

The Art of Self-Management

Xen-Zen Techniques™ for Business Seminars

Meribeth Dayme, PhD

- Igniting the passion for daily performance
 - Living a day that has a timeless quality
- Developing confidence for compelling self-expression and presentation
 - Leading the way to spontaneous, intuitive, and creative thinking

As working for companies becomes more frantic, involves much travel and long hours, business men and women are concerned about losing themselves in the chaos. Incorporating techniques derived from timeless arts practices such as QiGong, Tai Chi, Western healing methods, NLP, and IQM (Integrative Quantum Medicine™), Meribeth Dayme has developed a revolutionary way to train those in business for optimal personal performance. Well known for her fascinating seminars and books, Meribeth has spent many years training clients in business and the performing arts, studying Alexander technique, anatomy, dance and movement, a variety of healing systems, and is a student and practitioner of IQM, a form of energy medicine. She is now bringing these skills to the business community.

These seminars are highly experiential and empowering and can be attended by anyone. They aim to give participants ways to govern their own learning, develop self-confidence, and return to them the personal and creative power that have been diminished or lost due to lack of time, faulty perceptions, outdated training methods, or lack of inner direction. Xen-Zen Techniques™ allow those in the business environment a chance to consider new skills available for their learning and self-development at work and in their life.

Xen-Zen (pronounced: shen-zen) Techniques™ include:

- Centering
- Mind control
- Increasing Qi (Life Force) for daily life and performance
- Breathing exercises for centring and relaxation
- Visualization
- Removing unnecessary stress
- Self-healing
- Performance enhancement/going beyond your potential
- Personal Presence

Benefits include:

- Increased awareness and alertness
- Discovery of personal moments of calm in the midst of chaos
- Practical ways of releasing stress
- Enhancement of creative potential
- Positive attitudes toward work
- Improved communication and cooperation

The Alchemy Programmes courses...

Dr. Meribeth Dayme, Ph.D, FRSA, Director of the Alchemy Programmes, is a personal performance coach in the arts and business, a practitioner of the healing arts, a singer and author. She has created Xen-Zen Techniques™ for business and the arts to encourage clients to be healthy, centred, creative, and confident in their performance. Xen-Zen Techniques™ incorporate over thirty years of teaching, coaching, and study of the healing arts with methods gained from being a student and practitioner of Integrative Quantum Medicine™. A former university professor of singing and anatomy, an experienced business coach, seminar leader, and public speaker, her books include: *Creating Confidence*, *The Singing Book*, and *The Performer's Voice*.

For further information contact: info@Xen-Zen.com or see www.fccake.com