

Soonouk Kwon

About me

- Studying and practicing Meditation for 30 years.
- Started coaching in 1997(Inner and outer Watching)
- Co-work with hospitals(Korea) since 2007
(Coworking with Doctors in Family medicine, Pediatrics and Alternative medicine)

Sports Background

Mainly worked with Golf/Baseball Players using meditational techniques

1. Concentration Training
2. Strength Optimization - Hitting the ball longer
3. Flexibility Maximization
4. Maximizing Self-confidence

Main Occupational Fields

1. As a group Cooperate Education/Training Lecturer
2. Private Practice Coaching / Personality testing

Area's of Specialty

Sports	Mental Stretching, Mental Strength training and Applied Meditation
Coaching	Proficiency Coaching, Emotional Coaching, EFT & NLP Coaching.
Psychology	Eastern & Western Combined Back Ground based Analysis, Cognitive Psychology (Used for Coaching, Behavioral Science)
HRD	Stress Management, Communication, Coaching, Leadership, Group Personality Dynamics (Conflict Management)

Client(Organizations)

1. Corporate: Samsung Electronics, SK Telecom, Posco Enc, Hyundai Mobis and
others
2. Government: Korea Tourism Organization, Korea District Heating Corp, Gyeonggi
Provencial Government and others