

You will find a full English handbook at the website: www.jeongekendevermogens.nl

The program will be adapted to the needs of the participants. The instructions will be done in simple English. There will be translation for the entire workshop.

The trainers are Sytse Tjallingii, international certified NLP-trainer and AVP trainer, MSc in Biology, teacher trainer and Marlies Tjallingii MSc in Educational Sciences, master practitioner in NLP and AVP trainer. They both have many years of experience in lecturing at the Windesheim University of Applied Sciences, Zwolle, Netherlands.

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Painting on the wall

How do you take the initiative to lift your thoughts? Or to be the driver in your 'life bus', at the back or at the steering wheel?

“YOUR UNLIMITED POWERS”

A 30 hours Basic course in Communication Skills

(Neuro Linguistic Programming, Alternatives to Violence Project, Non-Violent Communication and Solution Focused Practice)

How successful are you in your life?

May be you recognize this. You feel not as much self-confidence as you wish, to keep yourself or your family in happiness; sometimes negative thoughts are overwhelming you. You have no idea how this happens and what you could do better to get more more powerful feelings and thoughts. Sometimes you wonder how you could get more success as well. May be you have good arguments for your opinion about what has to be done in future, but people around you tend to follow somebody else who got more attention than you. So it may be that you want to get better connection with people. You feel that in your community much more could be done to improve the conditions, if more people could take more responsibility. You would like to motivate yourself and other people even better. This basic course in communication will help you.

Improving your communication with yourself and others

At school we did not learn how to communicate really well with others or with ourselves.

This fundamental course in communication is about:

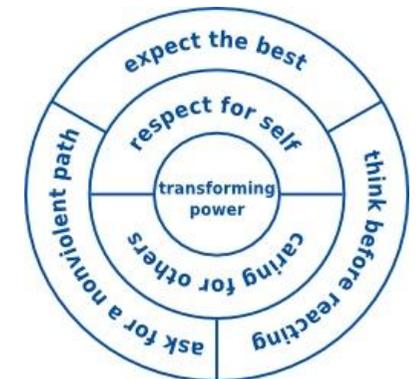
- How to improve your communication?
- How to communicate in a way that others really understand you?
- How to communicate with yourself?

If you could learn to communicate better with yourself then it would also be possible to communicate better with other people. So communicating with yourself is becoming conscious of the messages that you give yourself. Which messages do you want to give to your unconscious, to focus better at your success? How can you get the different layers of your unconscious in one line, so that energy is flowing freely?

Focus on what you want

Attending this course is a bit like attending a 'driving' school for using your brains more successfully. You will learn to recognize the 'traffic signs' in communication by learning more about the different meanings of your senses. It is about choosing which thoughts you want to focus on. You will learn to see the reality from different perspectives, so you will have more freedom in your interpretations and you will be able to understand better the model of the world of your partners in private, society and your daily life.

It is learning about how you can be more effective in networking, like on Facebook or Hyves. You will be able to present yourself better for example when applying for a job.

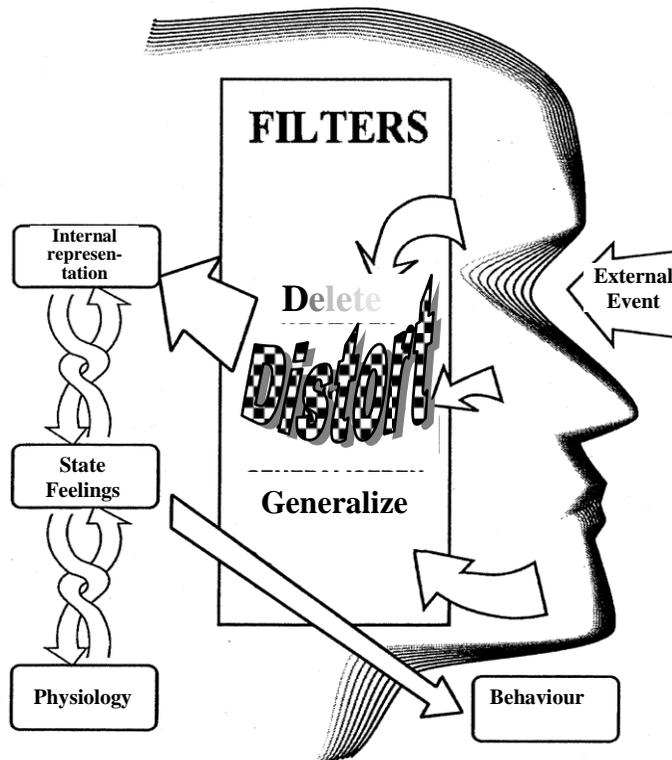


What is NLP?

N **Neuro** refers to our brains, nerves and senses and representation systems. Our thoughts and behaviour start with the observations by our senses. Neuro means how to bring into play the senses (see, hear, feel, smell, taste) more effectively. To see small changes in someone's facial expression or to hear when a voice starts to change. Neuro is about the nerve system. Everything you are doing, thinking or feeling is the result of what is happening in your nerve system.

L **Linguistic** refers to the way we represent our experiences in language. Knowledge and experience are organised in language. Linguistic means to improve drastically the language for the external and internal dialogue, which every human being has continuously.

P **Programming** refers to the metaphor of the computer. With a program we mean: the way in which a person takes in information from the outside world or the way in which the memory digests this information to reach results. Programming means that there is a systematic logic in the functioning of our brains and senses, which you can improve by training.



The NLP-communication model, the map is not the territory

NLP Neuro-Linguistic Programming is a way of modelling successful people and to learn from them how to get more success.

Non Violent Communication by Marshal Rosenberg is a way to understand each other in the community on a deeper level. This will make it possible for you to feel unity more than differences.

Alternatives to Violence Project is a program of training in skills to communicate peacefully. This course will give some elements of AVP

Solution Focused Practice doesn't try to analyse thoroughly the problem, it is a way to solve problems. It solves problems in a short way by mobilizing all the energy to the solutions. The scale questions and the miracle question are examples of this approach.

The subjects:

1. The NLP-model of communication
2. The effective presuppositions of NLP (like the map is not the territory)
3. Sharp use of your senses, visual calibration.
4. The neurological levels
5. To stay at the side of the cause and not of the result.
6. The 4-steps learning process.
7. Your unlimited convictions
8. Your central nervous system cannot keep a denying
9. Anchoring
10. Representation systems
11. Reframing, the three perceptual positions
12. Solution Focused Practice
13. Working with sub modalities, swish
14. Meta and Milton language
15. Hierarchy in language
16. Non Violent Communication
17. Some elements of AVP



Trust in Allah but tie your camel.

