

Review of the Team Training

29-11-2007

- 1 : The most important subject for me.
- 2 : What plan to improve?
- 3 : What experiments?
- 4 : What worked?
- 5 : How feeling during qualification process?
- 6 : What is the overall benefit?
- 7 : How to improve my success?

1 : What was the most important subject you took out of the training?

Kill my hesitation.

2-a : What did you plan to improve?

How did you plan it?

What is the meaning of hesitation?

hes·i·tate

1 [intransitive] to pause before saying or doing something because you are nervous or not sure:

Kay hesitated for a moment and then said 'yes'.

hesitate about/over

He was still hesitating over whether to leave or not.

2 don't hesitate to do something used to tell someone that it is correct or right for them to do something and they do not have to worry about offending anyone:

Don't hesitate to contact me if you need any more information.

—hesitatingly adverb

2-b : What did you plan to improve?

How did you plan it?

Why I am hesitate?

Because, I am anxious about

For instance,

What do people think about me if I make mistake ?

I will be ashamed if my comment is not suitable for the issue.

I do not want to be known by everybody that only myself

does not know it. etc... maybe there is a cultural back ground

of Japanese.

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2-c : What did you plan to improve?

How did you plan it?

***In order to improve this situation,
I had planed to say something without fail
with strong intention even though
small things.***

3 : What did you do to improve?

What kind of experiments did you try?

***I have tried to communicate with
NE-D's staffs as many times as
possible.***

4 : What worked? What didn't work?
What do you think, why was that so?

So far, it worked.

***However, still there are some
fighting (emotional conflicts)
in my mind.***

5 : How did you feel during the qualification process?

How did the feelings maybe change?

I felt very tough and stress, because I always had to carried it out intentionally. However, I have gradually used to it.

6 : What is the overall benefit coming out of this qualification process? - yourself

I understood that I could change myself if conscious.

7 : How will you proceed now in improving your success?

I will try to kill my hesitation under strong consciousness and try to continue this motivation.

My Conclusion.

A): After all, I believe having “the strong consciousness” can make it everything better and can change it myself.

B): From my point of view, this Team Training was a kind of “Personal Training”.

Thank you very
much dear
colleagues of
Group 3 and
Jonathan!!