

Scramble Your Session!

Aikido and Dice for Coaching Mastery



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SF Caching for over 15 years
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Publication ; "Connect to the world and change your future! – Young people`s guide to founding overseas opportunities" 2023 Cosmpier
Workshop in; Switzerland (Solutionsurfers), Korea (Brief Therapy Association), Costa Rica (University for Peace), Venezuela, Rumania etc.



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Ministry of Economy, Trade and Industry



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*Solution Fucus is simple
but doing it is an art*

Insoo Kim Berg

We explore...



How can we learn
to be an artist?

How can we train people
to be an artist?





What commonality Successful Solutionists have?



in Japan...

“The more coach relaxes,
the better the session is.”





Seems easy,
but doing it is difficult



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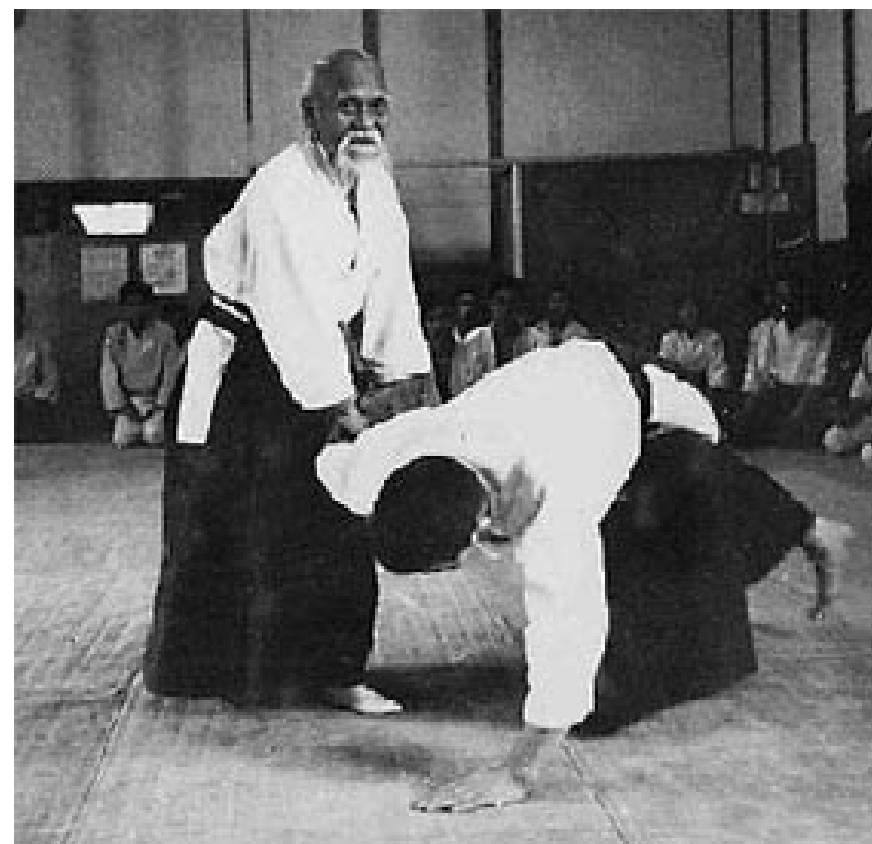
2008
25 years old



Exception?



合気道





Let's Play!!



Short Coaching Dice Session

- Pair UP!
 - If possible, with somebody who you do not share first language
- Decide who will coach first
- Take the real issue!

How to Roll



Coach

- Roll the dice upon client`s request
- Come up with 1 question based on dice
- Then listen until client request next roll

Client:

- When you finish talking/want new question, request next roll of dice.
- You can talk however you want

Attention!!



- 1 question for 1 roll of the dice
- Coach can not decide next roll
Coach can not reject the Dice
- Client can refuse the question,
but only after listening to coach`s
question

Nervous?

- **Courageous beginner - Advanced**

Create your own **SF** question based on the conversation.
(use the card just as reminder)

- **Beginner**

Choose the question from the card,
and try to arrange the phrase according to the context.

- **Very beginner**

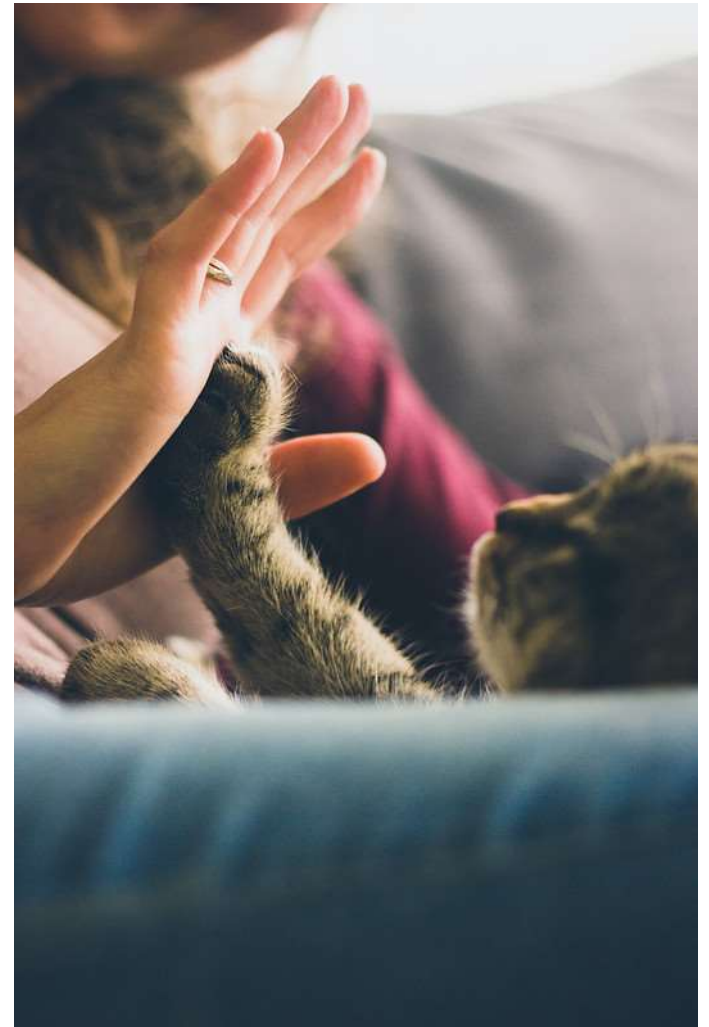
Pick 1 question from the card and read it to client.

Let`s get started!



- Platform: 1 min
- Dice-coaching: 10 min
- Small Steps: 1 min

Good Job!



Improvisation Unpredictability



Cultivating



Arts cannot be taught



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...but we can cultivate
body and mind

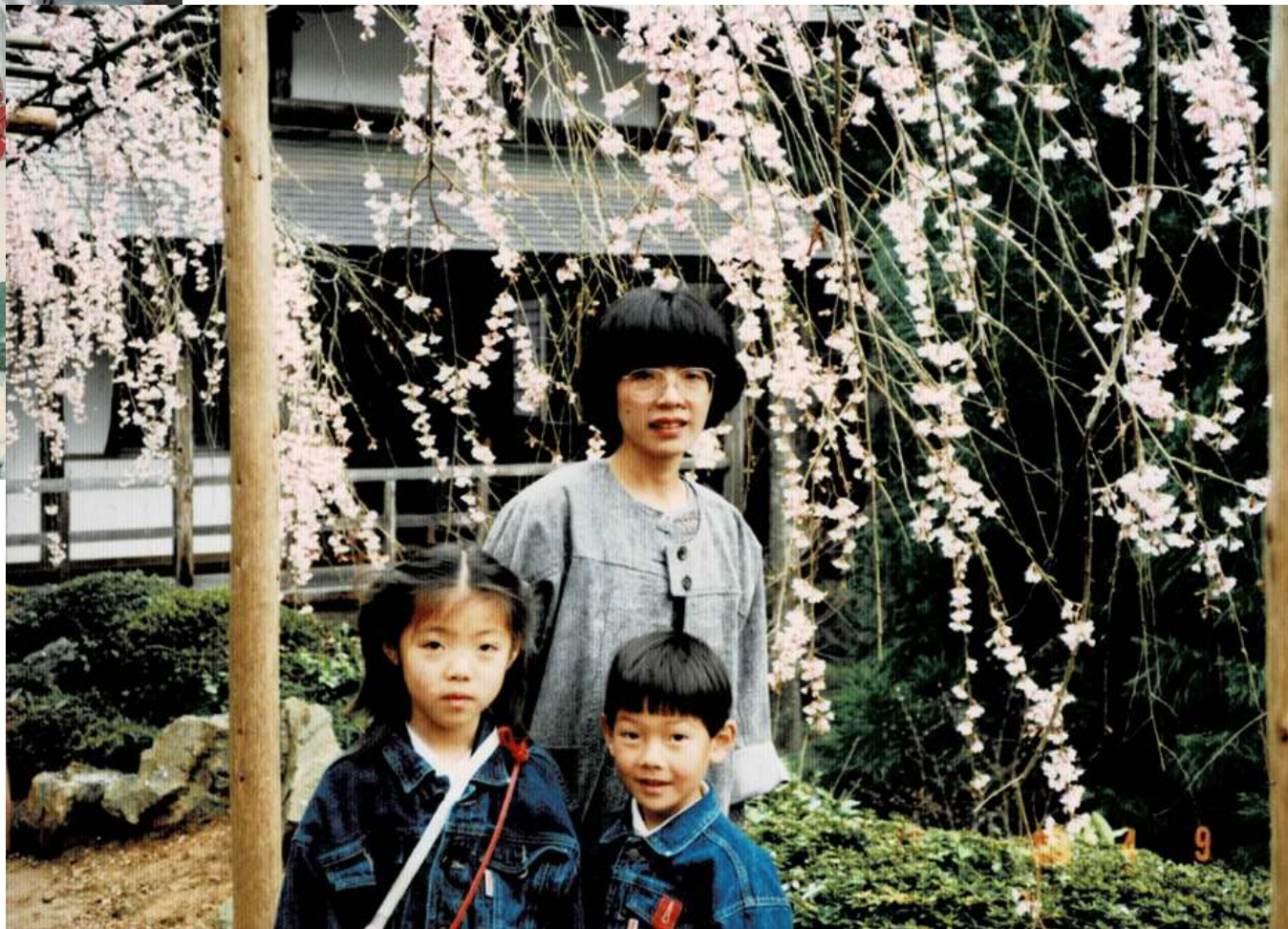





How can we cultivate?

My life experience









*“The one without sin among you
should be the first to throw a stone at”*

The Gospel of Jhon 8:7









Let's try!!

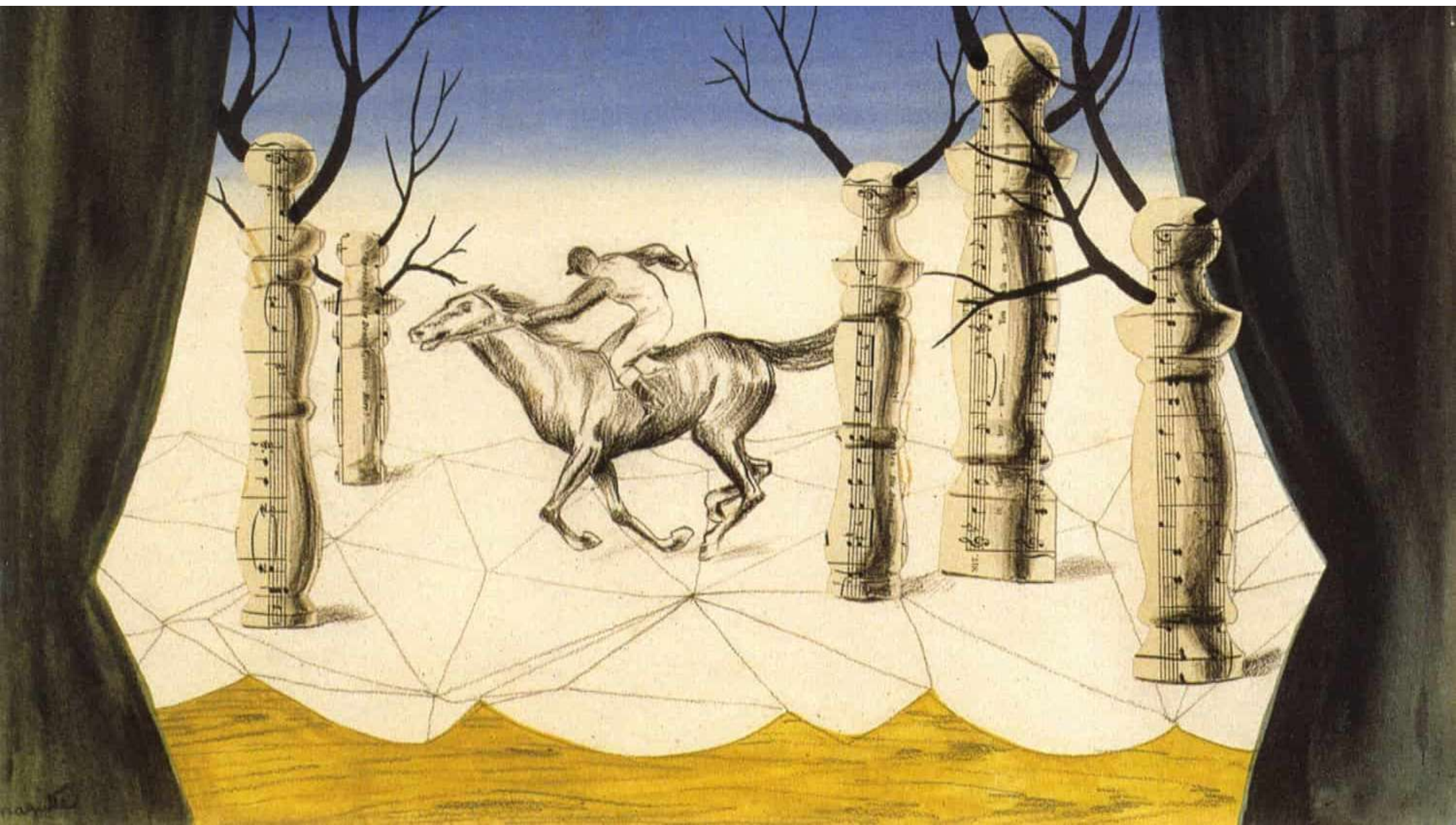


Aikido



Solution Focus



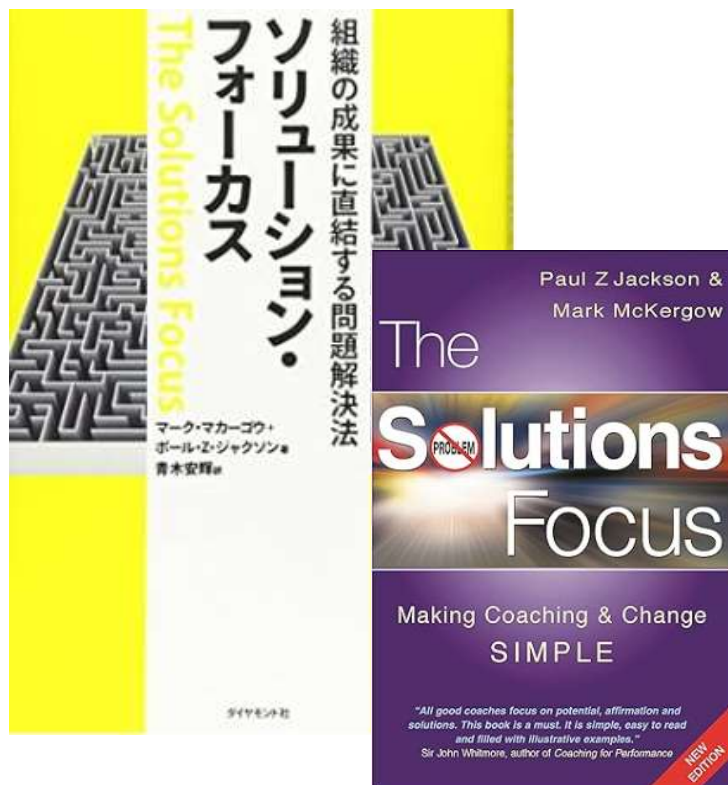


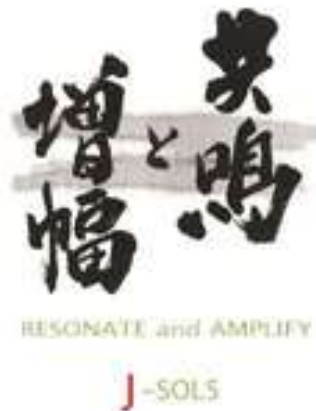
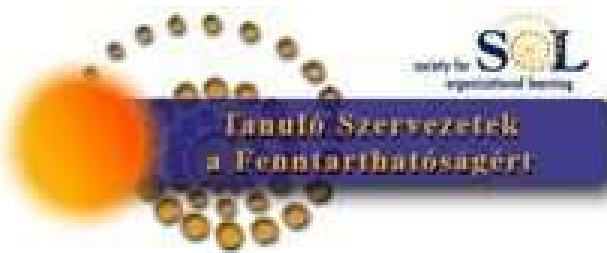
静中静非真静
动处静得来、纔是性天之真境

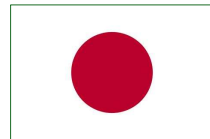
洪自誠 「菜根譚」

*“Calmness in stillness is not true calmness.
It is only by sustaining calm amidst movement
that one finds the true realm of natural serenity.”*

Hong Zicheng, Caigentan (Vegetable Root Discourse)







How Learners are Cultivated in Aikido



1. Understand the principle by simple & easy exercise.
2. Add adequate load/noise to prepare learner for real challenge.
3. Apply it in daily life, come back to the Dojo and keep cultivating.

The Missing Link of SF Training

Skill exercises: too fragmented / isolated

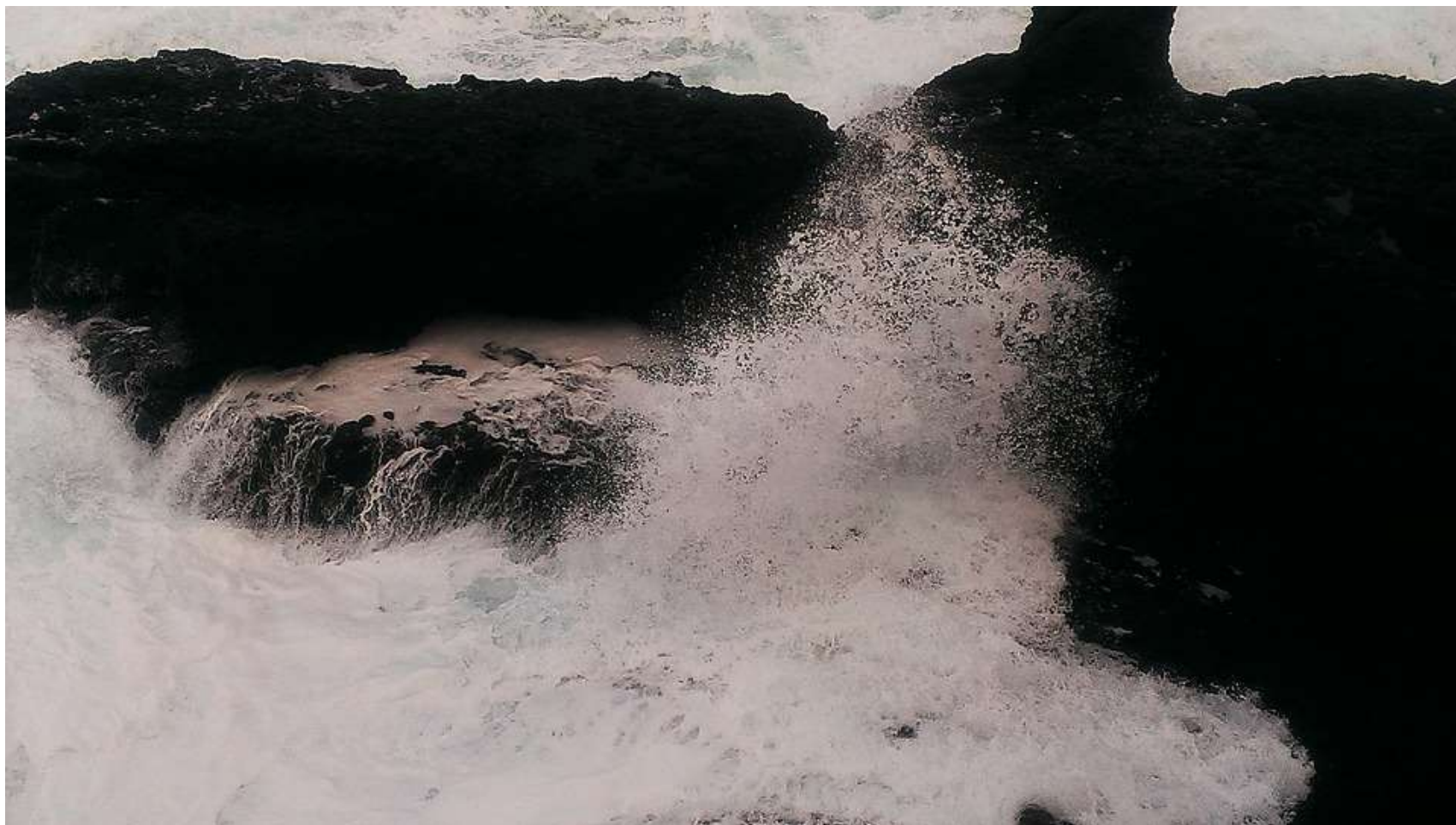
Peer coaching: too predictable

Supervision: too costly

► Jumping into reality with no life jacket







Negative Capability?



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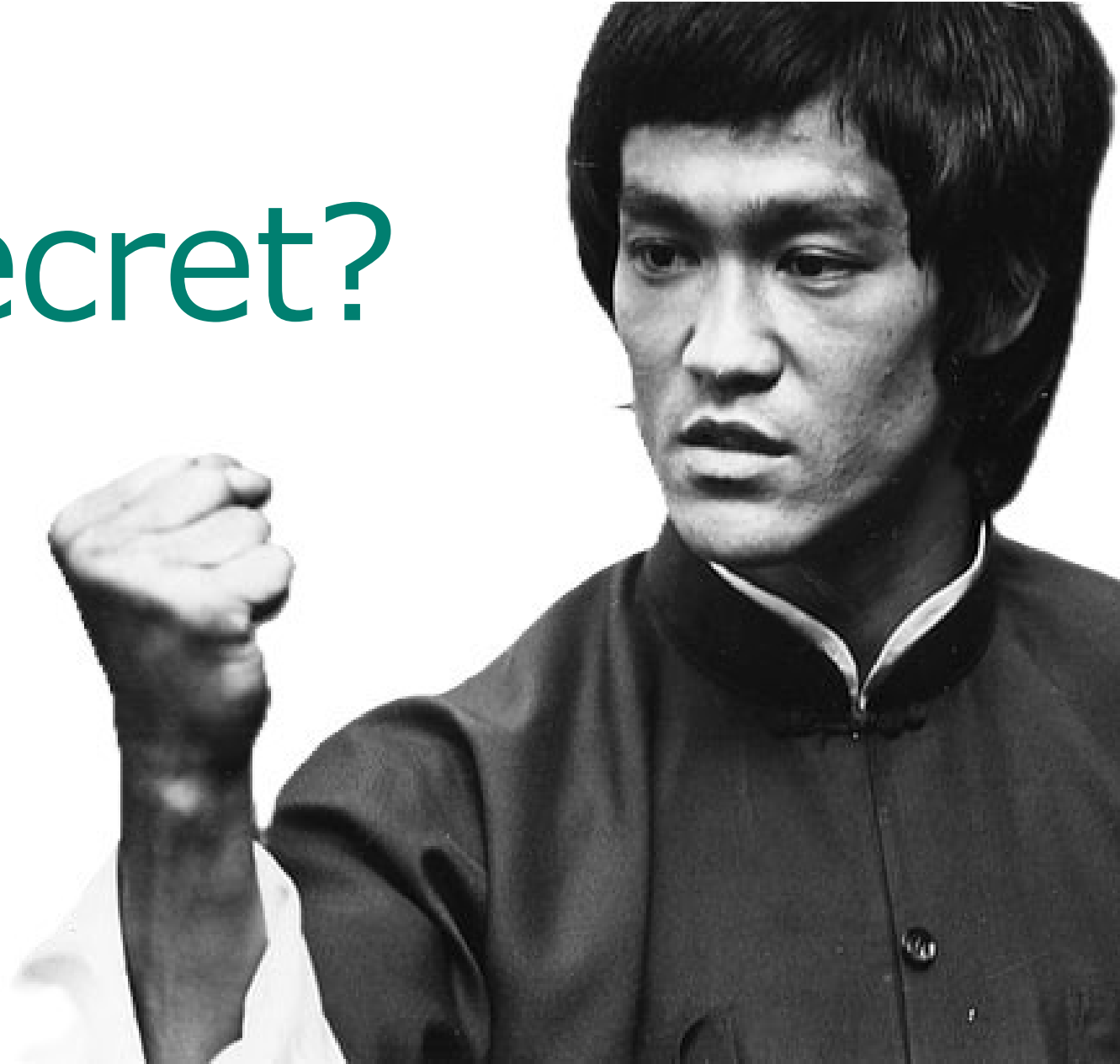
Go to Dojo
for 10 years!!



Cultivation through work-related practice



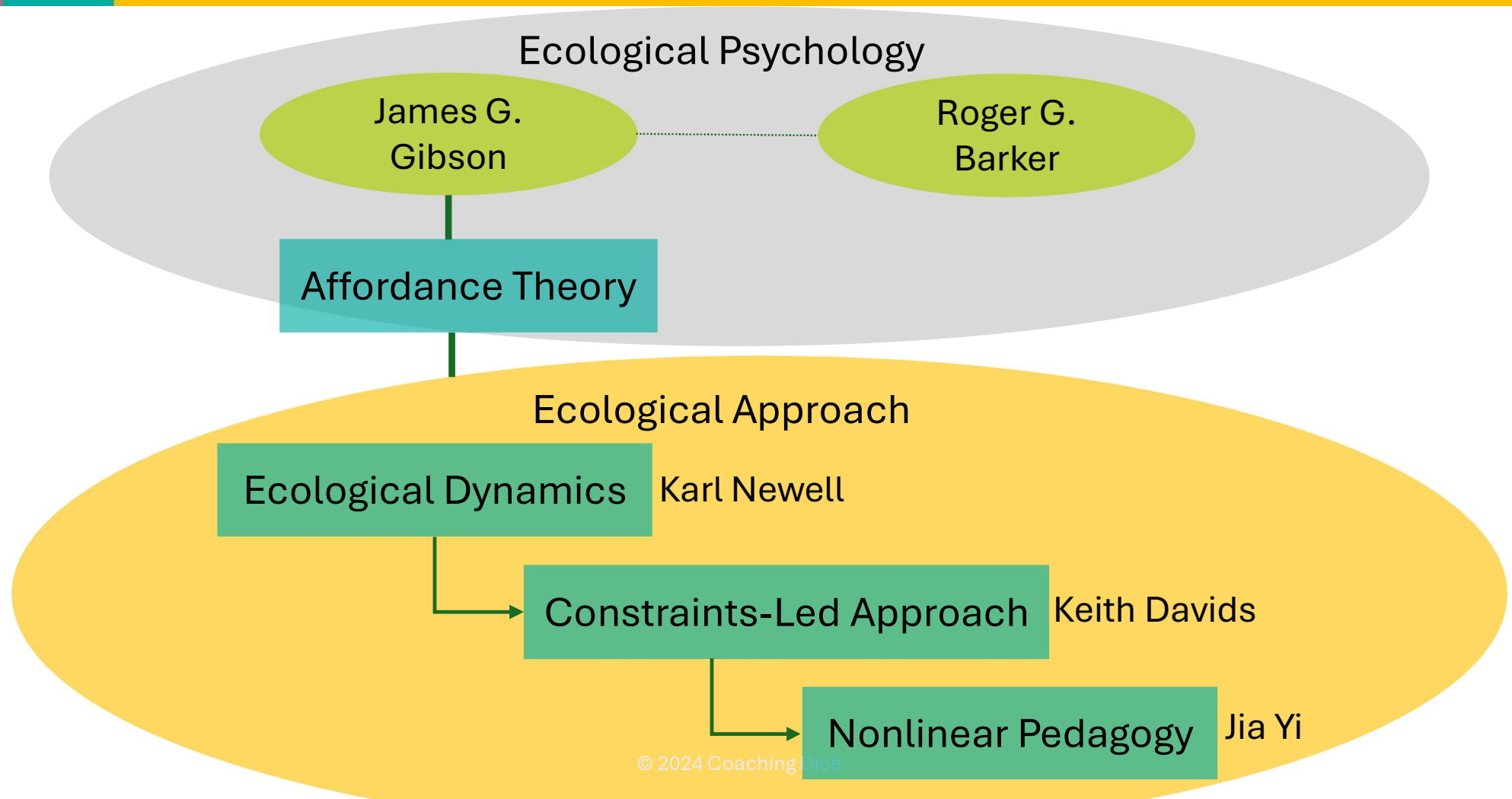
Wanna secret?



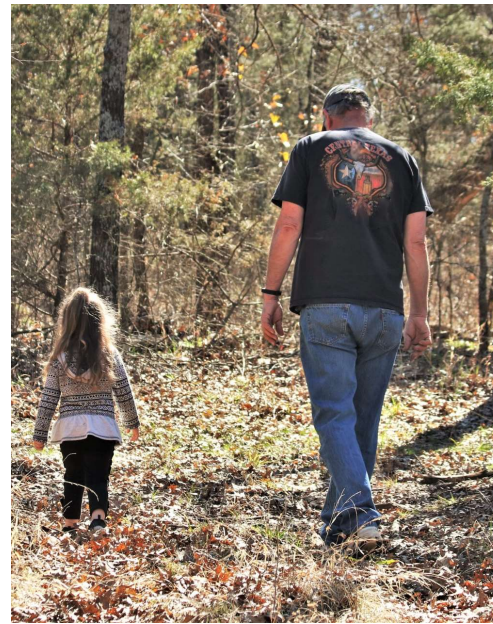
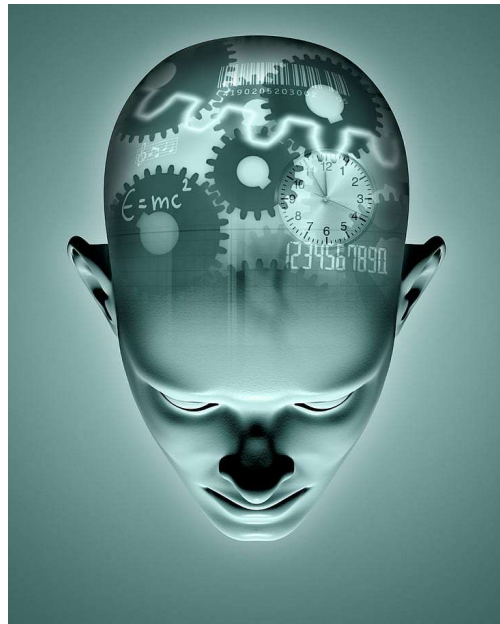
Ecological Approach



Ecological Approach / Skill Acquisition Theory



Traditional Approach vs Ecological Approach



Traditional View: Brain as Central Processor

Knowledge/Information:

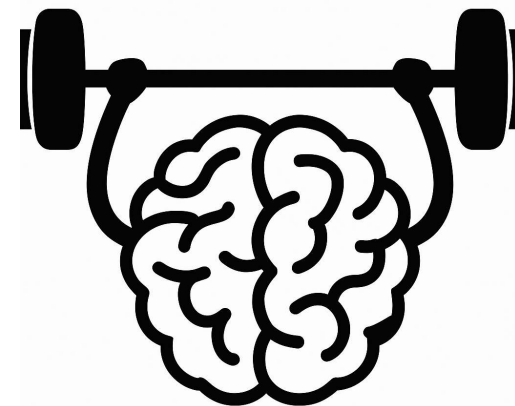
- Information is Created in Brain
- The brain knows & decides. The body follows the order.

Leaning

- Imprint “correct” knowledge into brain

Training

- Repeat Drilling in static environment



Ecological View: Perception-Action Coupling

Information is in environment

- The environment offers actions (affordances)
- Organisms searches, picks up affordances



*"We must perceive in order to move,
but we must also move in order to perceive"*

James Gibson, 1979





Ecological Way: How We Really Learn

- Learning is adaptation for changing environment
- There are no “one correct way” for outcome
- Self-organization: errors and variability is key



Ecological Way of Training: Constraints-Lead Approach

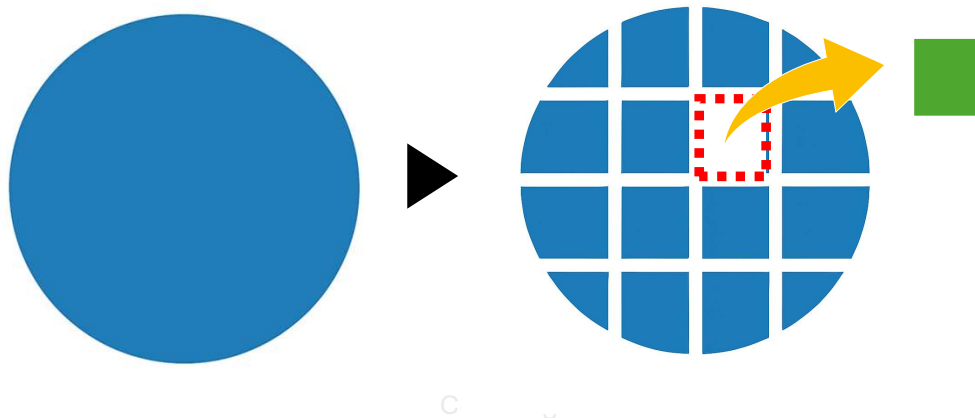
- Represent: Dynamic environment with all information
- Invite exploration and self-organization
- Design constraints that triggers new behavior



Summary

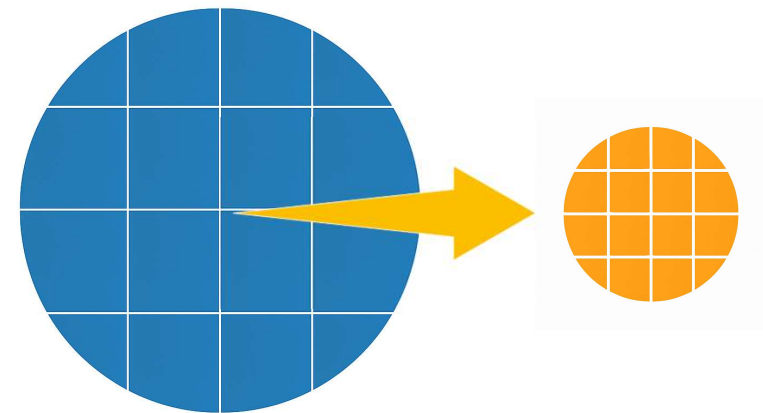
Traditional Approach

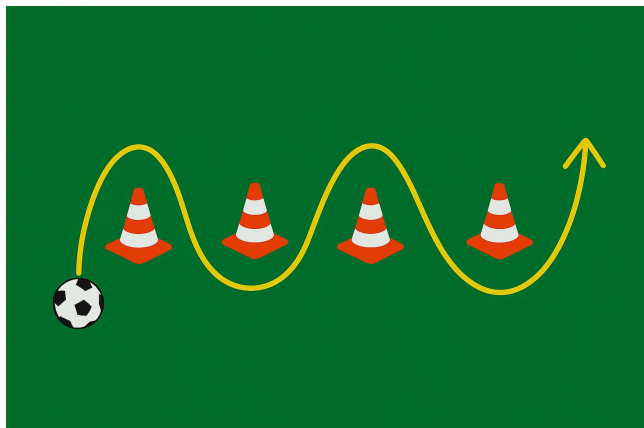
Knowledge is in brain
One-way: Brain → Body
One correct solution
Fragmented/Isolated setting



Ecological Approach

Knowledge is in the environment
Perceive → Move → Perceive
Functional Variability
Dynamic and real-world settings





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Implication for Cultivating SF ability

- Represent the unpredictable nature of coaching
- Specific skill: constraints
- Yet keeping safety & effectiveness for client



Wanna Try?



Short Coaching Dice Session



- Back to Pair!
- Take the real issue!

Reminder



- Roll the dice upon client`s request
- 1 question for 1 roll of the dice
- Coach can not decide next roll
- Client can refuse the question, but only after listening to coach`s question

Nervous?

- **Intermediate-Advanced**

Create your own **SF** question based on the context
(use the card just as reminder)

- **Beginner**

Choose the question form the card,
and try to arrange the question.

- **Very beginner**

choose the question and read it!

Experiment

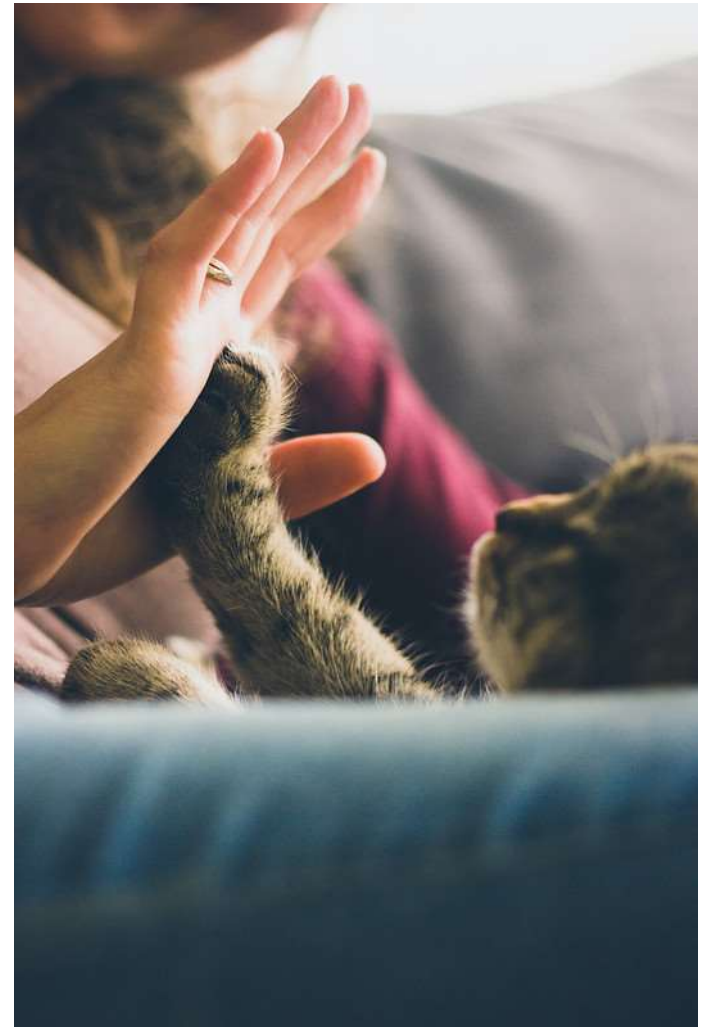


- Coach speaks English
- Client speaks your mother tongue
- If you share the same language, use gibberish

Second exercise

- Platform: 1 min
- Dice-coaching: 10 min
- Small Steps: 1 min

Good Job!



I was lucky



My Aim



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Contact Me Anytime!

Happy to visit your country!!
Happy to host you in Japan!!

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