appreciative Intelligence®, offering highly practical exercises to help you become more successful, creative, resilient and fulfilled.

Fantastic, interesting but ALSO very inspiring! I feel ready to do something differently. I think training with an appreciative approach is more effective than the traditional 'instructional' approach. Right mix of doing and listening. Thanks Sue for your generous approach. **Sally Gaven, Sally Gaven Consulting**



More details about all workshops:
<http://bjseminars.com.au/programs/> > > >

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Workshop Information

**Full Registration for all workshops: \$352 (incl. GST)
Early Bird Registration: \$319 (incl. GST)**

Deadlines for Early Bird registration vary for each location and are listed below workshop dates

Venues will be centrally located. Specific venue details will be provided to participants closer to each workshop date

Bendigo (13-14 April 2015)

Chair Chi Training – Level One: Monday 13 April
A Taste of Appreciative Inquiry: Monday 13 April
Chair Chi Training – Level Two: Tuesday 14 April
Unleashing Appreciative Intelligence: Tuesday 14 April
Early Bird Registration by 6 March

Sale (1-2 June 2015)

Chair Chi Training – Level One: Monday 1 June
A Taste of Appreciative Inquiry: Monday 1 June
Chair Chi Training – Level Two: Tuesday 2 June
Unleashing Appreciative Intelligence: Tuesday 2 June
Early Bird Registration by 24 April

Shepparton (15-16 June 2015)

Chair Chi Training – Level One: Monday 15 June
A Taste of Appreciative Inquiry: Monday 15 June
Chair Chi Training – Level Two: Tuesday 16 June
Unleashing Appreciative Intelligence: Tuesday 16 June
Early Bird Registration by 1 May

Melbourne (22-23 June 2015)

Chair Chi Training – Level One: Monday 22 June
A Taste of Appreciative Inquiry: Monday 22 June
Chair Chi Training – Level Two: Tuesday 23 June
Unleashing Appreciative Intelligence: Tuesday 23 June
Early Bird Registration by 8 May

Brisbane (17-18 August 2015)

Chair Chi Training – Level One: Monday 17 August
A Taste of Appreciative Inquiry: Monday 17 August
Chair Chi Training – Level Two: Tuesday 18 August
Unleashing Appreciative Intelligence: Tuesday 18 August
Early Bird Registration by 10 July

Sydney (21-22 September 2015)

Chair Chi Training – Level One: Monday 21 September
A Taste of Appreciative Inquiry: Monday 21 September
Chair Chi Training – Level Two: Tuesday 22 September
Unleashing Appreciative Intelligence: Tuesday 22 September
Early Bird Registration by 21 August

Adelaide (9-10 November 2015)

Chair Chi Training – Level One: Monday 9 November
A Taste of Appreciative Inquiry: Monday 9 November
Chair Chi Training – Level Two: Tuesday 10 November
Unleashing Appreciative Intelligence: Tuesday 10 November
Early Bird Registration by 2 October

Sue James

Sue is a very experienced Appreciative Inquiry practitioner, involved in this field for over 10 years and highly regarded by both colleagues and clients. She has 30 years of experience working with education, government, community and business sectors. She has a highly developed ability to engage effectively with diverse groups of people of all ages, and to assist them in maximising communication and addressing difficult issues creatively and collaboratively.

Chris Bennett

Chris Bennett developed this innovative training program based on his 28 years' experience in teaching and learning Tai Chi. He has delivered this program in Melbourne, Sydney, Brisbane and Adelaide. He has also personally delivered over 350 Chair Chi sessions in over 20 aged care centres and nursing homes, working with both low care and high care residents including those with significant disabilities.