



Brett Shuttleworth instructing one of the women attending the function.

Brett Shuttleworth helps unleash inner strength

The workshop incorporated motivational principles and personal power development.

■ Quinton Boucher

Brett Shuttleworth, a self made motivational entertainment guru, is spreading his knowledge and ensuring that others are able to unleash their true potential.

On Friday, June 29, ArcelorMittal Newcastle Works' Team participated in a unique training workshop of a Japanese Martial Art called Hojo, which was hosted by Mr Shuttleworth.

The workshop incorporated motivational principles and personal power development.

Mr Shuttleworth claims he

has discovered that without time invested in building your inner strength, you will only be left with a short-term gratification versus long term satisfaction.

He has developed a powerful training formula: "When you are able to unlock the potential in your people you are tapping into an almost unlimited power, which will, without a doubt, expedite the growth of your business. There is no wiser place in which you can invest, make the people in your business, your business."

Traditionally martial arts are instruments and vehicles of meditation.

This particular form (Hojo) originated in the Middle Ages in Japan, involving the art of sword fighting developed by monks in defence of their monasteries.

It challenges practitioners to utilise their inner strength and to free their own potential.

Assisted by Neil Bierbaum, Mr Shuttleworth ensured that participants were enlightened and had a fulfilling experience at the workshop.