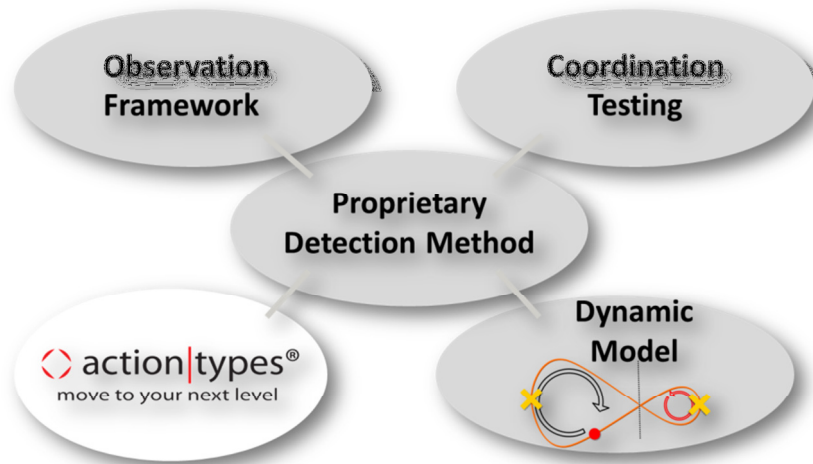


## The action|types® approach or ATA



Our proprietary detection method allows detecting the motor preferences of an individual to help him access his natural resources or strengths. Thanks to the work of Prof. Walter Lowen (1921-2006) these motor preferences were linked to cognitive preferences and on our side we made further original connections with the Jungian Typology.

**“We have a brain for one reason and one reason only — and that’s to produce adaptable and complex movements.”** Daniel Wolpert, FMedSci FRS, Neuroscientist

The action|types® approach (ATA) was developed through 30 years of experience in elite sports first and then in the corporate environment. The movements observed are the body’s natural way to return to the essential elements of all types of human performance, its natural functions, its ecology, its capacity to adapt and evolve in a context.

The action|types® approach global mission is: *Allowing human beings to thrive within their own identity!* Being more of who I am while being welcomed as I am. Building on people’s strengths.

From this experience, we were convinced that:

- There is enough talent in each person, and enough possible activities on our planet, that every individual can become, in their own way, a “world champion.” If the first step is the intention to become the constructive champion of oneself, the second step is to value differences.
- Learning is a very personal matter and “one cannot learn a movement, it is freed” by the body.

We are in total agreement with the words of one of the world’s leading specialists in creativity, Sir Ken Robinson, as written in one of his books<sup>1</sup> :

<sup>1</sup> The Element: How Finding Your Passion Changes Everything, Ken Robinson, PhD, Viking Adult, 2009.

**“People succeed best when they have others who understand their talents, challenges, and abilities (...) Great teachers have always understood that that real role is not to teach subjects but to teach students. Mentoring and coaching is the vital pulse of a living system of education.”** Sir Ken Robinson

The action|types® approach is based on three fundamental principles:

#### **Uniqueness**

- Each human being represents a unique combination between his/her preferences and his/her personal experiences

#### **Natural movement**

- The need to respect the body’s natural movement predominates over conventional techniques

#### **Diversity**

- to accept and promote the values linked to diversity

### ***The methodology used by the action|types® approach***

The action|types® approach analyzes how individuals move in their most unconscious and natural ways. Each person’s movements reveal in a very reliable manner, its origins and flow. These movements are predominantly a result of an individual’s preferences that are intimately integrated into the body and its nervous system. The decoding of these preferences allows for reliable profiling from which solid and ecological understanding of the individual can begin.

### ***The action|types® approach allows us to use and release our instincts***

The action|types® approach greatly contributes to discovering the instincts that free the capacities at the source of one’s personal expression. Our ecological approach can be summarized in three points:

1. To ensure the economic flow and the least resistance to success or at the very least more efficiency and effectiveness.
2. To allow us to economically reduce a great number of frustrations, therefore conserving energy that is possible to invest elsewhere.
3. To permit the transformation of one’s creative energies to a productive action, and conflicts to a constructive synergy.

**“ActionTypes offers more information, options and insight into individuality than anything I have ever seen before - it is practical!”** David Priestley, Head of Psychology & Personal Development, First for Saracens Rugby Professional Club in London and now for Arsenal Football Club

In all situations, particularly in a time of crisis, the manager who stifles the instinct, intuition and fluidity of the actions of his team members, wastes unnecessary energy and is harmful to human potential.

- Often, an individual’s creative instinct and natural tempo are stifled by the controlling nature of managers and hierarchy.
- Although “structural instinct” is an unavoidable aspect of security and performance, it must never kill the spontaneity and capacity of creativity under pressure.
- The priority is to encourage and liberate all the contextual intelligence available.

While the action |types® approach does not determine what we can or cannot do, it aims at revealing what could be more economical and efficient, knowing it is possible to lean on natural resources.

- Even considering our brain plasticity, the natural dynamic of our preferences is the same for our entire life; every development and evolution has to take it into account.
- Because it is a naturally reliable structure, our deep *modus operandi* is virtually unalterable
- The environment, the context, and the present create “programs” that have an impact on the individual.
- Optimal effort remains a spontaneous action because it takes root in contextual intelligence. Contextual intelligence takes root in an innumerable amount of information, which is combined and treated in parallel thanks to spontaneous cerebral activity.
- Most of the problems in brainstorming teams are humanistic and related to the liberation of talent.
- Certain group profiles generate permanent conflicts. Kindness and assertiveness training change nothing because only the acceptance and use of individual preferences can make groups evolve.
- Poor self-awareness is often the source of tension.
- Too many people think they know how others should act... *Thinking that you know is not knowing how to think.*
- Unrealistic demands are often a source of tension.

The synergies come from the capacity to aim and focus one’s energy on a goal or a specific performance all the while integrating intrinsic diversity.

The quality of a team depends on:

- The recognition of the roles and preferences of each individual
- The capacity of its members to accept and integrate the differences
- The capacity of the manager to recognize and optimize the available talent

Team building is the reconstruction of functional highways for each of its members. Territorial protection and power struggles are the major obstacles in team building. Because too much talent is stifled, the living system of an ecological team is not viable. Why are we waiting to liberate them?

Each gesture can be perceived as a problem to solve. The specific coordination required is conditioned by the context and the individual's natural needs (action|types® profile). One size fits all concepts limit the quality of motor expression. The ATA is based on 30 years of research, experimentation, courses and practical applications in various contexts. Nature took a long time to develop our motor patterns. Therefore, respect, understanding and humility are required qualities when dealing with individuals' preferences.

## **The various dimensions composing an action|types® profile**

Every living being is subject to the effect of gravity which influences the bone structures and the muscle chains coordination. action|types® has highlighted four main motor patterns:

- G like Global motor skills
- D like Distal or fine motor skills
- R like Rhythm motor skills
- C like Conceptual motor skills

Gs need to globally engage the body (accent on the big muscles of trunk and legs): they have better control of action realized close to the body and without rotation. Gs need to face the incoming action using translational, symmetric and linear movements.

Ds need to engage fine motor skills (accent on forearms, wrists and fingers, same with the legs): they have better control of actions executed away from the body (foot, eye) that needs higher eye-hand/foot coordination. Ds also use translational, symmetric and linear movements.

Rs are sensible to the rhythm (time sequence in space): their organisation is asymmetrical; they mix very well the global motor skills on their right side with the fine motor skills on their left side. Rs need to use rotational movements.

C needs a concept to construct the movement (accent on the mental representation of the activity and or the situation): their organisation is asymmetrical; they systematically engage their right side in the action. Cs need to face the incoming action to sharpen their perception and use rotational movements.

## Key features of each motor skills' family according to action|types<sup>®</sup>

	Walking from the	Vision	Movement	Posture
G	Bottom, while producing energy	Low-frequency, unfocused, towards the ground	Linear, from the hips	Symmetrical, turning around middle of the body
D	Bottom, while producing energy	High-frequency, focused, towards the ground	Linear, from the hips	Symmetrical, turning around middle of the body
R	Top, while recovering energy	Low-frequency, unfocused, towards the sky	Rotatory, from the shoulders	Asymmetrical, turning around the left side
C	Top, while recovering energy	High-frequency, focused, towards the sky	Rotatory, from the shoulders	Asymmetrical, turning around the right side

The action|types<sup>®</sup> approach developed and uses physical tests to obtain a reliable assessment of the natural motor patterns. We postulate that without a reliable diagnostic based on physical evidence it is difficult to get the true dynamic of an individuals' preferences. Because the person is moving back and forth between its profile and its counterpart, any cognitive assessment will have trouble revealing somebody's true dynamic.

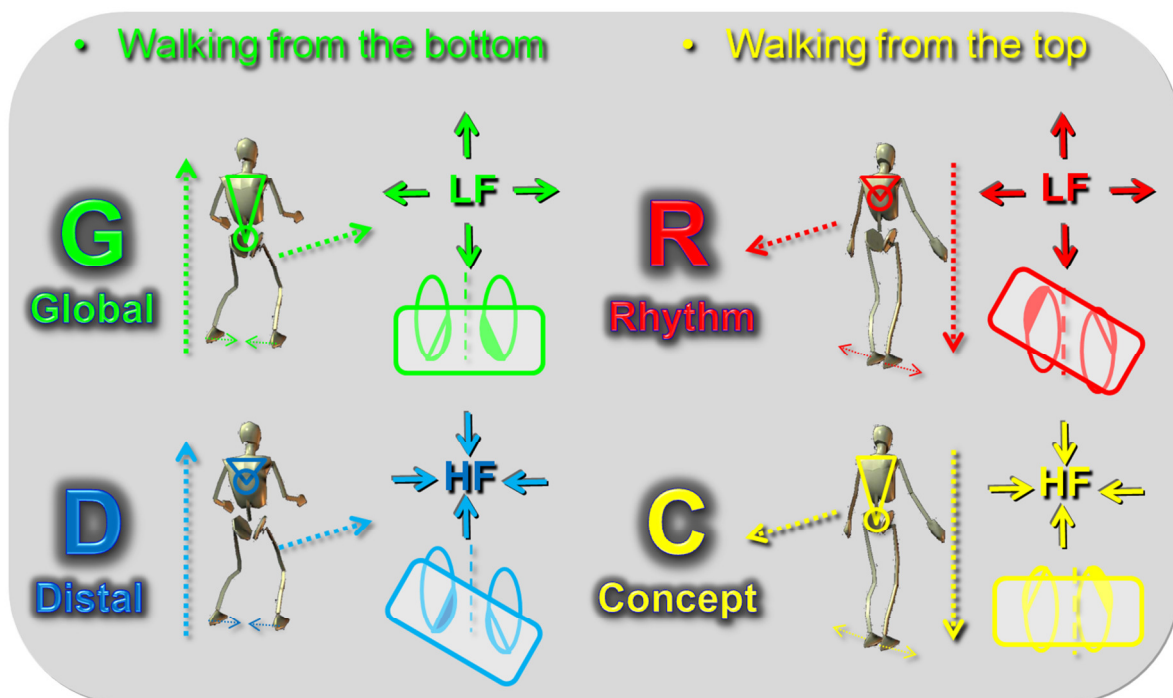
There are two main coordination patterns which are the foundation for most movement in order to organize the body against gravity. People maintain their balance either from the bottom (upwards) or from the top (downwards).

## Characteristics of the Walking Patterns according to action|types<sup>®</sup>

	Walk from the Bottom - WB	Walk from the Top - WT
<i>Information comes from</i>	<i>Senses / Sensations / Touch</i>	<i>Intuition / Anticipation</i>
<i>Information leads to</i>	<i>Fact / Action / Repetition / Routine</i>	<i>Forecast, mental representation / Combinations</i>
<i>Adaptation while moving</i>	<i>Down-up = Organize the lower body first</i>	<i>Up-down = Organize the upper body first</i>
<i>What allows the action</i>	<i>Front muscle chains (thighs)</i>	<i>Back muscle chains (hamstrings)</i>
<i>Accent on</i>	<i>Pronation (« to take »)</i>	<i>Supination (« to give »)</i>
<i>Posture organization</i>	<i>Centre of gravity behind, symmetry</i>	<i>Centre of gravity in front, asymmetry</i>
<i>Movement dominance</i>	<i>Linear</i>	<i>Rotatory</i>
<i>Seek to</i>	<i>Impact and measure their actions</i>	<i>Gain Self-Confidence / Create Interrelations</i>

## Characteristics of the visual preferences according to action|types®

	Low-frequency vision or LF	High-frequency vision or HF
<i>Information comes from</i>	<i>Movement perception</i>	<i>Perception of contrasts</i>
<i>Information leads to a decision based on</i>	<i>Personal values</i>	<i>Impersonal principles</i>
<i>Adaptation while moving</i>	<i>If able not to focus with their gaze</i>	<i>If able to focus with their gaze</i>
<i>What allows the action</i>	<i>Extension of the spine</i>	<i>Compression of the spine</i>
<i>Accent on</i>	<i>Breathing out</i>	<i>Breathing in</i>
<i>Posture organization</i>	<i>Aim with their body</i>	<i>Aim with their vision</i>
<i>Movement depends on</i>	<i>Personal implication in the duel</i>	<i>Tactic and strategy</i>
<i>Seek to</i>	<i>Feel the context</i>	<i>Understand the context</i>



Characteristics of the four motor skills' family. Walking from the bottom (Gs and Ds have their weight more on their heels): upward organisation while moving forward. Walking from the top (Rs and Cs have their weight more on their toes): downward organisation while moving backwards. LF: low-frequency vision (no focus) for Gs and Rs. HF: high-frequency vision (focus) for Ds and Cs. Gs and Cs use a more frontal organisation (feet parallel). Ds and Rs use a more diagonal organisation (staggered stance).

Even if we could not go through all the elements that characterize each motor skill family, we hope we could awake your curiosity and add a new perspective to your own observation skills.

Doing the action|types® Basic Course (ATBC) allows each person to capitalize on his/her personal strengths. Using our proprietary detection method, you may physically validate your profile and experience what it means in terms of movement and posture. Integrating the action|types® approach in any workplace, assures dynamic growth, utilizing the intrinsic strengths of each person.

Whatever your professional or personal field of interest, becoming an action|types® approach practitioner will further prepare you for any challenge of the 21st century!

Next opportunity to become educated in the ATA:

**ATBC 1-2019 in Milton Keynes, England** – ActionTypes Basic Course in English

Module 1: 15-17 April 2019

Module 2: 13-15 May 2019

For more information, please use the e-mail below and contact Bertrand Théraulaz, *co-founder of the action|types® approach*

ActionTypes Swiss  
Route de Prêles 10  
CH-2517 Diesse  
Switzerland  
[contactactiontypes@gmail.com](mailto:contactactiontypes@gmail.com)

+41(0)79 355 26 50

[www.actiontypes.com](http://www.actiontypes.com)