



Ikigai: A Purpose-Finding Journey

Presenter: Sue Shinomiya, Global Business Passport

Ikigai: Finding purpose: What is it that gets you out of bed in the morning, and then keeps you going?

Ikigai is a Japanese concept that roughly translates as “having value in living every day”. In the past several years, the concept has spread out from Japan, making the rounds around the world in self-help, popular psychology and life-coaching circles, mostly by so-called experts who seem unconcerned with honoring its cultural origins and context. One article headline asks: “Could this Japanese concept be the secret to a long, happy meaningful life?”

As a suspicious interculturalist and Japanese culture expert, session facilitator Sue Shinomiya began her own journey to determine whether this was just another trendy Japanese fad, much like Kombucha or Zen, or instead could it be potentially a powerful meaning-finding tool of visual self-discovery? Sue has facilitated Ikigai sessions in a range of contexts: from executive coaching to the classroom to global webinars. In this session, the facilitator will set the stage by providing the Japanese cultural context for Ikigai. She will also introduce longitudinal research on the correlation between having an Ikigai or “purpose” and longevity. The session also incorporates wisdom from various sources on Ikigai and the findings from interviews of the residents of Okinawa's “Village of Longevity”.

Participants will be guided through a series of self-reflection and mindfulness exercises, including meditation, visualization, written work and discussion – uncovering our personal reflections on “who we are, and what we love”. From there, we can access our individual overlaps and gaps, to determine our core themes, which have the potential to give our life unique purpose and renewed meaning, or in other words, our Ikigai. Especially after the traumas you might have faced these past two years, your Ikigai is worth revisiting to discover new aspects of our life's themes and purpose. Explore and discuss how Ikigai, a concept with Asian origins, can be used globally to help people bridge differences and come to respect hidden strengths and meaningful passions.



About the Presenter



Ms. Sue Shinomiya (USA), MBA, Founder of Global Business Passport / Connectedness of Portland, USA, is a consultant, corporate trainer, executive coach, webinar facilitator, and author specializing in global business effectiveness, cultural competency and inclusive leadership for corporations, virtual global teams and individuals. Her consulting and training work has included nearly ten years in Japan, and six years as an on-site consultant and project manager at Intel Japan. Her work has taken her to Japan, India, Korea, Germany, Canada, Brazil, Myanmar and Mexico. She speaks Japanese and has studied Mandarin Chinese. She has certification in webinar facilitation from Bridge the Distance, Global Virtual Team facilitation, IDI Cultural Assessment, GCI and Global Workforce Diversity. She is currently on the Advisory Council to the Board of Directors of SIETAR-USA.