

Grow With Your Parents, Children,
Friends, Partners, Managers, and Staff

“Ho-Me-I-Ku”

- Nurturing With Praise -



Ho-Me-I-Ku

To Make Children All Over the World Happy

Ho-Me-I-Ku

Grow With Your Parents,
Children, Friends, Partners,
Managers, and Staff



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What Will Change by Using Ho-Me-I-Ku?

Benefits of Ho-Me-I-Ku

By Nurturing People With Praise,
You Will Change in a Positive Way, Too!

Three Points to Remember

How to Get the Positive Messages Through

Events Held Across All Over Japan!

Ho-Me-I-Ku Events

Making People in 196 Countries Around
the World Light Up!

Reports of Activities Overseas



Ho-Me-I-Ku Association

Ho-Me-I-Ku Is an Educational Method
Using Praise.

What Will Change by Practicing
Ho-Me-I-Ku?

You Will Notice That
People Grow Much More
Than You Expected!

When you use Ho-Me-I-Ku,
you can witness big smiles.

Real smiles come out of a solid base,
such as confidence or sense of
accomplishments. When people think
they are capable, and when others
around them think they are capable,
they will start to show the brightest
smiles.



What Will Change by Using Ho-Me-I-Ku?

Benefits of Ho-Me-I-Ku

By Nurturing People With Praise,
You Will Change in a Positive Way, Too!



People Start to Express
Their Own Opinions.

In Japan, being modest is considered a
virtue, and it is not common to express
opinions compared to the rest of the
world. Being modest is part of the
wonderful Japanese culture. However,
there are many people who would like
to express their opinions or speak in
their own words. "Ho-Me-I-Ku" will help
people build self-confidence which is
necessary to express themselves in
their own words.

People Will Develop
Self-Control.

Everyone has unique strengths but also
weaknesses or attributes that need to
be improved. Most people are aware of
their own weaknesses, but in many
cases they hesitate to face them.
One of the benefits of practicing
"Ho-Me-I-Ku" is that people will learn to
face the weaknesses and try to
improve them on their own.

3 Points to Get the Positive Messages Through



Everyone has unique strengths, values, and roles. By recognizing and pointing
them out for people, they can expand their potential.

There are things to remember in order to do it effectively.

1

Have "Rules" for Praising

Everyone loves to receive praise.

People get motivated when they are praised.

But it is important to know when to praise,
and try not to be random.

Praising should follow actions that lead to growth.

Have rules for the timing such as
"when they complete something without giving up" or
"when they give their very best" and follow them.

Consistency is important for growth.

2

"Control Emotions"

It is not good if you sometimes praise a lot
and sometimes don't praise at all
for the same actions depending on your mood.
Everyone has mood swings, but try to control
your emotions when you are educating others.
It is a good idea to take some time to relax and
not get overly stressed out.

3

It Is Necessary to "Scold" Sometimes

In order to praise effectively,
it is also important to scold.

Have rules for scolding as well as praising.

You may need to scold a lot sometimes,
but try to end with positive comments.

Have a list of things to praise
and use it after scolding.

It will enable them to move forward.

Events Are Held All Across Japan!

Various Events by Instructors

Ho-Me-I-Ku Navigator Certification Course

After attending a day, only 3.5 hours course, you can hold Ho-Me-I-Ku events. You will learn about Ho-Me-I-Ku, experience it at first hand, and feel the happiness it brings. The course is easy to follow and allows anyone who attends it to become a navigator for events.



Ho-Me-I-Ku Coaching Course

This course focuses on positive aspects of the present and the future, and you will learn to accept "your future." You will create a dream board, imagine your future, and make an action plan with the coach.



Ho-Me-I-Ku Lunch Meeting (Trial Event)

This event is held by a Ho-Me-I-Ku navigator. Using Ho-Me Sheet (worksheets with praise) and Ho-Meishi (cards with praise), you will exchange positive messages with other participants.



Ho-Me-I-Ku Open Seminar

Lectures by Ho-Me-I-Ku Association Director, Kunio Hara and seminars in which certified instructors share their stories, experiences and activities are held from time to time.



Ho-Me-I-Ku at Daycare

Children learn to send positive messages to each other and their moms and dads.



Ho-Me-I-Ku

Ho-Me-I-Ku Association Our Activities

Our mission is to make people from 196 countries around the world light up using Ho-Me-I-Ku.

<Ho-Me Lab Event in Boston>



In the current society, the focus and words often tends to be negative, and other people's negative news get highlighted in order to provide entertainment and comfort. In such an environment, people cannot live up to their potential. Ho-Me-I-Ku brings out each and every person's full potential, educate people to have happy lives, and focus on the truth that everyone has positive qualities which need be recognized. Our association was established to achieve the mission of making people from 196 countries around the world light up. Our goal is to become an organization that makes the world's biggest donations to and invests in children's education.

Ho-Me Lab event was held at the Japan Festival in Boston in April, 2016 which was attended by sixty thousand people from all over the United States. Ho-Me Tree, a tree made of sticky notes with praises was very popular. 1200 notes covered all the branches. We realized that the concept of Ho-Me-I-Ku was desired in the rest of the world as well.



Ho-Me-I-Ku seminar held in India in May, 2016

Every person has positive qualities which need be recognized, and the concept of Ho-Me-I-Ku is important to different generations of people across borders. Learning about Ho-Me-I-Ku makes you and people around you happy. Ho-Me-I-Ku Association provides opportunities to learn together.

Ho-Me-I-Ku Association is an organization that invests in (and makes donations to) children's education. <http://ho-make.com>
Let's make Ho-Me-I-Ku a common language in the world!



Ho-Me-I-Ku Association Founder Kunio Hara

Ho-Me-I-Ku Association Representative Director
(Head Office: Tokyo, Branch Offices: USA, Norway)

Kunio Hara engages in training activities which spread the educational method using praise in Japan, USA, Norway, China, India, Indonesia, Philippines, and Thailand with his mission of making people around the world light up. 50,000 people have attended activities ranging from seminars for anyone to participate to corporate trainings for performance improvement. The vision is being spread to 196 countries rapidly. He delivers over 200 lectures a year, including seminars at Harvard University and Ritz Carlton Hotel. He has also appeared on multiple TV programs such as TV Asahi Hodo Station and NHK.