

The Art of Empowerment



In-Person 60 min 10 - 46 guests \$100 pp

The Art of Empowerment is a hands-on workshop in the heart of New York City that combines basic self-defense techniques with tools to enhance awareness and emotional intelligence. The workshop aims to foster outer peace by fortifying the inner warrior. A

Led by one of our expert partners, The Art of Empowerment is run by a national body-building champion with black belts in Brazilian Jiu Jitsu, Judo, and Japanese Ji Jitsu. Our partner instructor has 24+ years of training in martial arts and holds a degree from NYU.

"Training has been a great experience. He is an expert martial artist and a skilled and compassionate teacher. His knowledge base is incredibly vast, making him an invaluable resource for all things pertaining to martial arts and self defense." - Joe, Attorney, Brooklyn, NY

Agenda

Total ⁶⁰
minutes

About teambuilding.com

We build and run world class team building experiences, with 1,000,000+ participants and 45,000+ clients to date. You can choose from 50+ experiences, both in-person and virtual that are designed to maximize participation, engagement, teamwork and happiness. Every experience is led by an expert teambuilding.com host with substantial training to make sure your experience exceeds expectations.