

How did the Intrinsic Practice come about? -Transcript

Hi, my name is Jacques Bradwejn. I am the author of the Intrinsic Practice. I want to tell you about how the Intrinsic Practice came about. It started with my clinical practice. As a physician, I would treat patients who had symptoms and use methods and tools to alleviate and remove the symptoms, but two questions arose. First, could there be a state beyond the removal of symptoms that is a state of health and wellness? And second, could there also be methods with tools to help move from being symptom free to healthy and well?

As a leader, I became interested in leadership training for myself and for others. That is as leaders with competencies or characters or styles. Could we take courses and workshops to become better leaders? But the questions arose, the same two questions arose. Namely, could we not only become better leaders but also healthy or well leaders and, therefore, what definition would we use of a healthy and well leader? And also, could there be methods and tools to help one become not only a better leader, but a healthy and well leader?

And as a dean, I became very interested in health and wellness because there was an interest in health and wellness in physicians, physician-professors and students. It was very clear that there was also a big interest in health and wellness in the general public so the questions rose again. Could there be a definition of health and wellness and could there be a method developed to reach better health and wellness for everybody?

In summary, during my clinical practice, my leadership practice or as a dean, the same question persisted. Which was, could there be a method with tools designed specifically for a defined goal of health and wellness? So I developed the Intrinsic Practice to answer that question and the Intrinsic Practice is a method with tools that can be useful to enhance one's ability to experience happiness and happiness became the goal with a specific definition.