

HARADA METHOD: Sustainable Employability, A way of living

Applying the Harada method will teach you how to realize whatever goal you wish to realize, while at the same time being in balance!

Do you recognise to be out of balance while you try the utmost to do everything right? Do you have difficulties focussing on what's important to you, or do you recognize personal habits that keep hindering you achieving your goals?

Have you ever seen someone sprinting a marathon? Fixing your balance will cost relatively more time and energy than ensuring the balance will remain okay. All time and energy you need to spend to repair your balance you cannot spend on achieving your goals. Sprinting a marathon will exhaust you and is not a sustainable solution. Look at your life or work as if it was your marathon!

Or do you see more challenges in focussing on the things in life that are really important to you? Another week passed by and you notice you did not spend any time on the goals that really matter to you.

Interested in shaping your work/life even better than it is now?



"Tomorrow I have a deadline", "I need to pick up the kids from school on time", "I need to go to the gym but I have no time", "My team does not follow my direction and I made it so clear to them!..."

These are examples of thoughts people sometimes have; these thoughts lead their behaviours. Thoughts that give an unsatisfied feeling, A feeling of not being in control, disturbing your balance. Stress comes up and if you continue you even run the risk of a burn-out: so stop sprinting your life now!

By applying the Harada-method you will learn how to focus, work structured and efficient and how to realize your goals at work or in your personal life. It will do so based on the solid foundation of your own personal balance while at the same time improving the habits you developed over time that hinder you in being successful.

Being in balance makes it a sustainable way of living and performing, achieving your goals.



For you?

The Harada program is available for everyone who is open to self-development, who wants to improve either their focus, balance and grow their personal characteristics/habits by stretching themselves.

To start your first Harada your role (in an organization) is not relevant, but your relevance for your environment will grow with your personal growth!

Harada can be applied to teams as well; however it's advised to first do individual Harada's.

The Harada Approach

After a *2-day Harada training* in which you learn how to apply the Harada Toolset to your personal (or team) goals you have set the basis to start running your own 3 months Harada experience. Knowledge is nice but without value unless you apply it.

In a *3-month Harada implementation* you will experience (feel!) the effect of the Harada approach on yourself as well as your environment. You will realize your goals in this 3-month period; goals that you set during the training. A goal in your life that is connected to your heart (what do you want?) and less to your brains only.

The 2-days Harada training will be given as a group training (8-12 participants), however with individual goal settings to start with.

During the individual 3-months implementation period immediately following the 2-day training you will be coached weekly and individually by a certified Harada coach from the BeNe Harada Institute.

For *teams* it is strongly advised not to start their first Harada with a team goal, but to let team members experience the 1st Harada by individually set goals.

Essential components of the Harada approach will be:

- ✓ to create a solid foundation for *sustainable performance*, i.e. make sure you will be or stay in balance;
- ✓ to increase the likelihood of success by developing your weaker personal characteristics that hindered you in the past from being successful; it will get you out of your comfort zone in relatively small steps. At the same time it is important to recognize your strengths and use those to support you achieving your goals and stay focussed on things that really matter to you.

In a second phase and after successful completion of your 1st Harada you will find that Harada is a way of living that will take you wherever you want to be!

The second Harada can stretch over a longer period (6 months) and with any following Harada the horizon can stretch again.