

Hill's Martial Arts



Corporate Employee Enrichment Seminar



Our Mission

Hill's Martial Arts is dedicated to developing students of moral character, community devotion, self-strength, and positive leadership abilities. By providing a safe and high energy training environment, students are given the necessary tools and encouragement to grow in Mind, Body, and Spirit. Our fundamental philosophy of "Family Comes First" is reinforced in every stage of training.

Team Building

The key to success in any kind of organization is not always working harder....sometimes it is knowing how to work together!

Studies show that Team Building activities have a measurable and positive effect on the team performance and employee satisfaction. These activities have been proven to:

- . Increase cooperation
- . Help Employees Bond
- . Improve Communication
- . Enhance Problem Solving
- . Booster Employee Confidence
- . Foster Creativity
- . Facilitate Conflict Resolution
- . Develop Leadership Skills
- . Boost Morale
- . Build Relationships and Trust
- . Promote Out-of-the-Box Thinking

Our consultants offer a variety of Team Building exercises that encourage participants to engage with the consultants and other team members to foster the sense of well-being that promotes the above mentioned benefits.

Self-Defense

Successful employers understand what an important commodity valuable employees are and how devastating an effect it could be to have any of their employees become the victim of violence; whether it happens to be on or off the job is irrelevant.

With workplace violence on the rise, business leaders have become more aware of protecting themselves and their staff. The instructors at Hill's can address these concerns through our Corporate Seminars tailored to the needs of your business. Effective self protection is not only a practical and common sense necessity, but it is also an important component in helping to ensure the long term profitability of your business as well as making your employees feel more confident, secure, and valued.

The advantage of bringing a Self-Defense consultant to your company is to make sure that your most valuable asset-Your Employees- are happy, healthy, and safe both on the job and off.

Physical Conditioning

Increased physical fitness that results from regular exercise has been shown to increase endorphin and serotonin levels that help with overall physical and mental health.

Our Instructors conduct a variety of drills that are self-paced depending on the participants fitness levels. They are designed for each person to “compete” with themselves and always strive to do “just one more” or “just a little bit faster” than their previous time. We work on improving strength as well as stamina. The more fit one feels, the more confident they become in other aspects of their lives.

Our cardio, strength training, and plyometric exercises could be a great addition to any Employee Wellness Program to enhance physical and mental health.

Stress Management

Increased stress levels lead to decreased productivity. When we are stressed, our energy, breath and life force, become blocked. But practicing martial arts, such as Tai Chi, can help it to flow normally again.

When you clear the blockage, you are able to release the negative feelings from your body and replace them with new breath, new life force, and open energy levels.

Done quickly, the moves of Tai Chi can be used in combat and Self-Defense. But Tai Chi is not built on violence. It is deflective as opposed to aggressive. The main objective is to deflect negative energy.

The consultants of Hill's Martial Arts will guide your work team in techniques to manage stress levels and increase productivity.

How To Get Started

Call or email our office to structure a regimen that fits your corporate needs and pricing based upon location and participants.

We can structure a single session class done seminar style that focuses on one of the single categories listed, or ask about our special pricing for booking multiple sessions.

With male and female trained instructors, we can help alleviate the awkwardness some may feel working with the opposite gender.

Our training philosophy of evolve, adapt, and overcome is one that extends to every facet of our business. We can evolve our curriculum to adapt to your company's needs to help your team overcome the obstacles to increase their productivity.

Hill's Martial Arts

48 W. Foster-Maineville Rd

Maineville, OH 45039

Phone (513) 774-0500

email: hillscorporateseminar@gmail.com