



## **BeWeDō® METHOD** (Paradigm-stretching methods)

The BeWeDō® method, a dialogic method based on *aikido* philosophy, focuses on controlling the opponent's strength and restoring balance without direct violence or harm. It was created by PhD and designer Mark Bradford.

In the context of the green transition, the BeWeDō® method inspires participants, health and care professionals, to address and examine resistance or challenges of change in a bodily way. The physical exercise aims to identify the forces of resistance while creating a common tune for interaction.

### **What is required:**

- Openness and respect: participants are required to be willing to examine resistance and expressions of resistance openly, but with respect for the perspectives of others.
- Readiness for self-expression and reflection: the method requires participants to be able to reflect on their own feelings and experiences and to accept the views and feelings of others without resistance.
- Calmness and presence: facilitation requires participants to be able to remain calm, focused and present when dealing with change.

### **Level of difficulty:** 3

**Time required:** 30-60 minutes; exercise may vary depending on the group and topic

### **Materials:**

- No specific equipment is required, but there should be enough space in the room to allow for movement and expression of movement.
- Paper, pens or a flipchart can be used to record possible discussions and ideas during the workshop.

**Participants:** At least 4 people, but larger groups can also benefit from this method. The size of one group can be around 6-12 people.

### **How to use:**

1. Start and introduction: explain to participants the basic principles of balance and controlling the opponent's power. Invite participants to reflect on how these principles relate to being amidst change.
2. Exploring the balancing of resistance and power in a physical way. Participants work in pairs. One of the pair generates impulses and creates a simple movement, and the other continues the movement, consciously trying not to resist. The movement is usually slow and concentrated.
3. After the concentrated work, the roles in the pair are reversed and the impulse giver changes.



4. Reflection: when the movement exercise ends, the facilitator instructs participants to discuss in pairs and reflect on the following questions: a) what happens when you continue with the other's movement and impulse compared to resisting or stopping the movement, b) what metaphors or ideas does the exercise evoke, and c) how does resistance manifest and when can it be transformed into a constructive and balancing force?

**When to use:**

- Verbalising issues related to the change situation
- Non-verbal reinforcement of collaboration

**Why to use:**

- Dealing with sensitive issues related to resistance

**How to document:**

- Discussions and observations: record the group's discussions, particularly thoughts on managing resistance and guiding change.
- Participants' own notes: participants themselves write down descriptions of how they managed resistance and any insights gained during the exercise.
- Feelings and reflections: participants write down their thoughts in their own diaries after the exercise; these do not need to be shared with others.

**The roots of the method can be found here:** PhD and designer Mark Bradford developed the BeWeDō® method in 2011, inspired by the philosophy of aikido, which emphasises harmony and balance in interactions. The method is more broadly related to experiential knowledge and design principles, as discussed in Bradford's publications. It is used to address resistance and facilitate change in various contexts.

**Further information:**

Bradford, M. (2011). Design principles and practices: An international journal—annual review, 5(3), 407-418. <https://doi.org/10.18848/1833-1874/CGP/v05i03/38069>

Bradford, M. (2019). BeWeDō® Kenkyukai: Small moves can set big ideas in motion. *Proceedings of DRS Special Interest Group on Experiential Knowledge 2019, Estonia*, 215–225.

Masterclass: 'Designing possibilities together with BeWeDō® movement' (MOD2022, New Zealand): [LinkedIn post](#).