



expressing inner potential

## TRAINING SCHEDULE – April to July 2010

### *Training Interventions*

#### **Communication Excellence Training – 3 days (24 hours)**

**Next date: 8 evening classes: 1, 8, 15, 23, 29 March & 6,12,19 April**

This training is designed to work on both your inner and outer communication games. The outer game is where we talk about the actual performance of communicating—what you say, the application of your listening and questioning skills, the identification of the skills needed in a particular aspect of communication, and the application of your skills of giving feedback, rapport building and being present to another to really listen to them. The inner game is the internal game you play in your mind and emotions so that you can be at your best when talking to or listening to another.

#### **Accessing Personal Power Training – 1 day (8 hours) – Saturday 15 May 2010**

Personal power is the ability to take effective action, do something, and make a difference. When you have personal power, you have the capacity to access specific internal resources for utilizing external resources and apply both to a specific challenge. And when you have personal power in this way, you have an inner sense and knowing that you can make things happen, that you are not a victim of life, that you are at choice and that you have tremendous powers for guiding and architecting your life.

#### **Accessing Personal Genius Training – 3 days (24 hours) - Saturdays- 17,24,31 July**

Accessing Personal Genius training is about creating and experiencing a high level of personal mastery and resourcefulness. This training has been revolutionizing the lives of individuals at home, in personal development, and as business men and women all around the world. This international training facilitates people taking personal responsibility for managing their own brains, states, actions, and performance levels. It is an invitation to team members to get right with themselves first so that they can then create the success they want in relationships, work, and hobbies. This 3-day training to personal excellence easily translates over to every area of life and is based upon a cutting-edge model from the cognitive sciences about how to “run your own brain.”

#### **Power Sessions – 2 hours (evenings and Saturday mornings)**

Would you like to improve your communication and interpersonal skills, but don't have the time and energy for long training sessions? Then consider our 2 hour high impact sessions. These sessions can stand alone or form part of a series of sessions, which you can schedule as and when you want them, to fit into your diary. The topics are listed below.

<b>COMMUNICATION EXCELLENCE - Figuring out People- Thinking Styles and how they influence Communication</b>	Mon 12 Apr- evening
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Presentation of the theory of filters, and how we process information to develop our perceptions. How thinking styles act as filters, sharing specific, most common thinking styles. Discussion on how this can be applied to personal life and communicating.

<p><b>COMMUNICATION EXCELLENCE - Self Esteem and Power Zone/Response-ability</b></p> <p>Presentation explaining the difference between human being and human doing, and how to increase one's self esteem and confidence. How this can be applied to the guideline of "playing the ball, not the player". This gives one a sense of personal empowerment and value from which to operate.</p> <p>Presentation of our natural powers for taking effective action and how ownership of these leads to empowerment of self and others, and draws the line of responsibility, promoting accountability. Response-ability is explained in a way that one takes personal responsibility for self and doing quality work.</p>	Mon 19 Apr – evening
<p><b>Intentionality</b></p> <p>Presentation on the difference between intention and attention, and how to take an intentional stance and accomplish things with a sense of purpose</p>	Sat 24 Apr – morning
<p><b>COMMUNICATION EXCELLENCE - Movie Rewind, Swish and Circle of Excellence</b></p> <p>Presentation on how to communicate with your self in an empowering way and set executive frames for greater resourcefulness and personal emotional management. Learn to induce the most resourceful states for yourself and others and move from an unresourceful state to a resourceful state instantly. Learn the skill of sending your mind to 'places' you choose, and in so doing you re-directionalise your brain and develop a frame of mind that serves you in communicating successfully. Improve your ability to manage states that will further increase both your I.Q and E.Q. and enable you to feel in control of yourself, especially when you communicate.</p>	Mon 26 Apr - evening
<p><b>Excuse Blowout</b></p> <p>Notice the difference between attention and intention, and how excuses can get in the way of achieving our goals. Identify if an excuse is legit, positive or useful, or not, and learn how to blow them out if necessary.</p>	Mon 3 May – evening
<p><b>Self Actualisation Quadrants</b></p> <p>Identifying in which quadrant you fall in: drone zone, panic zone, dreamer, undeveloped, workaholic, performer, achiever etc. Develop an action plan to move quadrants if that is desired.</p>	Mon 10 May - evening
<p><b>Changing Beliefs</b></p> <p>Learn to eliminate limiting beliefs so that they no longer operate as your programming and install empowering ones, using two important states that we learn very early in life, being the states of confirmation and dis-confirmation.</p>	Mon 17 May - evening
<p><b>There is no failure, only feedback</b></p> <p>Feedback is a critical skill that is also a useful accelerated learning mechanism that activates our powers to self-organise and grow. Giving high quality feedback and receiving feedback, and being able to distinguish sensory based information and evaluative based information, is critical for anything relational, like leadership, management, being a team member, parenting, and loving. Develop the skills of giving and receiving feedback, using benchmarks of these concepts.</p>	Sat 22 May – morning
<p><b>Perceptual Positions</b></p> <p>Taking on different perspectives to a problem relationship- an exercise in relation to someone you get on with, and someone you don't get on with so well. Theory on different points of view, or 5 basic ways of looking at experiences, and what happens when we get stuck on one perspective.</p>	Mon 24 May – evening
<p><b>Art of Handling Emotions</b></p> <p>Presentation of how we process information to develop our perceptions. The distinction between map and territory, and the theory of emotions being signals. Develop state management skills that will increase both the your IQ and EQ</p>	Mon 31 May – evening

<p><b>Disney Creativity Strategy</b> Learn a strategy for developing a creative outcome and giving it the best possible chance of becoming a reality. This process helps to explore creative ideas for maximum clarity and effect. It can be used to promote creativity, manage conflict between dreaming and 'reality' or practicality, or to test out an idea, dream or goal so it might be realised.</p>	Mon 7 Jun – evening
<p><b>Self Esteem vs. Self Confidence</b> Learn the difference between human being and human doing, and how to increase one's self esteem and confidence.</p>	Mon 14 Jun – evening
<p><b>Leadership Criteria</b> Do you act from your true self with no masks? Are you as good as your word? Do you walk your talk? Do you give of yourself to others and your business? Are you a team player? Are you a pioneer, moving out into new areas? Do you communicate clearly, succinctly and compellingly? Develop your leadership competencies, based on benchmarking your proficiency on the 7 core Leadership criteria, to improve your leadership in your life and in your work.</p>	Sat 19 Jun – morning
<p><b>Taking Responsibility</b> Presentation of our natural powers for taking effective action and how ownership of these leads to empowerment of self and others, and draws the line of responsibility, promoting accountability.</p>	Mon 21 Jun – evening
<p><b>Optimism</b> Defining pessimism and optimism, how they are styles for explaining things, sharing the work by Martin Seligman on "Learned Helplessness". Exploring how we language ourselves when adversity comes our way, in making decisions, in motivating ourselves etc. Supercharge our attitude with optimism.</p>	Sat 26 Jun – morning
<p><b>Being Un-Insult-Able</b> If you're going to do anything of any value in the world, someone will criticize you. Insults seem to be everywhere. Un-insultability refers to being so grounded in your own self, values and visions about life, and so clear about what you are doing that when someone does attempt to "insult" you, you just don't "go there" and waste your mental and emotional energy wallowing in bad feelings. Become un-insultable and feel more comfortable to take the needed risks in following your passions. Suggested sessions to do before this one for best results are: 1) Self Esteem vs. Self Confidence, 2) Taking Responsibility, 3) Art of Handling Emotions and 4) Perceptual Positions</p>	Mon 28 Jun – evening
<p><b>Solution Focused Attitude</b> Exploring what makes a solution well formed in structure, so that it enables us to map new ways to solve difficulties and problems. This involves identifying the right problem to solve and brainstorming solutions. After choosing the best option, applying the SMART principle to the solution to make it well formed.</p>	Mon 5 Jul - evening
<p><b>Closing the Knowing-Doing Gap</b> Close the gap between what you know you should be doing, and what you are actually getting done and take effective action on your best ideas and goals.</p>	Mon 12 Jul– evening
<p><b>Motivation Strategy</b> Looking at the differences between motivation and de-motivation, and the steps involved in each state. Looking at how to apply your strategy of motivation to something that you don't feel motivated to do.</p>	Mon 19 Jul – evening
<p><b>Rapport building skills</b> If there's anything that you want to get, or need, then you will probably need someone's help in getting it. The ability to develop and maintain rapport with large numbers of people from varying backgrounds will allow you to get what you want. Rapport is probably the most important skill on the planet. The desired outcome of this session is to be able to establish rapport with any person, at any moment given time.</p>	Mon 26 Jul – evening

**Big Mind, Big Heart – A Buddhist Meditation 3 hours****Sat 29 May- morning**

An experiential workshop to explore the horizons of non-dual states, using Zen Master Dennis Genpo Merzel's technique to help people access the ever-present Big Mind/Big Heart awareness - the clear, "just being" awareness and the unconditional compassion that we all can experience.

**Self-Actualization Psychology Workshops****VENUE: Pretoria**

The Ultimate Self-Actualization Workshop! 13-15th April 2010

Unleashing your Health Potentials 13-15th July 2010

(more info to follow)

***Become a Coach - Training Interventions*****Module 1 - Coaching Essentials****VENUE: Pretoria**

Three days focused on introducing the first model of Meta-Coaching, Neuro-Linguistic Programming (NLP), focusing on NLP communication model and specific tools (patterns) which can be applied within the coaching context as well as an approach to enhancing communication.

Dates:

23<sup>rd</sup> – 25<sup>th</sup> February 20104<sup>th</sup> – 6<sup>th</sup> May 201024<sup>th</sup> – 26<sup>th</sup> August 2010**Module 2: Coaching Genius****VENUE: Pretoria**

Three days of introduction to the second model of Meta-Coaching, Neuro-Semantics (N.S) which focuses on the workings of our self-reflexive consciousness that creates all of the thoughts and feelings "in the back of our mind" that set the frames for our beliefs and Matrix of meaning.

Dates:

9<sup>th</sup> – 11<sup>th</sup> March 20101<sup>st</sup> -3<sup>rd</sup> June 20105<sup>th</sup> – 7<sup>th</sup> October 2010**Module 3: Coaching Mastery (ACMC)****VENUE: Pretoria**

Dates: 29th – 5th November 2010

Eight days of intensive training introducing the final five more models of Meta-Coaching: Axes of Change, Matrix Model, Matrix Business Plan, Benchmarking Model, and Self-Actualization Quadrants. The models and patterns learned are put to use each day in actual coaching sessions to implement the learning's, accelerate the development, and get hands-on experience that will be benchmarked. Module 1 and 2 are Pre-Requisites for this training

***Venue***

The venue for trainings - unless indicated otherwise - is in Fourways, opposite Monte Casino at the Health & Baby Centre, 52 Kingfisher Drive. Venue details will be confirmed at booking.

***Call to book the training that will allow you to express your potential***

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