

# Passion in Action – Social Change with NLP

with Judith DeLozier & Judith Lowe 10-12 Sept 2010

## Information Sheet - Curriculum and Tools;

### **1. Self-leadership, being authentic, managing personal energy and resources - 'Be the Change' personal development.**

- ~ Coming present and awake, connecting to your centre, identifying your resources
- ~ Multi-level personal alignment, mind-body balance and integration, living from core values
- ~ Somatic, cognitive and 'field' intelligence, centring and sensing
- ~ Identifying mentors, inspirational community support, sponsorship
- ~ Timeline search, identifying and building on success from personal history
- ~ Hero's journey approaches i.e. facing the challenge, hearing the calling, gathering the allies, leadership, transforming limiting beliefs
- ~ Managing 'stress'/ burnout, psychological survival issues - strengthening health, wisdom and ecology

### **2. Generative team collaboration – creativity, team spirit.**

- ~ NLP Meta-programmes, trans-cultural communication approaches and challenges.
- ~ Perceptual Positions - Self, Other, Observer
- ~ Creating a "We" field, group cohesion and synergy
- ~ NLP Applied Modelling - models of excellence and transfer of skills
- ~ Inspiring others to join you, keeping them involved - team spirit, shared vision

### **3. Dreaming your Dream... and making it real.**

- Tools for Dreamers - NLP creativity strategies, project strategies, managing and creating change
- ~ NLP approaches to Goals, Well Formed Outcomes, Present State - Desired State
- ~ Systems approach to problem solving, connecting and communicating effectively
- ~ Multi-level Goal design with team support - the power of great questions etc
- ~ Values-to-action processes and examples
- ~ Networking, problem solving, inspiration, motivation, stories, feedback