



CORPORATE WELLNESS & RESILIENCE SPEAKER

Shaun “Beastman” Anderson

Resilience & Stress-Performance Speaker · Breathwork-Based Coach · Founder, KCJK™

A martial arts-trained resilience system, translated for the workplace — structured breathwork and discipline practices that help teams recover faster from stress and perform under pressure.

30+

YEARS TRAINING & TEACHING

10,000+

SESSIONS & CLASSES LED

28

STRUCTURED RESILIENCE
MODULES

3

FORMATS — KEYNOTE,
WORKSHOP, MULTI-WEEK
SERIES

BIOGRAPHY

Shaun “Beastman” Anderson has spent more than three decades training and teaching martial arts — time he has spent studying exactly one problem: how the body and breath regulate performance under pressure. That work became **KCJK™**, a Korean Tai Chi breathwork system built on six foundational movements, and grew into a full resilience curriculum used by students moving through stress, burnout, and high-stakes performance demands. For corporate audiences, Shaun translates martial arts pedagogy — structure, repetition, breath control, and self-command — into practical tools teams can use at a desk, on a floor, or in a high-pressure meeting, backed by a documented personal story of burnout and rebuild that makes the material land as lived experience, not theory.

SIGNATURE KEYNOTE

FLAGSHIP KEYNOTE

45–60 minutes

From Burnout to Black Belt: Building Resilience Under Pressure

A first-person case study in structured recovery — how a documented personal collapse became a repeatable discipline system. Reframes martial arts training as a resilience framework for high-pressure teams; breaks into the modular program below for half-day offsites or multi-week series.

CORPORATE PROGRAM FORMATS

FORMAT 01

Breathwork & Stress-Response Reset

Lunch-and-learn or all-hands session — the physiology of stress and a breath practice teams can use immediately.

FORMAT 02

Half-Day Resilience Workshop

Hands-on training in self-command under pressure — built for leadership offsites and team retreats.

FORMAT 03

Multi-Week Resilience Series

A structured cadence of sessions for sustained practice — adapted from the Warrior Reset and Phoenix Reset curricula.

FORMAT 04

Executive & Leadership Coaching

1:1 or small-group coaching applying the same discipline system to leadership performance.

BEST-FIT BUYERS

◆ HR & People teams

◆ Executive offsites & leadership retreats

◆ Employee wellness & EAP programs

◆ High-stress industries — sales, healthcare, first response

