

FRONTLINE TEAMS & MANAGERS

Shaun Anderson

“Beastman” | Martial arts instructor & coach

Practical breathing, movement, and discipline practices for employees and managers navigating everyday pressure.

BUILT FOR PEOPLE-FACING WORK

For frontline employees, supervisors, and managers balancing demanding shifts, difficult customer interactions, and competing responsibilities. Available for employee wellness events, team meetings, and retreats.

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

Resilience Under Pressure

Drawing on his personal experience of burnout and rebuilding, Shaun introduces breathing and discipline practices participants can explore during demanding workdays. Combines personal storytelling with guided practice.

PARTICIPANTS WILL PRACTICE

01 Recognizing personal signs of mounting stress.

02 Using a brief breathing exercise during the workday.

03 Creating a pause before responding to a difficult interaction.

WAYS TO WORK TOGETHER

Talk or lunch-and-learn
An introduction to everyday resilience with a guided breathing practice.

Half-day team workshop
More time for practice, reflection, and discussion of workplace situations.

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 TEAM

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