

In Paris, France, 35 country managers (from France, Italy, Netherlands, Portugal, Germany, and Spain) participated in the CC workshop. They achieved better self-awareness and learned how to release stress and pressure through connection practice and team activities.



CC Workshop in Paris, led by Ben and Jock
August, 2007



In Nairobi, Kenya, 95 managers from more than 20 African countries (including South Africa, Nigeria, Ghana, Togo, Angola, Cameroon, Congo, Zimbabwe, Côte d'Ivoire, Ethiopia, and Uganda) participated in the workshop. It helped with pressure release, stress management and team building, for those young managers in Africa who were facing hard working conditions apart from tough business pressure.

The theoretical learning, pressure release and individual bodywork did have a great impact on all participants, who expressed that they would keep practicing it in the future to live a balanced life in terms of body, mind and spirit.



CC Workshop in Kenya, led by Ben and Jock
September, 2007



Africa snapshot (1)



Africa snapshot (2)

Upon our invitation, Ben and Jock delivered two sessions “Harmony: East & West Integration” in Beijing in 2006 and 2007, to 90 managers, to broaden their perspective.