



WHAT?

The Harada Method is a method for personal development and is a fundament for reaching your personal and/or professional goals or dreams. Besides a method, it is also a **philosophy with a warm heart**. Connection with the other, with the environment, is a basic element, which also contributes to a better, more meaningful world.

The Harada method aims to make individuals 'self-reliant'. A term that is so much richer in English, and for which at least four descriptions are necessary in other languages: self-conscious, independent, self-assured, self-managed, ...

Self-reliance is the ability of each individual to become so good at something, that he/she becomes unique and irreplaceable. The Harada method is regarded as the world's best day-to-day management system and as the best well-substantiated method of self-management. (Send an email to Jim@4DLean.com for the MAP, an overview of all best practices worldwide.)

Did you know that the percentage of motivated employees in Europe is only 13% (Gallup study)?

If you take in account that the difference in efficiency between a motivated and an unmotivated employee is 45%, it does not need much explaining that companies also show a lot of interest in this method.

Organizations that find the **well-being** of their employees important, that will (continue) to invest in the personal development and motivation of their employees see it as a win-win situation, that quickly becomes visible in the company results.

The method is therefore about **personal development** and hands you a concrete roadmap for realizing any personal, team or company goal.

During this 2-day "hands-on" training, many personal and group cases will be shown with the aim of smoothing the way to your own success. It is also the only method that shows **HOW** to realize any dream or goal, and at the same time watch over balance.

Moreover, **self-realization** is all the way at the top of the needs ladder. The realization of goals gives the highest human satisfaction and leads to personal happiness (Maslov).

Since happy employees perform better, everybody fares well. That is why the method is also called 'the human side of Lean', although the method is also perfectly applicable without a Lean framework. Smart coaches and organizations with a progressive HR department consciously choose 'the method of exponential progress and involvement'. By the way, it is also the proactive move against bore-outs or burn-outs.

FOR WHOM?

The Harada method is suitable for:

- Individuals, everyone with a dream and/or goal
- Company & team results
- Coaches
- Supervisors
- Employees (from junior to senior)
- Personal development
- Teambuilding & group results
- ...

PROGRAM

The training constantly evolves through the experiences gained in the dozens of cases and training sessions. The applications of the method are endless.

How do you help someone with resistance to structure to achieve a goal? ("must" never helps!)

How do you give someone with a burn-out a new direction in his/her life?

How do you make someone with a lack of discipline believe in their own possibilities?

How do you keep your balance?

What is the most successful approach to achieve a team goal? What are the pitfalls?

Absolutely no prior knowledge is required at the start of the training.

How do you and your company define success, balance, happiness?

What are your goals and dreams?

Do you want to make a dream life possible, provide your children with an unprecedented lead, make your employees self-managing and happy, and leave the competition of your company far behind?

Bring your inspiration and ideas to the training!

DAY 1

9:00 a.m.: Start

- Presentation
- Result vs balance
- Harada options
- Expectations
- Testimonials
- Structure of the Harada method
- N. Bodek & T. Harada
- Objectives of the Harada method
- 33 questions
- How did the method originate in the Benelux?
- How do you make people blossom?
- What do you do well? What are you proud of? (Passion/talent)
- What makes you happy? What gives you energy?
- What do you really need?

- What is success? What is balance?
- Do you choose a success or a balance goal?
- Basic requirements for success
- What is needed to achieve a goal/dream?
- Specific ingredients of the Harada Method
- Long-term target form + practical examples
- Role of the coach - business objectives
- Does it work: examples individual & departmental projects

17:00: end of day 2

DAY 2

9:00 a.m.: Start

- Tips for success
- Where does it go wrong most often?
- 36 & 64-Tasks chart + Practical examples
- Possible synchronicity on the way to your goal
- Law of Attraction - Routine checklist, services, Harada & children + Practical examples
- Daily diary
- Planning & follow-up of your project
- The 20 steps of the Harada method
- The power of emotion
- The importance of results
- Modern tools with impact on your chances of success
- The importance of the right environment
- Check expectations + Q&A
- Does it work? (individual examples)
- Nothing is impossible: 'infinite possibilities'

17:00: end of training

Takashi Harada, Norman Bodek & Jim Lippens

Takashi Harada is the Japanese who developed this method from his experiences as an **athletics coach** in one of the worst secondary schools in the slums of Osaka. Children and students from this neighborhood had very little self-confidence and even fewer hopes for their future. Harada did not accept this and absolutely wanted to change this. To achieve this, he studied successful coaches in Japan, as well as successful leaders all over the world. From this, he developed the Harada Method.

The athletes trained by Harada soon became national champions. Thirteen Harada students won a gold medal at the national championships of Japan, while they previously performed poorly at regional athletics competitions.

After 20 years as a coach, Harada took his method to the business world where employees immediately achieved remarkable personal successes and spectacular company results.

In the meantime, he taught the method to more than 80,000 people spread across more than 280 companies. In Japan over 900(!) coaches work for T. Harada

It is Harada's mission to reduce Japanese youth suicide by bringing these young people **self-confidence**.

Norman Bodek 'the Godfather of Lean', the man that brought Lean from Japan to the USA in the 80s, discovered the method in 2012 in Japan.

"I have the talent to find talent in others", is how Mr. Bodek described his nose for talent.

This is how he met other geniuses such as Dr. Deming (PDCA circle), Dr. Ishikawa ('fishbone' diagram), and T. Ohno and S. Shingo (founders of the Toyota Production System, later called Lean) earlier in his life.

At the age of 80, he wrote the book "The Harada Method, the Spirit of Self-reliance" with Takashi Harada. With his renowned determination, Bodek overcame his youthful dyslexia and he eventually wrote more than 250 management books. When he discovered the Harada method, Bodek described it as follows: "For 30 years, I was searching for the best all over the world, but I still had the feeling that 'something' was missing. With the Harada method, I finally found the treasure I had been looking for my entire life."

Norman Bodek taught **Jim Lippens** the method, who introduced the method in the Benelux. In the meantime Jim became a certified **Harada Master Trainer** and Europe's number one expert in the Harada Method.

In Europe, **Jim Lippens** is gradually becoming one of the absolute top in terms of experience and knowledge of human potential (human factor). In his search for the deeper grounds of Lean, Jim repeatedly stumbled upon the works of Norman Bodek. In 2014 Jim discovered 'the Harada Method', the latest Lean trend. Bodek had found 'the pinnacle of the human side' of Lean. Jim read the book twice and was immediately captivated. He had the dream to meet the then 82-year-old Bodek in person someday. In 2015 Jim flew to Portland USA to learn the Harada Method from Norman himself. Norman Bodek was so impressed by Jim's enthusiasm that he asked Jim to translate the book into Dutch. For 2 months Jim toiled through this translation after working hours until late into the night.

Under the guise of 'lead by example', Jim set himself ... 32 personal goals in 1 year, among which: meet Deepak Chopra, become NLP Master, train the Harada method at Toyota, run the 20 km of Brussels without preparation, organize a congress on work happiness for 250+ paying participants, ... etc.

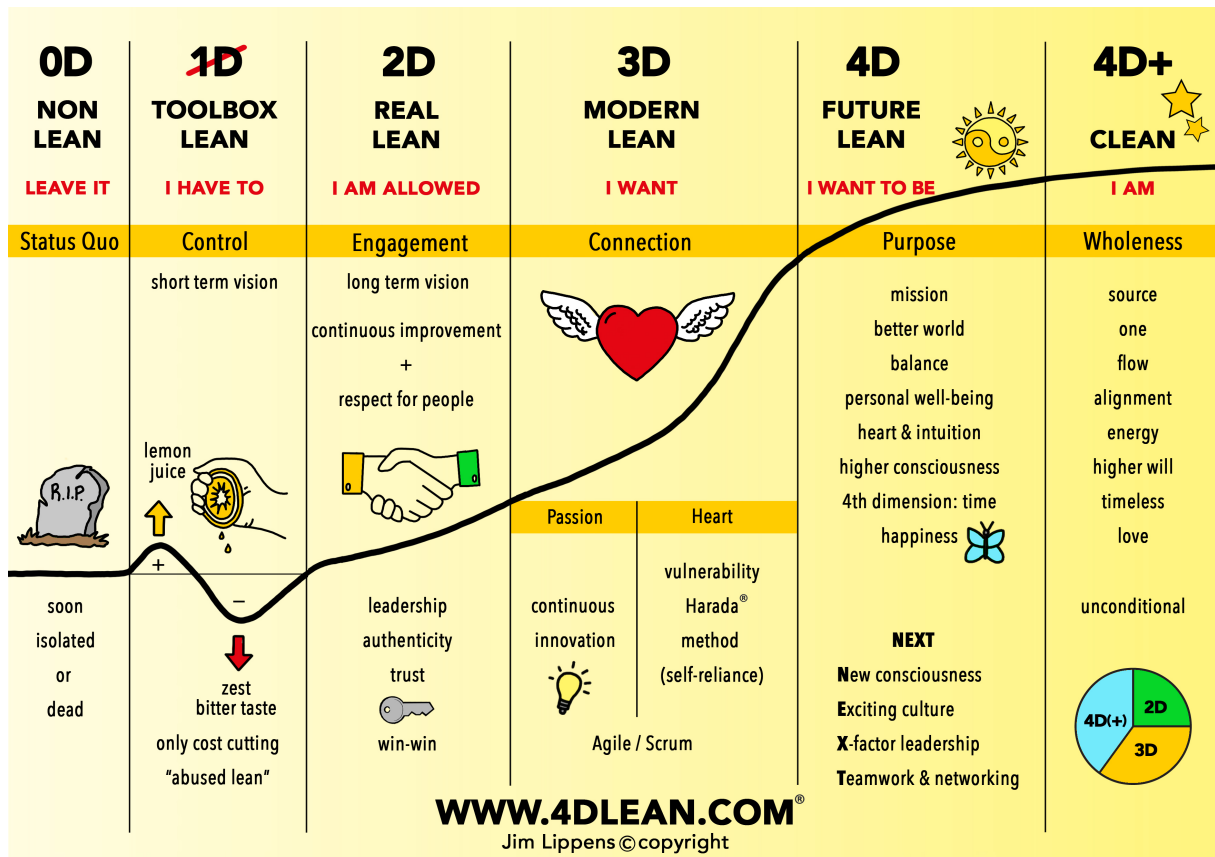
Since then Jim has coached about 350 Harada 'students' on the way to their goal/dream and was invited in Japan by T. Harada. There, Jim presented 90 slides with insights and optimizations. T. Harada was so enthusiastic that he asked Jim to spread the word worldwide.



Takashi Harada and Jim Lippens

Jim is a famous keynote speaker and also the inventor of the "4D Lean" model. This model visualizes the 7 different phases of personal and organizational development. This model is a simple but specific, revolutionary and holistic representation of main types of companies or individuals.

The Harada method finds itself in the "heart" of the model. "The art is to figure out - everyone for themselves - what his/her **ideal personal mix** is, composed of the 2D, 3D(+), and 4D(+) segment. 0D and certainly 1D are absolutely to avoid!"



Prices

- Participation in the **2-day training** costs 1190€ excl. VAT per participant.
- Optional **individual coaching** is also offered for a 3-month project:
 - Light coaching: 399€ excl. VAT (monthly coaching of 1 hour)
 - Regular coaching: 699€ excl. VAT (2-weekly coaching of 1 hour) (**most popular**)
 - Full coaching: 1190€ excl. VAT (weekly coaching of 1 hour)
- In-house rates, prices for group coaching, for workshops and for initiations on request.