

Verbal Aikido

Manage verbal attacks peacefully and effectively



Objectives of the 2-day training

- *Develop a distancing reflex during a verbal attack*
- *Acquire the basics of the internal and external dynamics in conflict resolution*
- *Take ownership of the techniques and use them in a real case*

Day 1

1. **Develop your Inner Smile** – how to get centered when you need it most!
 - Discover a unique way to access your serene confidence
 - Link your Inner Smile to conscious breathing
 - Train your mind to use your serene confidence when faced with difficulties
2. **Access "enhanced listening"** – the tool *par excellence* for dealing with conflicts (but also negotiations, mediation etc.)
 - Refine your ability to facilitate with "verbal stretching"
 - Discover the "linear" stretch
 - Evaluate your listening skills with the "feedback sandwich"
3. **Protect yourself through empathy** – The ultimate disarming stance that allows you to explore beneficial directions for all
 - Incorporate the physical position of empathy in your exchanges
 - Discover "Meta-com", a powerful verbal *Irimi* (entering) technique
 - Learn to manage attacks of increasing intensity
4. **Explore the *Ai-kis* (balancing)** – the intention of harmony that gives you the edge in any exchange
 - Recognize the right timing to insert your *Ai-ki* intention
 - Discover or rediscover the *Ai-ki* techniques of "common ground" and "bright future"
 - Explore your own *Ai-ki* directions with real conflict cases
5. **Preparation for passing levels** green bracelet / green belt, etc. (not obligatory)
 - Reinforce your understanding of the approach and techniques
 - Train with "spars" on the verbal mat
 - Validate your skills and achievements

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Day 2

1. **Dive back into your serene confidence**

- Increase your Inner Smile by linking it to all your senses
- Refocus and transform areas of tension into "tonic areas"
- Locate the source of well-being within you and learn to increase its effect on you

2. **Fine-tune your capacity to listen**

- Refine your ability to facilitate with "verbal stretching"
- Discover "yin-yang" stretching and develop a deeper understanding of your own values
- Evaluate your listening through the "feedback sandwich"

3. **Strengthen your empathy**

- Develop your mental flexibility to enter into others' perspectives with sincerity
- Explore the many verbal Irimi techniques: "Reverso", "Meaning Prod", "Ki-no nagare" and "Meta-com"
- Increase empathy in your communications by incorporating physical Irimi positions

4. **Seize the "Ai-ki" moment**

- Discover how to use the "positive bind" technique
- Detect the appropriate "timing" to propose your Ai-kis
- Explore your own Ai-ki directions with real conflict cases

5. **Preparation for passing levels** green bracelet / green belt, etc. (not obligatory)

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Some of the extra benefits of these workshops:

- Adapted content design, suitable for all levels,
- Your customizable Verbal Aikido "First-Aid Kit" provided free
- Each individual's personal objectives are followed up throughout the training