



'Accessing Personal Genius' The 3-DAY BASIC META-STATES TRAINING

The Cutting Edge Institute of NLP and Neuro-Semantics

ABOUT THE COURSE

Right Attitude is the key piece in everything you think or feel or say or do, at work or play, irrespective of status, age, gender, or culture. Come find out how a change of Attitude & Meaning can serve you. Test drive Neuro-Semantics. It is the most exciting & effective methodology in people development today. Explore your own best-success examples so that you can duplicate them to achieve your intended outcomes. Design your mind-set and notice what it does for you in discovering your Personal Genius.

Who Should Attend

NLP Practitioners
Anyone interested in how their mind works
HR Practitioners
Personnel Consultants
Marketing and Sales Consultants
Business Managers
Project Leaders
Training designers and developers
Anyone considering NLP Practitioner's Training

Dates, Venue And Fee

Dates: 1st, 2nd and 3rd December 2006

Venue: The Learning Centre, Bergvliet

Cape Town

Times: 09:00 – 17:00 daily

Lunch: 13:00 – 14:00 Please bring your own lunch.

Tea, coffee and biscuits will be provided.

Fee: R2 999.00 per delegate, (VAT not applicable), includes all course materials

Registration

For fast registration contact Jimmy on:
Cell: 082 570 4483

E-mail: c2edge@attglobal.net
Web Site: www.inlp.co.za

NOTE: in order to secure your place, advanced booking is essential.

COURSE CONTENT

Day 1: Welcome to the Matrix of your Mind!

1) *Introducing Meta-States as a Model of Reflexivity*

Introduction to using and working with meta-cognitive abilities, how to recognize and monitor our own self-reflexive awareness, to step out of the muddles and closed-ended loops.

Meta-States Learning: Accessing the experience of Accelerated Learning.
Introduction to how we can learn about our learning in order to create a mental-emotional state of accelerated learning. This enables us to re-label and reframe our inattentiveness and to learn how to learn best using our strengths.

2) *Meta-States Your Basic Powers for Empowerment*

We have four basic ways of responding to things: mind-emotion, speech and behaviour. Awareness of these powers and "ownership" of them generates a foundational sense of our own abilities to take effect action in the world –the foundation of personal genius.

3) *Meta-States our Self (or Concept of "Self") with Self-Acceptance, Appreciation and Awe (Esteem)*

The Neuro-Semantic approach to self-esteeming involves accessing the resources states of acceptance, appreciation, and esteem and applying these to our self. This provides a very quick route to cut out self-contempting, self-deprecating, etc. It distinguishes between self-esteem as a human being and self-confidence as a human doing.

4) *Meta-States "Thought" with "Confirmation" to Generate the Gestalt of "Belief."*

The Meta-Yes-ing Belief Change Pattern. In Neuro-Semantics we distinguish a mere "thought" from a "belief" in terms of logical levels. We can "think" and even fully "understand" lots of things that we don't believe. When we believe, we move up a level and confirm or validated the thoughts in some way. By so validating a thought, we say "Yes" to it. When we say "No" to it, we dis-validate it and reduce it from a belief to a mere thought. Since limiting beliefs get in the way and define therapeutic dysfunction, the ability to quickly and even conversationally transform beliefs gives a therapist a very powerful therapeutic intervention.

5) *Meta-States Pleasure: Meta-Pleasuring — The Art of Letting Happiness emerge in our Lives*

Pleasure at the primary level of experience essentially involves stimulating the nervous system and all of the sense receptors. Yet there are higher level pleasures, the meanings and values that we endow things with. Discovering our strategy for pleasuring puts this dynamic into our hands so that we can take charge of it, rather than living as a passive victim who demands that others and

things “make” us happy. This also details the structure of additions and in De-Pleasuring, we can undo the semantic damage that occurs when we over-load an event with too much meaning.

Day 2 — Higher Levels of Mind for “Genius”

1) *Meta-States Concepts: The Neuro-Semantics of Human States*

As a model about the structure of meaning at multiple levels, Neuro-Semantics distinguishes associative meanings (Stimulus-Response meanings) and contextual or frame meanings. Since we frequently suffer from having a “poor relationship” to some concept which can undermine our personal mastery, we will want to be able to work more efficiently with conceptual states.

2) *Dragon Slaying & Taming: Meta-States Toxic, Unbalanced & Morbid States*

Meta-States Negative Emotions and Taboos. The power of meta-stating not only creates our highest and most profound states, but misused can create layers of negative thoughts and feelings about our states. To the extent that we turn our psychic energies against ourselves, we put ourselves at odds with ourselves and create *Dragon States*. Neuro-Semantics enables us to slay, tame, and transform such dragons.

3) *Meta-States Using the “As If” Frame: Meta-States the Concept of a “Miracle”*

Utilizing Brief Psychotherapy’s “The Miracle Question,” we use a meta-stating process to spatially anchor “possibility thinking” in a chair to give ourselves a chance to step aside from “the kind of thinking that created the problem” and to think “outside of the box.”

4) *Mind-to-Muscle Pattern*

Concepts and high-level principles can be turned into “muscle memory” as we recognize when our fingers “know” a keyboard, and the function keys on a computer keyboard, or when our body knows how to drive. To take great ideas and to put them into neurology transforms and empowers us so we can effectively handle the challenges of everyday life.

Day 3— Qualifying and Texturing Your Genius States

1) *Meta-States Intentionality: Taking an Intentional Stance with Our Highest Objectives*

In “consciousness” we have both attentions and intentions. By strengthening our highest intentional meanings, we can begin to live more purposefully as we access and use the higher levels of our mind to direct our everyday attentions. The Aim Game.

2) *Meta-States Laser Beam Focus: Accessing Personal Genius*

A pattern for accessing, strengthening, and containing a focus state of “flow.” Accessing the personal genius of impeccable state shifting, focus, self-trust, commitment, and ability to get lost in the moment.

3) *Meta-States “Excuses:” The Excuse Blow-Out Pattern*

“Excuses” masquerade as legitimate reasons, understandings, and explanations but stop us from succeeding and seduce us to sell out our Values and Visions to stupid and silly excuses.

4) *Meta-States Congruence: Meta-Alignment and Integration*

A pattern for ending incongruence and internal conflict that would undermine personal efficacy and power. This pattern clears up such incongruence by aligning everyday activities and behaviours with one’s highest values, purposes, and beliefs. Great for anyone who wants more mastery and congruence in the way he or she works, plays, or moves through the world.

5) *Meta-States Integrity Beyond Language: “Spinning Icons”*

A second pattern for alignment and congruence using a non-propositional approach. Designed to create a higher level from for congruence without needing to put the solution into words.

About Your Trainer

Jimmy Kyriacou is a former Advocate of the Supreme Court of South Africa, whose life was powerfully impacted by his discovery of NLP in 1987.

Wanting to contribute more significantly to empowering people to realize their full potential, he made the shift from the practice of law, to management consulting and training, in 1991.

He was certified as a NLP Trainer, by NLP co-developer Richard Bandler, in 1993 and has presented NLP trainings to many people since then. In 2001 he was certified as a Trainer in the cutting-edge NLP innovation of *Neuro-Semantics*, by its developer, Michael Hall and as a *Meta Coach* in 2004.

In his consulting work, Jimmy has specialised in the areas of Strategy, Performance Management and Leadership Development. He has also been involved in a number of Modelling Projects of excellent performers in business.

Jimmy has read and studied widely in numerous fields. In addition to his Legal degrees, he holds an Honours degree in Philosophy, and a Post Graduate Diploma in Management from a leading international university. He is a long-time practitioner of meditation and other forms of contemporary spirituality.

In his training, consulting and counselling work, Jimmy brings a high level of insight, integrity and compassion, and is known for his respectful commitment to assisting people in the fulfilment of their noblest dreams.

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