

# Suited Monk Offline Community

Sharing insights and having conversations in a community to expand your awareness to learn, and find your path in work and life.





## A Special Letter To You...

**Dear You,**

*Welcome to Suited Monk Community!*

*Because of the request of several fans and as the creator of The Suited Monk, I strongly feel that we need a platform—both **online** and **offline**—where Suited Monk readers, fans and people who have attended the Suited Monk workshops can continuously connect, share and support each other on their life journey. This community is non-profit and means to serve the best for your own growth on your life journey.*

*I encourage you to join with an open mind and be ready to explore your true self. There is no right or wrong. Enjoy the expansion of awareness and reach to your higher self.*

*You don't always have to actively post things. You are welcome to be an observer of the group, as long as it serves you in some way. I personally will be taking care of the moderation of the community by checking in frequently. I am excited to meet you on Facebook, Twitter and Youtube.*

***If you are interested in the offline community gatherings, the following page may provide you with additional tools.***

*Warmly,*

***Raf Adams, Practical Philosopher and Founder & Author of the Suited Monk***

# The Suited Monk **Offline** Community



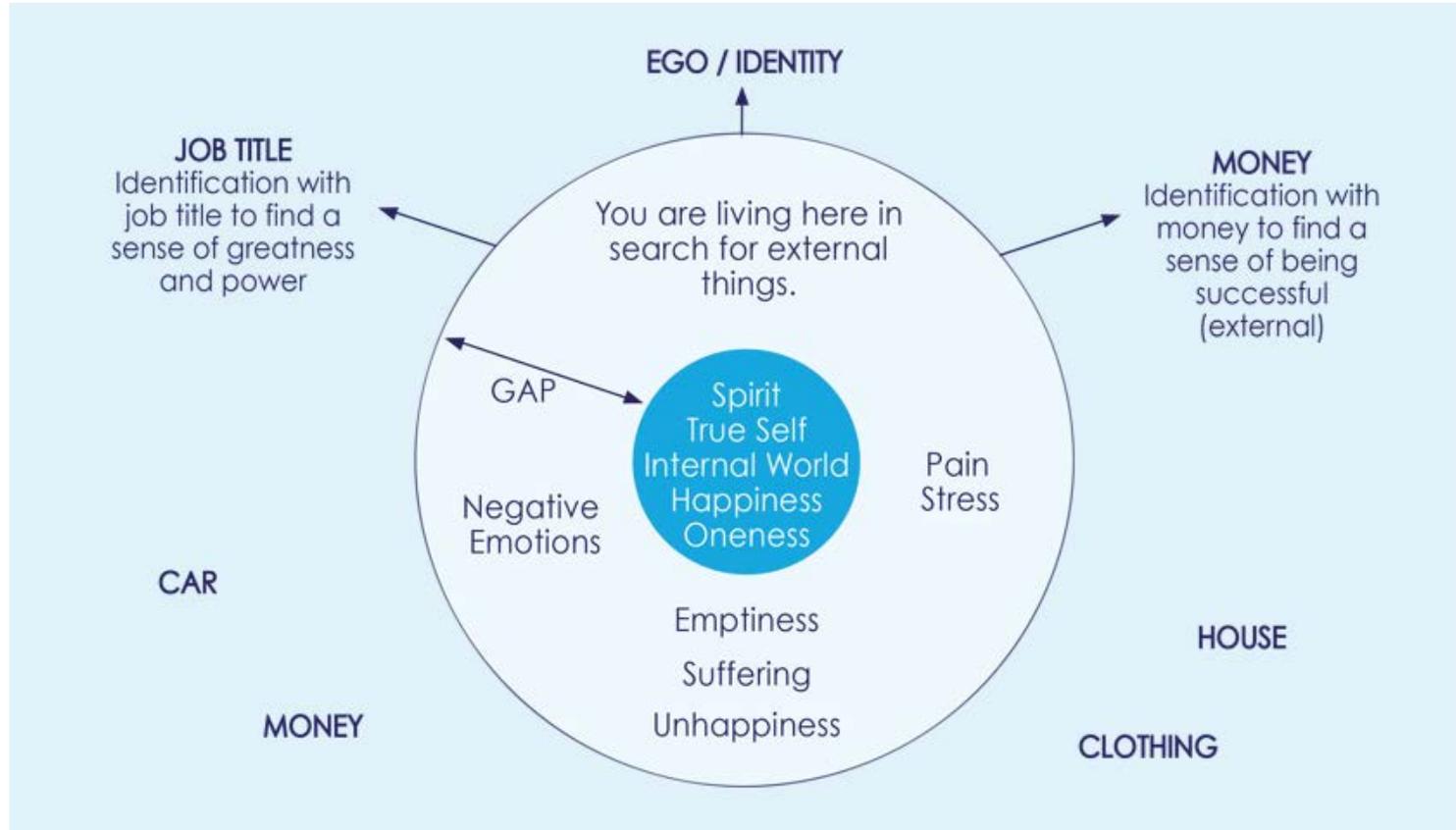
All offline sessions are and should be non-profitable. Each community will have a Suited Monk Facilitator. Each session could start with a question, a video or a quote to raise awareness.

## Suggested Topics

- ✓ How do we find our path and purpose in life so that we can be happy on the inside and happy on the outside?
- ✓ How do you align your internal Monk and your external Suit world so you can live a meaningful life?
- ✓ What increases the GAP between our external Suit and internal Monk?  
What decreases the GAP between our external and internal self?
- ✓ How to align your internal and external self at work?
- ✓ How to align your Suit and Monk in relationships, during difficult times, during good times? How does our personal GAP affect relationships at work and at home?
- ✓ How do you make the right decisions in work and life so you can live a life true to yourself (balance intuition Monk – mind Suit decision making)?
- ✓ Do we need to have a Suit goal in life or a Monk vision? How do we balance both? How does it affect our Suit and Monk?
- ✓ How do we connect with our inner Monk?
- ✓ What strategies have you used to find or be happy? Are those Suit strategies or Monk strategies? Are they sustainable?
- ✓ Who do you know has aligned their Suit and Monk?



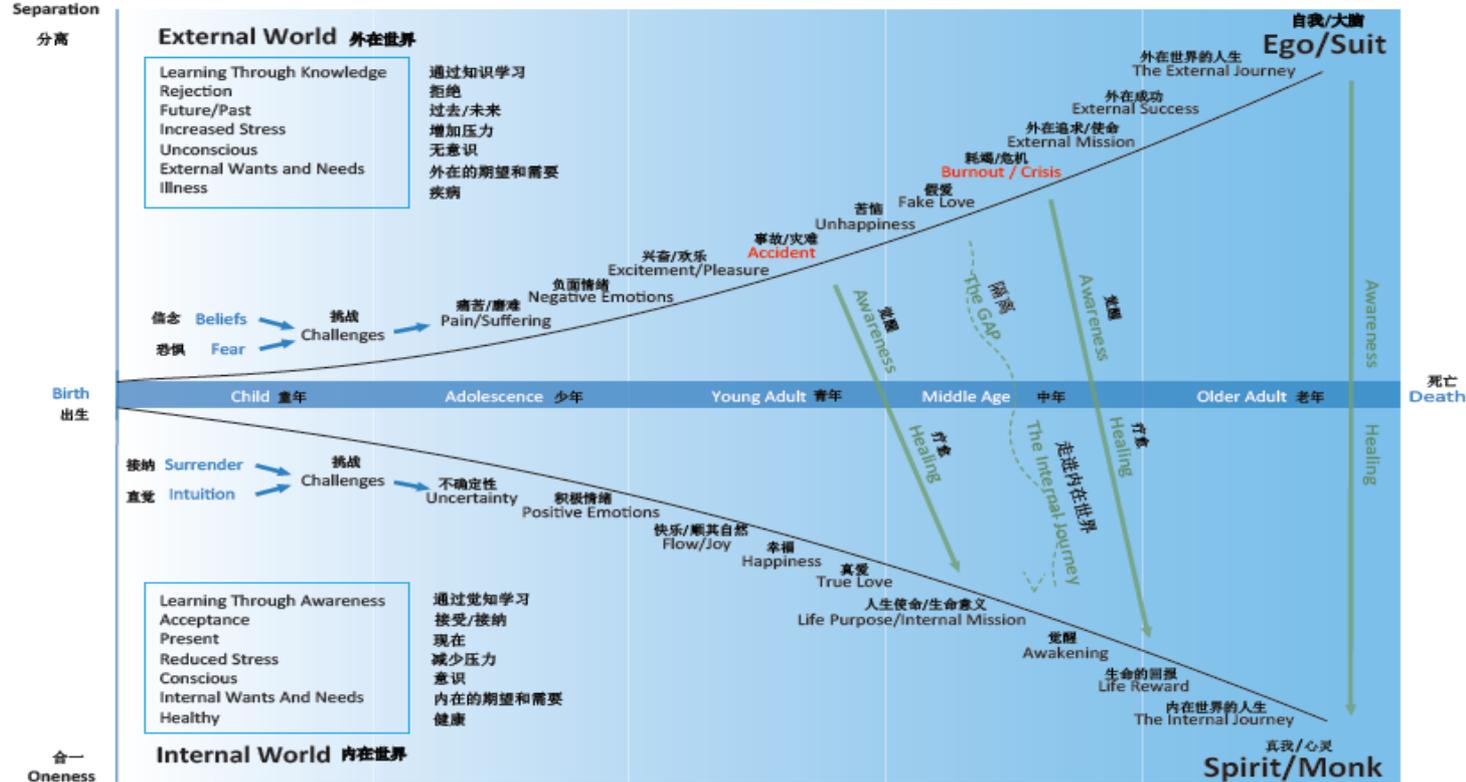
## Discussion can be held on “How to close The GAP”



## Discussion can be held on “Where you are on the life journey?”

### THE LIFE JOURNEY MODEL <sup>®</sup>

From the book “The Suited Monk: Finding Your Life’s Purpose And True Happiness” available at [www.amazon.com](http://www.amazon.com)



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## **Guiding Principles:**

Please try to have an open mind and be non-judgmental when facing others with different beliefs. Be ready to explore options and differences and expand your awareness to reach a higher self. There is no right and no wrong.

## **Guidelines:**

All community sessions are and should be not-for profit. Each community will have a Suited Monk Leader who facilitates group sharing. Group sharing can start with a question, or sharing a video or a quote to raise awareness. Topics can include anything related to the Life Journey.

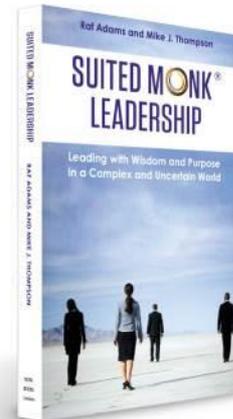
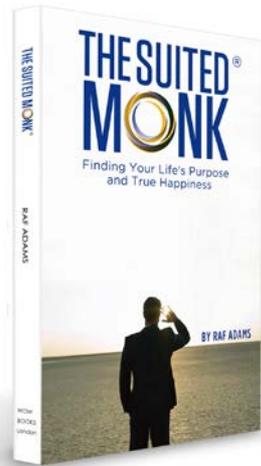
## **Sessions:**

Sharing sessions can be held in the office with colleagues, community groups, or friends in a location and setting each group can choose. In any sharing session if you have questions that you'd like Raf to answer, please send the questions to Raf so he can make a YouTube video about it.

## If you are new to Suited Monk...

Take the free Suited Monk GAP assessment available at [www.suitedmonk.com](http://www.suitedmonk.com) to assess your personal SUIT-MONK Gap.

Read book “The Suited Monk” and “Suited Monk Leadership”. Available on Amazon.com.



[Click the book covers to see book descriptions and reviews](#)

# Raf Adams – Practical Philosopher, Author

Raf was born in Belgium and has been living in Asia for the past ten years. After pursuing a successful career in Shipping & Logistics he realised only success is not bringing fulfilment. He decided to change his life and pursued his dream in 2008 to help leaders discover their inner self and lead with greater purpose and wisdom. He changed careers in the financial downturn, relocated to another city, build a new network and build a business out of his passion, helping leaders align their internal and external self so they can find their path, be happy and live the life they are supposed to live.

He now spends most of his time speaking and teaching on the subject of authenticity in life and business at organizations such as CEIBS and TEDx and Fortune 500 companies.

His Suited Monk concept is based on the next generation of leadership development which is focused on greater self-knowledge and personal purpose in work and life. His articles have been published in Forbes India, The Economist Intelligence Unit and Korea Times.

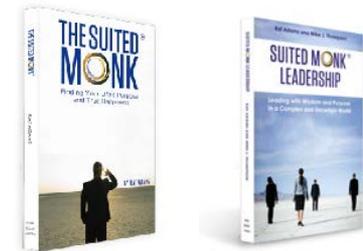


- Co-founder of GLO (Good Leaders Online) [www.glo-china.com](http://www.glo-china.com)
- Author of The Suited Monk and Suited Monk Leadership
- Qi Gong Certification (Shanghai QiGong Institute) (2016)
- Certified Coach ICA (2009)
- Advanced Coach Training (2010)

His clients include: BASF, Mead Johnson, Disney, Philips, Alcatel-Lucent, Medtronic, British Chamber of Commerce, SKF, Barco, GAP.

Email: [rafadams@glo-china.com](mailto:rafadams@glo-china.com) ( I suggest to change this to Suited Monk email)

[www.suitedmonk.com](http://www.suitedmonk.com)



Available in Kindle and Hardcover at [amazon.com](http://amazon.com)

You can Join Suited Monk Community via any of the social medias below. Let's Connect!



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[@suitedmonk1](https://twitter.com/suitedmonk1)



Raf Adams



RafAd02



The Suited Monk