

Fact Sheet

The Problem: Many people are inadequately prepared for the relationships in their work or home environment. In modern, adult life it is useful to learn many communication micro-skills to become an effective, resilient community participant.

Statistics:

- 70-80% of people hate their jobs
- 25-40% of teachers will leave the industry within the first 5 years.
- 50% of small businesses with close within the first 5 years.
- 33% of marriages end in divorce.

Mentorship and training in social, communication and resiliency skills is needed for a person to stay successful employed or in a long-term relationship. Research into a suitable vocation or business in which to invest is also very helpful.

The Solution: NLP provides the techniques to teach the necessary micro-skills in a succinct, step-by-step process, detailed in my book, *"NLP Essentials For Teachers: The Art of Encouraging Excellence In Your Students."* This book is an inspirational guide that motivates readers to stretch themselves to become better communicators.

Neuro-Linguistic Programming (NLP): NLP examines how the nervous system and five senses process and make meaning of information. NLP training teaches language and rapport techniques to re-pattern the mind to achieve healthier outcomes.

Examples of Effective Language Patterns that can be used to enhance Home and Workplace Environments:

1. **Indirect suggestion** such as, *"You may find that you are feeling really confident about today as you begin to start work,"* can be used with great effect (This can be used to eliminate resistance to active involvement and to keep the worker's mind focused and open to new situations.)
2. **Metaphors** and **stories** provide a receptive space for learning new things and can be used successfully to inspire a variety of audiences.
3. **Meta-cognition** or **self-talk** can be taught to people of all ages to effectively show them how to create their own step-by-step process for learning something new and to assist with developing self-awareness about how they feel about what they are learning.
4. **Reframing negative language patterns** is useful to overcome learned helplessness and victimhood. If someone says, *"I can't do that."* You could reply, *"If you could do that how would it look, sound or feel."* This raises the energy level of the person.
5. **Constructive feedback** can be used as an effective teaching situation by commenting on what has been done well with specific, sensory-based language and then indicating where improvements could be made to move the project along further.
6. **Values** that promote mutual courtesy, respect and considerations will be implicit in all conversations.
7. **Positive language** patterns focusing on what is wanted and not what is not wanted so the mind gets a picture of what is to be done. Say, *"Walk with care,"* rather than, *"Don't slip on a banana peel!"*
8. **Solution-based thinking** rather than ruminating on the problem.