

Dr. Stuart Heller has devoted his life to the study of change, learning, and embodiment. An acknowledged martial arts professor and master of Qi Gong originally trained in mathematics and operations research; he is also certified as a teacher of the F.M. Alexander Technique and as a hypnotherapist. Stuart spent a year as a scholarship student with Alvin Ailey's American Dance Theatre studying the art of expression. The heart of his doctoral research was developing a language of movement and energy that could serve as a Rosetta Stone for accessing the magnificent treasures of the classical traditions.

Applying this research in teaching, Stuart co-founded the first accredited M.S. program in Clinical Holistic Health Education where he developed the academic discipline of Movement Psychology. He developed "The Presence of a Leader" modules for Fernando Flores' famous Leadership Program. For Newfield's first professional training, he developed the "The Presence of a Coach" program. Stuart and his wife Carol have opened several of Newfield's graduate programs with a language of movement module.



Become Who You Want To Be

A Five Rings Webinar Series
With Stuart Heller, Ph.D., 6th Dan

You are your own first client.

Connect and implement your declarations, insights, and peak experiences into your everyday life. Make short-lived thoughts part of your flesh and bone. Learn the secrets of embodiment long known only to master warriors, healers, and sages.

You can bring the mastery of ancient traditions to support the success of your own life.

The language of movement created by Dr. Stuart Heller from his lifetime of study in disciplines from around the globe makes this possible. After decades of testing around the world with individuals from all walks of life, an incredibly simple, effective and powerful method was developed.

There is a vast, untapped source of power available to us all – if only we can understand it.

The essence of Stuart's research is that a vast dimension of non-verbal ideas, sensations, energies and structures underlies, supports, and makes possible all of the virtues that we can express in words. And because we have been so well-trained in the verbal dimension, a small amount of new learning in the non-verbal realm can produce exponentially large results, quickly and authentically.

Become Who You Want To Be is offered as series of four special webinars, each one emphasizing a different family of qualities, attitudes, skills and types of presence:

- ❖ **The Ground Virtues** include decisiveness, calmness, solidity, commitment, and power.
- ❖ **The Water Virtues** include adaptability, openness, caring, cooperation, and listening.
- ❖ **The Wind Virtues** include observance, peacefulness, non-judgment, thoughtfulness, & the ability to let go.
- ❖ **The Fire Virtues** include being inspiring, joyful, confident, self-motivated, and dynamic.

*Draw out, strengthen, and
refine what is natural for
you to have.*

—Mencius
Chinese Sage

All calls on Wednesdays at 12:00-1:00 p.m. eastern time.

The Ground Virtues – *Become a More Powerful Leader*

Free Preview: January 29

Webinar: February 6, 13, 20 and 27

The Water Virtues – *Build Stronger Relationships*

Free Preview: March 5

Webinar: March 19, 26, April 2 and 9

The Wind Virtues – *Reduce Stress*

Free Preview: May 7

Webinar: May 21, 28, June 4 and 11

The Fire Virtues – *Inspire Confidence in Yourself and Others*

Free Preview: July 9

Webinar: July 16, 23, 30 and August 6

Tuition: \$299 (each module); **\$1099** (complete series)

Register at www.newfieldnetwork.com/virtualllearning

Each module is eligible for consideration for 4 CCEUs with the ICF.