

EMPLOYEE WELLNESS SPEAKER

Shaun Anderson

"Beastman" | Martial arts instructor & coach

Accessible breathing and movement practices that help employees make space for a reset during busy workdays.

BUILT FOR WORKPLACE WELLNESS

For employees across roles and departments. Designed for HR and People teams planning wellness events, lunch-and-learns, all-hands sessions, and company retreats. Introduces practices participants can explore at their own pace.

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

The Everyday Reset

Shaun combines his story of burnout and rebuilding with guided breathing and gentle movement. This participatory session invites employees to notice stress, pause, and explore a practical reset they can return to during the workday.

PARTICIPANTS WILL PRACTICE

01 Noticing when it is time to pause and reset.

02 Exploring a short breathing and gentle movement practice.

03 Choosing a realistic moment for a daily reset.

WAYS TO WORK TOGETHER

Talk or lunch-and-learn
A workplace wellness session with guided breathing and gentle movement.

Half-day team workshop
More time for practice, reflection, and discussion of everyday wellness habits.

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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