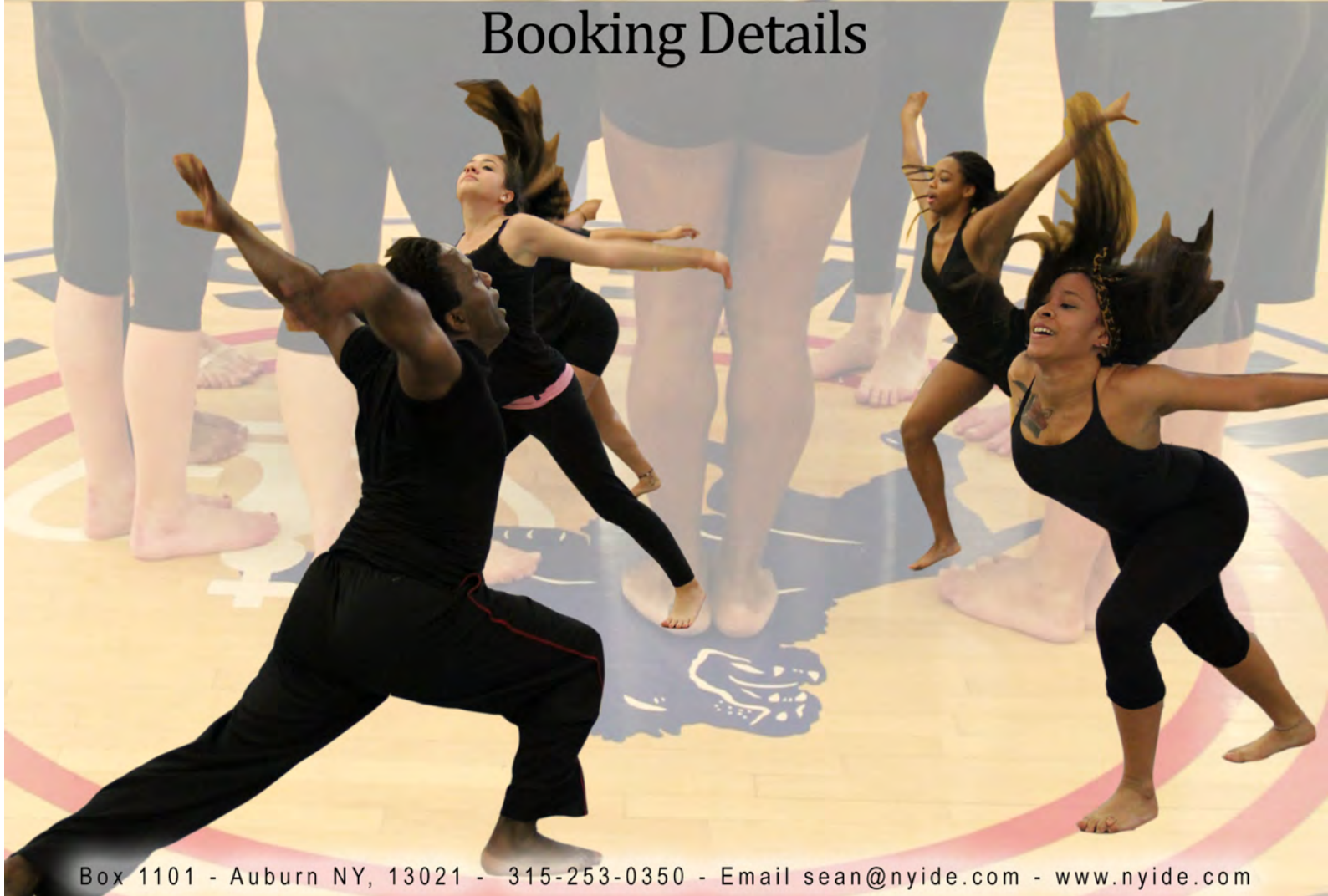


# Sean McLeod Tour on Self-Esteem Through Movement



A Physical Education, Character Development, and Anti-Bullying program that works!

## Booking Details



Box 1101 - Auburn NY, 13021 - 315-253-0350 - Email [sean@nyide.com](mailto:sean@nyide.com) - [www.nyide.com](http://www.nyide.com)

### Sean McLeod Tour on Self-Esteem through Movement!

(A Physical Education, Character Development, and Anti-Bullying program that works)

In this special opportunity the award winning Sean McLeod brings his celebrated Motivation and Educational approach through Movement to students, teachers, and administrators in public and private schools. Sean's method helps districts address: the building blocks of "Bullying", unhealthy peer influence, and communication interaction for students, teachers, parents, and administrators. The program is integrated into a school's physical education classes to avoid creating academic challenges for students and teachers! Additionally, the process allows physical education teachers to work with this movement expert of world-class dance, martial arts, physical conditioning, and personal motivation. It will increase educational desire, participation in PE, and could emotionally reset a school's entire student body.

#### **McLeod Technique: Self Esteem through Movement**

##### **Description**

Motivation, Adolescent Personality Development, and Life Values are taught to students through movement with McLeod Technique®. Over the past 25 years, Sean McLeod has developed a harmony between movement and life lessons that seem to challenge everyone within earshot to tangibly look at their actions and evaluate whether they are givers or takers. With expert story telling from theater skills and the teaching of personal and family responsibility from Mediation and Advocacy, students as well as teachers get tangible lessons in handling their feeling, fears, and anxieties that are often brought to school or develop in school over time. The method has a big push to embracing and thriving in academic study and makes doing well cool again. The results include good emotional interaction skills and improved physical health. Because of the method, students gain an increased ability to interact with each other in a healthy manner and return to self-restraint and acceptable behavior that is reminiscent of students from 50 years ago. Physically, the Master Classes include instruction in McLeod Technique, Reinforced Motor Function (RMF), MT Afro Hip Hop, Martial Arts Principals, and Training For Athletes (TFA) to keep male athletes engaged. This is an all encompassing multiple level Character Education, Non Bullying, Personal Responsibility, and Public Behavior Program. It can reset all the behavioral and negative patterns in a school building at once. A full building restart.

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Training for Athletes® TFA® is a unique physical enhancement program that enables athletes to develop their highest possible level of athleticism. Participants gain awareness of physiology, calibration of technical form, extreme physical conditioning, and enhanced emotional discipline.

Reinforced Motor Function® - RMF® is a simple-to-understand alignment, strength, and flexibility system developed by Sean McLeod. This system, based in an anatomy-centered methodology, guides the client through a series of exercises with a facilitator who physically manipulates the body and applies resistance to reinforce the client's movement through correct, healthy postures. TFA® and RMF® are developed by Movement Expert, Multi award winning Choreographer, Martial Artist, Motivational Life Coach and Mediator Sean McLeod.

**Master of Movement, multi-award winning Producer, Choreographer, Martial Artist, and Motivational Life Coach, Sean McLeod, developed Training for Athletes (TFA).**

Movement Residency Outline (Classes takes the place of Gym class)

Physically, classes are a combination of McLeod Technique, Martial Arts, Reinforced Motor Function (RMF), and Training For Athletes (TFA).

- 1) Introduce or review "The 4 rules!"
- 2) Giving each student a number (#1-#4) to help logistics.
- 3) Each student will have sufficient space, in straight lines to move.  
(Straight lines add calmness and focus.)
- 4) Based on a 40 minute class, a breakdown (approximately):
  - 10 Minutes - Rules and introduction to group, (Motivation and application.)
  - 10 Minutes - Stretching, dance. (Active participation.)
  - 5 Minutes - Group discussion. (Reassessment.)
  - 13 Minutes - Dance, Demonstration. (Active application and observation.)
  - 2 Minutes - Closure. (Ending, evaluation.)

Example schedule (the same 2 classes should always be scheduled together.):

Day #1 and #3 or "A" Days

- Rules and introduction (10 minutes.)
- Active part (10 minutes.)
- Talk (What is dance? )
- Basics
- Free dance (practice)
- Closure



Day #2 and #4 or "B" Days

- Review rules
- Review day #1 or 3
- Stretch (basics)
- Jazz or MT Afro Hip Hop
- Closure



Day #5 and #6 -The Culminating Day

- Review rules
- Famed "Talk Around"  
with students and teachers, video (optional)
- Last time to Move together

**Master of Movement, multi-award winning Producer, Choreographer, Martial Artist, and Motivational Life Coach, Sean McLeod, developed Training for Athletes (TFA).**

## **McLeod Technique (MT) Training for Athletes (TFA)**

**with Sean McLeod**

**In this special opportunity, Jefferson Award winning Sean McLeod brings his celebrated Motivation and Educational approach through Movement to athletes, coaches, parents, and administrators of public and private sports organizations. Sean's method helps athletic associations and parents address: the building blocks of "Bullying", unhealthy peer influence, and necessary communication mastery for better emotional health and personality development. The program is based on the celebrated McLeod Principles. Everyone in earshot is made to feel valuable and integrated into the experience.**

Training for Athletes (TFA) is a unique physical enhancement program. TFA empowers an athlete by developing their movement abilities to the highest level possible. By using the foundational elements of movement study that include Martial Arts, Dance, Core Strength Training, Mastery of Rhythm, and emotional control plus traditional combat strategy taken from Martial Arts. Athletes will gain understanding and physical control that when combined make dynamic physical results and movement strategy immediately possible, and most importantly, accessible at will.

Training For Athletes starts with an evaluation of a particular person's movement matrix. A movement matrix identifies where an athlete's natural ability

separates from their intentional and preconceived outcome. One of the primary principals of TFA is to understand how a person moves, then helping them identify the most direct way to execute that intention. TFA study includes streamlining weight training, so that athletes increase their power vs. increasing their size, mass, and strength. A person that is powerful can be strong; however, a person that is too big and strong normally will fail against a smaller, quicker, smarter and more powerful person.

TFA can be used to overwhelmingly increase the ability of a player or a whole team. TFA can also be integrated into the daily routines that a coach uses to warm up and practice agility, balance, endurance and so much more. However, the central theme is integration. This will help improve the very drills that are used every day to improve a team and individual players.

To train an athlete's body, but not the emotions or influences that could destroy a world class player with one look or comment is tantamount to malpractice.

**- Sean McLeod**



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## Body Alignment, Flexibility and Strength Workshop

<b>Venue:</b>		
<b>Date:</b>	<b>Day:</b>	<b>Time:</b>
<b>Team #1:</b>	<b>Team #2:</b>	
<b>Total Hours:</b> 3 hours	Number of Participants: Unlimited Students & Teachers	
<b>Workshop Title:</b> Sean McLeod Tour on Self-Esteem Through Movement		
<b>Level:</b> Beginner to Intermediate		

### The Goal:

To provide a workshop or Residency with active participation from Students and their Teachers to learn first-hand the benefits of RMF, Movement Matrix Design for Sports, Fitness and Personality Development through Movement.

### The Benefits:

MT Training for Athletes and Sean's method of delivery helps administrations, teachers, athletic associations and parents address: the building blocks of "Bullying", unhealthy peer influence, and the necessary communication mastery for, and between, teachers, students, student athletes, coaches, parents, and administrators.

### Program Pricing:

**Workshop Cost:** \$75 per person/ 3 Hours

**Residency Cost:** Inquire about Package Details

**Required equipment:** Adequate Space, quality sound system, video projection.

**Reimbursable Expenses:** Hotel, Travel + Meals for Sean McLeod



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**Tangible Benefits from Participating in the McLeod Process**  
For Administrators, Teachers, Parents, Students, Athletes, Coaches, & the Organization

**Emotional Development**

- ✓ Identifying your True Defining Characteristics
- ✓ Using those Characteristics as Markers to Evaluate your Emotional Construction
- ✓ Learning to Define which Characteristics to Keep, Discard & Improve upon
- ✓ Learning to Identify & Articulate your Belief System
- ✓ Understanding Society's Belief System and Expectations
- ✓ Feeling Calibration: Learning if your Feelings are Correct before Applying them in your life
- ✓ Communication Skills: Learning to Use the Right Words to Speak with Certain Audiences
- ✓ Accepting Challenges to your Present Belief System

**Personality Development**

- ✓ Addressing the Origins of One's Feelings
- ✓ Learning the Key to Talking Effectively to both Peers and Authority Figures
- ✓ Learning to Interact with People of All Ages
- ✓ Providing Support for People's Needs and Putting them in Front of yours
- ✓ Being able to Effectively Assess your Strengths & Weaknesses (without Self-ridicule)
- ✓ Facing your True Self, Embracing Failure, & Sharing Success
- ✓ Evolving your Belief System
- ✓ Define Life Intention & Establish Daily Application

**Emotional Development:**

The most basic emotional state is selfishness. People pick up on the characteristics most consistently present in their developing years, normally from their family or growth circle. And those start to shape the person until, new peer pressures are introduced. Emotional Development characteristic are challenge by other or outside influences that create reviewed thought of a principle (this process you go through repeatedly throughout life). Parents! It's important that you give your children principles, well thought out, explainable and true. If you don't they will be given someone else's or create their own. Even if that is to not have any principle. ( A principle is a life rule. A rule that you use to live your life)

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### **Sean McLeod Bio**

Sean McLeod is an acknowledged developer of movement systems, most notably his codified "MT" McLeod Technique, MT Afro Hip Hop, Training for Athletes (TFA) and Reinforced Motor Function® (RMF) which are now being taught globally. Sean McLeod is an award winning Producer, Movement Expert, and American Choreographer whose work spans more than 20 years and three continents. Mr. McLeod is President of the New York Institute of Dance and Education and works in New York City as well as in major cities across the US, internationally in the West Indies, the Caribbean, Europe, and Africa. Mr. McLeod attended the Conservatory of Dance at the State University of New York at Purchase and has established himself as a successful consultant and corporate facilitator. However, Sean's greatest calling would be that of a "Motivator." He constantly attempts to prove that you can be anything you want, provided you prepare yourself, share immensely, and help others be significant too. Sean is noted as a master of communication and personal interaction. He can reflect upon human experience and guide minds through personality development, emotional development, self-discipline, understanding and sensitivity to others. His philosophy is based in "Diversity of Thought" and "Learning to accept the possibility of Yes!" Sean's purpose is moving people to tangible action and the personal responsibility to make positive change exist in their own lives.

### **Film Library Links:**

- ❖ Please Meet Sean McLeod: [Sean McLeod - "Please Meet"](#)
- ❖ Training for Athletes (TFA) Overview: [Sean McLeod - Training For Athletes - TFA.mov](#)
- ❖ Martial Arts Film: ["The Other Side of Sean McLeod"](#)
- ❖ Mission to South Africa: [Sean McLeod - Mission to South Africa](#)
- ❖ New York Dance Festival: [New York Dance Festival - Larry Clark Interview \(SUNY PURCHASE\)](#)

### **Contact info:**

#### **Sean McLeod**

President and CEO, New York Institute of Dance and Education  
Corporate Facilitator, Reaching for Higher Ground Consulting  
Executive Producer, New York Dance Festival

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**\*TFA Trainer Certification Available**

**\*McLeod Technique Certification Available**

**\*MT Apparatus Certification Available**

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## COMMENCEMENT AGREEMENT

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### *Desired Performance Package:*

**5 Day Residency**

*Cost: \$13,000 + Travel & Hotel*

**6 Day Residency**

*Cost: \$15,000 + Travel & Hotel*

comments:

*(Final expenses subject to change based on energy costs and numbers of accomodations, if applicable.)*

### *Waiver and Release:*

*Your signature below indicates you have read, understand, and comply with all details in this agreement. Client(s) also consent(s) to the use of names, photograph(s) and video (that may include them) for occasional advertising and/or promotions of the New York Institute of Dance & Education. Such material includes, but is not limited to newspapers, television, advertisement, and columns.*

*To proceed with this session: sign and return this page with a deposit payable to Sean McLeod for half of the package amount. Remaining balance necessary to receive desired performance engagement.*

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
*client*

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
*Sean McLeod or Authorized Rep.*