



@ASK Training
Attitude | Skills | Knowledge



DURATION

9.00am - 5.00pm
(inclusive of 1 hour lunch break)

COURSE DATES

<https://asktraining.com.sg/course-schedule/>

COURSE FEE

S\$708.50 (inclusive of 9% GST)

Course Code: **ASKLTP**

Living Well Through the Japanese Philosophy: A Body-Mind-Heart-Soul Approach

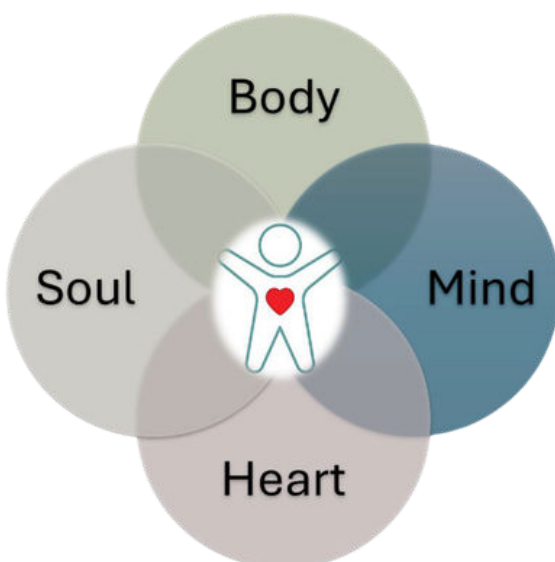
COURSE SYNOPSIS

This 1-day transformative course is designed to enhance personal wellbeing, emotional resilience, and professional effectiveness through timeless Japanese philosophies. The course integrates **Body-Mind-Heart-Soul principles** into a structured learning experience that is practical, culturally grounded, and immediately applicable to daily life and work.

Today's professionals face increasing levels of stress, burnout, and emotional fatigue. Traditional training often focuses on technical skills, leaving wellbeing and inner resilience underdeveloped. The **Japanese philosophical traditions** offer simple, elegant, and sustainable practices that help individuals:

- Manage stress with calm and clarity
- Strengthen emotional intelligence
- Build healthier routines
- Cultivate purpose and meaning
- Improve relationships and empathy
- Enhance focus and presence

Participants will leave with **renewed clarity, healthier habits, stronger emotional balance**, and a **deeper sense of purpose** — all essential qualities for high-performing professionals in demanding environments.





COURSE OBJECTIVES

By the end of this course, you should be able to:

- ✓ **Body**
 - Apply Hara Hachi Bu to improve mindful eating and energy regulation
 - Use simple grounding techniques to reduce stress
- ✓ **Mind**
 - Use Ikigai to clarify purpose and motivation
 - Apply Wabi-Sabi to embrace imperfection and reduce self-criticism
- ✓ **Heart**
 - Practice Omoiyari to strengthen empathy and interpersonal relationships
- ✓ **Soul**
 - Use Kintsugi to reframe challenges as growth
 - Apply Kansha to cultivate gratitude and emotional balance



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COURSE OUTLINE

Learning Unit 1

Body: Hara Hachi Bu & Shinrin-Yoku

Learning Unit 2

Mind: Ikigai & Wabi-Sabi

Learning Unit 3

Heart: Omoiyari

Learning Unit 4

Soul: Kintsugi & Kansha

Learning Unit 5

Personal Action Plan