

Solution Focus

This workshop aims to find our enormous amount of ability of making solutions.

While Solutionists teaches “do more of what works”, Japanese Martial Artist teaches “move from where you can move”.

While Solutionists teaches “seek proffered future”, Japanese Martial Artists teaches “project your mind to where you intent to go”

While Solutionists tries to support client to do what client want to do, Japanese Martial Artists tries to lead the opponent to where the opponent want to go.

While Solutionists asks “while you are asleep.....”, Japanese Martial arts calms their mind down and listens to the will of the universe.

They seem to be doing same thing in different way: Solution Focus practices Martial Arts in their language, and Martial Arts practices Solution Focus in their body. Both of them are precious wisdom to improve our quality of life.

In this workshop, we will explore the ways of eliciting the potential of our body and mind. By doing easy simple movement, we will explore the way of constructing solutions in our body, and how we can communicate with other people toward solution.

In this workshop you will explore:

- # Similarity of martial arts and SF
- # “If you relax, you are stronger” - what does it mean?
- # Experience the essence of pacing and leading (without using any word).
- # How to keep ourselves calm in difficult situation.
- # Tips to use our body and mind with ease, beauty and resilience.
- # Enough opportunity to share and reflect about your experience in your body.
- # Many tools and works that you can use in your workshop and seminars.
- # Methodology for integrates body and mind.
- # Let us really, dance in the moment.

Facilitator Hiroaki Nishida
Solution Focused coach

He has many experience of in martial arts such as Aikido, Jujutsu, Capoeira, Karate and Judo. After having explored many therapies, bodywork and coaching method, he encountered to Solution Focus. For him wisdom of Solution Focus and teaching of martial arts shows same thing: the wisdom to develop our quality of life.

##This workshop is not an martial arts course! ##

We will NOT do any combative technique. We will spend time relaxing, exploring the wonder of our body and mind. So people with any physical condition are welcomed!

