

COMMUNITY & PERSONAL GROWTH SPEAKER

Shaun Anderson

“Beastman” | Martial arts instructor & coach

Personal storytelling, breathing, and movement practices for navigating change and rebuilding a sense of direction.

BUILT FOR COMMUNITY CONNECTION

For adults attending community events, nonprofit programs, personal growth retreats, and faith-community gatherings. A practical session for groups exploring setbacks, life transitions, and the role of everyday habits in moving forward.

EXPERIENCE THAT CONNECTS WITH THE ROOM

Shaun brings together more than 30 years of martial arts training with experience in teaching, pastoral speaking, and grocery retail management. His background spans delivering messages to communities and managing store teams. He founded KCJK™, a Korean Tai Chi breathwork system built on six foundational movements. His sessions connect breathing, movement, and discipline with the everyday challenges of working with people and navigating change.

SIGNATURE TALK

45-60 MINUTES

Rebuilding, One Practice at a Time

Through his experience of burnout and rebuilding, Shaun explores how small, repeatable practices can provide structure during change. Personal storytelling, guided breathing, and reflection give participants space to consider their own next step.

PARTICIPANTS WILL PRACTICE

01 Reflecting on a personal challenge or transition.

02 Exploring breathing and movement as a grounding practice.

03 Choosing one manageable practice to carry forward.

WAYS TO WORK TOGETHER

Community talk
Personal storytelling and guided practice for community events and retreats.

Half-day group workshop
More time for practice, reflection, and discussion of personal habits and life transitions.

Multi-week practice series
Practice over time, adapted from Shaun’s Warrior Reset and Phoenix Reset curricula.

Individual or small-group coaching
Focused support for putting the practices into a personal routine.

BOOK A SESSION FOR YOUR GROUP

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