

Grass Roots NLP

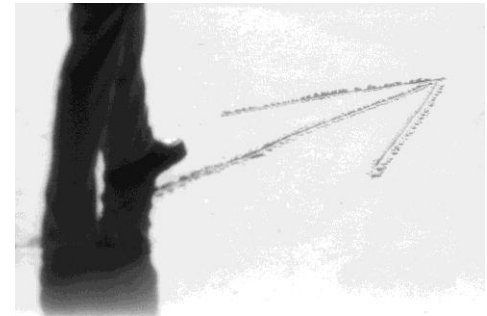
Online Web Conference

September 5th 2010

Questions to Think About:

- ▶ What *structure* do all NLP techniques share?
- ▶ What does every NLP pattern *aim for*?
- ▶ What does NLP strive to *develop in people*?
- ▶ How can NLP Practitioners *know what's next*?
- ▶ What are NLP's *essential* and *elegant* aspects?
- ▶ How does NLP handle things that go wrong?

- ▶ After today, will I ever think the same way about an arrow again?



The Common Thread Through NLP



Where Am I
Now?

How Best to
Get There
from Here?

Where do I
Want to Be?



Where Do I Want to Be?



- ▶ Start with the *end in mind*.
- ▶ What is my *positive intention*?
- ▶ What do I *really* want? Am I *sure*?

Where Do I
Want to Be?

- ▶ What's *important*? What *has to be* there?
- ▶ How will I *know* when I get there?
- ▶ Who else will be affected? How?
- ▶ What else haven't I considered... *consciously*?

Where Am I Now?

- ▶ Don't ask *why?* NLP is not interested in "truth".
- ▶ Ask *how? How exactly?*
 - How Pre-Supposes Change

Where Am I
Now?

- ▶ Take Inventory
 - Assets and Liabilities
 - Supporters and Detractors
 - Knowledge, Skills and Deficits
 - Beliefs, Worthiness, Deservingness

How Best to Get There from Here?

- ▶ NLP is about *creating more choices*.
 - 1 is not a choice, 2 is robotic, 3 is freedom
- ▶ NLP choices are *established in neurology*.



How Best to
Get There
from Here?

- ▶ NLP uses resources *freely from everywhere*.
- ▶ NLP choices do not sacrifice the *end goal*.
- ▶ NLP choices honor *all parts of self and others*.
- ▶ Failures along the way are only *feedback*.

NLP Applications in the Real World

- ▶ Improved Mental and Physical Health
- ▶ Arts, Music, Sports Performance
- ▶ Relationships of All Kinds
- ▶ Recovery from Addictions

Where Am I
Now?

How Best to
Get There
from Here?

Where do I
Want to Be?

- ▶ Learning and Academics
- ▶ Negotiation and Persuasion
- ▶ Sales and Business Performance
- ▶ Career Achievement and Advancement

Real Life Story: Billy McLaughlin

- ▶ International Performing Pro Musician
- ▶ Developed Neurological Problem and Could No Longer Play His Own Music
- ▶ Knew He Still Wanted To Play
- ▶ Decided to Focus on What He Still Had
- ▶ Re-Taught Himself to Play Left-Handed

Now, Let's Play!

- ▶ Explore: What do you really want?
- ▶ Explore: Where are you now?
- ▶ Explore: What are some ways to get there?
- ▶ Explore: Now choose the best way?
- ▶ Integrate...

Ideas for Future Topics

- ▶ NLP Presuppositions: Saving all kinds of time
- ▶ Modeling: Making excellence your own
- ▶ Neurolinguistics: Effective communication
- ▶ Tough Problems: Autism and NLP?
- ▶ Transformation: Becoming new, becoming more
- ▶ Relationships: What men and women really want
- ▶ Performance: Getting more with less
- ▶ Accelerated Learning: What children can teach us
- ▶ State Management: Changing and Utilizing states
- ▶ Perspectives: Association and dissociation work

What do you want more of?

What's Next?

- ▶ Practice, Practice, Practice NLP in Real Life
- ▶ Read Articles and Blogs on Grass Roots NLP
- ▶ Ask Questions on Grass Roots NLP Forums
- ▶ Continue networking with other NLPers
- ▶ Consider becoming a Contributor on GRNLP
- ▶ Consider presenting in this Web Conference

- ▶ Personal Coaching is also available

- ▶ Send questions, comments and feedback to:

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