

## Kouji Miki's CV

Name: Kouji Miki

Founder of enmono Co., Ltd. / Co-founder of Zen2.0

Based in Kamakura, Japan.

### ○Specialties:

- ▶ Generative AI & IKIGAI
- ▶ Zen philosophy and Mindfulness
- ▶ Innovation for product design
- ▶ Metaverse
- ▶ Zen-based business innovation "zenschool & True Innovation" coaching for CEOs.

### ○Profile

He has been consulting small and medium sized manufacturers in Japan for over 20 years. He has over 14 years of experience in Zen meditation and over 7 years of experience in Vipassana meditation. He specializes in Zen-based coaching for executives and CEOs. He coaches CEOs using Zen and mindfulness based awareness and dialogue in VR space.

The international conference on Zen and mindfulness, Zen2.0, which he founded with four of his friends as a way of "thanking" Zen for helping him, has grown into the world's largest international conference, connecting Europe, Japan, and the United States online.

He started his career at Fujitsu Limited and earned a Master's degree in Media and Governance (Strategic innovation theory) from Keio University. After leaving Fujitsu, he joined a venture company, but was laid off due to the financial crisis in 2008. To recover from the shock, he practiced zazen every morning. His experience of taking care of his mind through zazen and coming up with new business ideas led him to practice innovation management methods using mindfulness "zenschool®", and in September 2017, he launched the world largest global conference on the Zen & Mindfulness "Zen2.0" at Kenchoji Temple in Kita-Kamakura. It has been running for six years.

He is co-founder of Zen2.0, a conference on Zen and mindfulness that attracts speakers from around the world. He is working to make Kamakura a mindful city where Zen and IT are combined. He is the author of two books "Let's Start Micro-Monozukuri" and "True Innovation," how to create innovation through Zen-like dialogue.

His company's mission is to create new innovations in society by transforming the minds of political, corporate, and social change executives using traditional and authentic philosophies and methods such as Zen and mindfulness and new technologies such as trans-tech and Metaverse, Virtual reality.

## ○Background

1992

Graduated from Meiji Gakuin University, Department of International Studies, Faculty of International Studies.

Assigned to Fujitsu Limited Overseas Sales Division.

1997

Received Master's degree from Graduate School of Media and Governance, Keio University.

Resigned from Fujitsu Limited.

Retired from Fujitsu Limited.

Joined NC Network Co., Ltd.

2004.

Withdrawal with credits from the Doctoral Program of the Graduate School of Media and Governance, Keio University.

2007

Director of NC Network, Co., Ltd.

2009

Retired from NC Network Co., Ltd.

Founded enmono Co., Ltd.

2011

Started "zenschool", an innovator school for small and medium-sized companies.

2013

Launched "zenschool," a crowdfunding service for SMEs.

2016

"zenschool" begins regional expansion, offering local versions in Hamamatsu and Toyota City. In January, the sponsor zenschool was featured on TV Tokyo's "Gaia no Yoake" (Dawn of Gaia) in the 699th episode of the program, "A Machi Factories on the Edge Strikes Back! The program's host, zenschool, was introduced in the TV program "Gaia no Yoake" on TV Tokyo in January, and received a great response.

2017

zenschool was selected for the Tonomachi Edge of Well-Being Innovation (enhanced course) hosted by Keio University School of Medicine and Keio University SDM Graduate School.

Organized Japan's first international mindfulness conference "Zen2.0 " at Kenchoji Temple in Kita Kamakura with 100 volunteers in a teal-type organization and received high acclaim both domestically and internationally.

2018

Successfully organized the second edition of Zen2.0, an international conference on Zen and mindfulness, bringing together speakers from around the world in management, science, religion, art, and other fields related to mindfulness and Zen.

2019

Successfully organized the third edition of Zen2.0, an international conference on Zen and mindfulness, bringing together speakers from around the world in management, science, religion, art, and other fields related to mindfulness and Zen.

2020.

Successfully organized the fourth edition of Zen2.0, an international conference on Zen and mindfulness, bringing together speakers from management, science, religion, art, and other fields related to mindfulness and Zen from around the world, and connecting with the world online.

2021

The 5th edition of Zen2.0, the world's largest international conference on Zen and mindfulness, successfully concludes, bringing together online and offline speakers on management, science, religion, art, and other topics related to mindfulness and Zen from around the world.

2022

Zen2.0, the world's largest international conference on Zen and mindfulness, attracting online and offline speakers on management, science, religion, art, and other topics related to mindfulness and Zen from around the world, successfully concludes its 6th edition.

2023

What is expected of humans in the age of AI? Zen2.0, the world's largest international conference on Zen and mindfulness, has successfully concluded its 7th edition, bringing together online and offline speakers on management, science, religion, art, and other topics related to mindfulness and Zen.

2024

Zen2.0, the world's largest international conference on Zen and mindfulness, has successfully concluded its 8th edition, bringing together online and offline speakers on management, science, religion, art, and other topics related to mindfulness and Zen.

Invited to speak at Co-IDEATION, a new workstyle event hosted by Microsoft as the main sponsor in Stockholm, Sweden, on the topic of "AI and Ikigai" (March 2024).

"Hello to Digital Business Transformation and Artificial Intelligence" The WMS events have resonated with millions of professionals worldwide. The most recent online version of WMS was held on November 6 and 7, 2023, featured 226 influential speakers, and was broadcast continuously for 48 hours across 105 countries, attracting over 85 million views, according to Amazon and Alibaba web services. Title : "AI and IKIGAI" in English (Dec 2024).

## ○Books

### 1.Inner Development Goals

Stories of Collective

Leadership in Action, Volume 1: From "I" to "We"

De Gruyter 2025

"Zen Wisdom: When the 10 Bulls encountered the Inner Development Goals"

I had the pleasure of writing for the first English-language IDGs book to be published by De Gruyter, a long-established academic publisher in Germany with a history of over 270 years. The title is "IDG Stories of Collective Leadership in Action Volme: From 'I' to 'We' (IDGs Leadership Practice Case Collection Vol. 1: From 'I' to 'We')

IDGs (Inner Development Goals) is a framework that promotes personal inner growth in order to support the achievement of the SDGs (Sustainable Development Goals). It is translated as "inner growth goals" and classifies 23 qualities and skills necessary for building a sustainable society, such as empathy and critical thinking, into five categories

The title of the manuscript is "When the 10 Bulls Encountered the Inner Development Goals"

I was asked to write a story in the form of storytelling about how the world's largest international conference on Zen and mindfulness, "Zen2.0", was launched, and to compare it with the IDGs, in line with the 10 Bulls.

At a time when the world demands profound change, transformation begins within. As part of a two-volume work, this first volume explores the personal journeys that fuel collective leadership, weaving together research, art, case studies, and practices from the global Inner Development Goals (IDG) community. Through deep reflection and shared wisdom, it invites readers to embrace a new paradigm of interconnectedness—where individual insight, systemic understanding, and empathy drive meaningful action.

Includes works on each dimension and skills it encompasses

Explores many diverse tools and methods co-created by an intentional and purposeful global community

Encompasses contributions of different genres and styles

### 2.True InnovationTrue Innovation

Publisher: ccc Media House ·

June 1st, 2018

The book "True Innovation" is for innovators who want to create business innovations. What is important to create truly innovative (True Innovation) unparalleled is passion rather than logic. "What I really want to do (what I want)" that exists only in the mind of an individual is highly unique, different from the result of market research. However, the passion of "true" tends to be hazy because it is hampered by factors such as standing position and prejudice in individual society, there are knacks to find. And the trick was in Zen questioning.

This book exposes a method for authors who have produced a number of successful innovators in "Innovation Creation Course" that emphasizes "dialogue" called "zenschool" to find "true excitement". What is the "dialogue" technology that produces achievement-producing innovation that was taken up in the "dawn of Nikkei Special Gaia" (TV Tokyo)? The commentary is Professor Takashi Maeno of "Happiness Science" "Innovation Research" (Keio Professor of the Graduate School of System Design and Management, University of Tokyo). The book "True Innovation" is for innovators who want to create business innovations. What is important to create truly innovation (True Innovation) unparalleled is passionate than logic. "What I really want to do (what I want)" that exists only in the mind of an individual is highly unique, different from the result of market research. However, the passion of "true" tends to be hazy because it is hampered by factors such as standing position and prejudice in individual society, there are knacks to find. And the trick was in Zen questioning. This book exposes a method for authors who have produced a number of successful innovators in "Innovation Creation Course" that emphasizes "dialogue" called "zenschool" to find "true excitement". What is the "dialogue" technology that produces achievement-producing innovation that was taken up in the "dawn of Nikkei Special Gaia" (TV Tokyo)? The commentary is Professor Takashi Maeno of "Happiness Science" "Innovation Research" (Keio Professor of the Graduate School of System Design and Management, University of Tokyo).

3. "Let's start Micro-manufacturing" "Let's start Micro-manufacturing"

Publisher: Ten books

April 1st, 2013

This book is about how to practice "Micro-manufacturing". Micro-manufacturing is a lean product development methodology for makers and small manufactures, which used social media and crowdfunding effectively.

We explained how it is important to focus on one's mind to develop original products effectively.

The features of Micro-manufacturing is as follows;

1. Based on Zen philosophy framework
2. Lean product development
3. Effective use of crowdfunding for production development