



NEURO-SEMANTICS® COURSES



KEY FOCUS SKILLS FOR META-COACHING

"ACCESS YOUR COACHING GENIUS"
META-STATES® TRAINING LEVEL I

Trainer

Denis Bridoux

Honorary Fellow of
the International Society of Neuro-Semantics®
Co-author of 7 Steps to Emotional Intelligence

&

Mastering Mentoring & Coaching With Emotional Intelligence

Harrogate General hospital

May 29-31, 2009 (3 days)

Early Bird Rate: £445 / 595 € , if paid in full by May 1, 2009

£495 / 645 € , after that date

META-STATES® & YOUR EMOTIONAL INTELLIGENCE

ALTHOUGH IT HELPS, NO PRIOR NLP EXPERIENCE IS REQUIRED

The Meta-States Model forms **the foundation for the emerging discipline of Neuro-Semantics®**. It represents a different, systemic, non-linear way of thinking, which best *tracks the natural reflexivity of your mind and that of other people.*

This training has markedly evolved over the years, as most people best **learn the Meta-States Model by applying it** to an issue pertinent to their needs. After all, what could be better for you than to *apply the model to yourself, which is at the core of Self-Coaching?*

The tools it gives you are getting more widely applied in coaching settings round the world every day.

Learn, amongst other things, how to more effectively **apply higher levels of mind to solve problems**, to develop focus, intentionality, creativity, relationships, meaning, pleasure, etc.

So, scale "the levels of your mind" to *access your higher executive powers*, and lead your mind **into the higher reaches of human awareness.**

By learning to understand the *Meta-States* model and to apply it to the subject of "**Personal Genius**" you will be able to *set the higher frames of mind* required to **truly be at your best**, and become **not only more emotionally intelligent, but also more intelligently emotional!**

Yes, that's what this training is about.

So, **join us to experience the inspiring practicality of Meta-States!** Discover how to best apply your self-reflexive consciousness to think non-linearly about your own mind, and thus,

Enjoy Dynamically Applying Meta-States to Access Your Own Personal Mastery!

This **3-Day Training** entitles you to **Certification as a Meta-States® Practitioner.**

It provides the foundation for **Neuro-Semantic® Certification** and the gateway for more Advanced NS Trainings.

Post-Graduate Professional Education
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META-STATES® & YOUR COACHING GENIUS

FIND OUT ABOUT THE META-STATES MODEL AND WHY IT WORKS

0) States 101:

- > What are States in Neuro-Semantics
- > How to Access & control them

1) Meta-States: a Model of Reflexivity in States of Consciousness

- > Recognize and learn to monitor your own self-reflexive awareness
- > Practise working with meta-thinking abilities to step out of muddles and closed loops

2) Learning: Access the Experience of Accelerated Learning

- > Learn about how you learn and create a state of accelerated learning.
- > Re-label and reframe your attentiveness to learn how to learn best and use your own strengths.

3) Meta-State Your Sense of "Self" with Acceptance, Appreciation and Esteem

- > Distinguish self-esteem as a human "being" and self-confidence as a human "doing".

4) The "Meta-Yes-ing" Belief Change Pattern

- > Generate new beliefs and discard old ones by Meta-Stating

5) Pleasure: Meta-Pleasuring and the Emergence of Happiness

- > Elicit the structure of addictions

- > Learn how to resolve them to undo 'semantic damage'
- > Find out the structure of your own happiness and the reason why this motivates you.

ACCESS THE HIGHER LEVELS OF YOUR MIND

1) Concepts: The Neuro-Semantics of Human States

- > Relate more resourcefully to abstract concepts, such as "justice", "fairness", etc.
- > Learn how to work efficiently with conceptual states.

2) "Dragon Slaying" & Taming

- > Transform morbid and toxic States by meta-stating
- > Turn vicious circles of thinking into virtuous loops

3) Using the 'As If' Frame

- > Move from Problem State to Solution State using your unconscious competence.

4) 'Mind-to-Muscle' Pattern

- > Put your high level principles into "muscle memory" to address challenges resourcefully
- > Bridge the gap between "knowing" and "doing"

QUALIFY AND TEXTURE YOUR EMOTIONAL INTELLIGENCE

1) Intentionality: Become Intentional with Your Highest Objectives

- > Strengthen your highest intentions to act upon them
- > Access & use the higher levels of your mind to direct your everyday attentions
- > Learn to Live with Purpose

2) Committed Focus: "Access Your Personal Genius"

- > Access your personal genius of clean state-shifting, focus, trust, commitment
- > Learn how to strengthen and sustain "flow" states

3) Meta-Stating Excuses: "Excuse Blowout"

- > Eliminate the excuses that block your path to success
- > Preserve the positives behind them

4) Integrity Beyond Language: "Spinning Icons"

- > Achieve an even higher level of congruence without having to put the solution into words.

5) Congruence: 'Meta-Alignment' and Integration

- > Put an end to incongruence and internal conflict that might undermine your personal effectiveness
- > Align your everyday behaviours with your highest values, purposes, beliefs.



Denis Bridoux was born in France, where he studied Linguistics and English.

Living in the UK since 1979, he operates as a therapist, meta-coach and NLP/Neuro-Semantics® trainer.

Eclectic at heart, and trained among others by Tad James, John Grinder and Robert Dilts, Denis did his NLP Trainer's Training with Richard Bandler and John LaValle in 1995. He is one of the few trainers worldwide to have received permission from Richard to run *Design Human Engineering*® training.

For over 7 years Denis has been working in depth with Michael Hall, the developer of the Meta-States® model which integrates at the highest level NLP and General Semantics. He was recently made *Honorary Fellow of the International Society of Neuro-Semantics*® for his contributions to the field.

His breadth of culture has enabled him to build bridges between very diverse disciplines and to enrich NLP even more as a result.

Unique of its kind, his Master Practitioner training was recently labelled "*undeniably the most interesting currently available in the UK.*"

Marrying humour, intellectual rigour and flexibility to enable his participants to learn easily and effortlessly, his enthusiasm for the subjects he presents is contagious.

Denis has been an active member of [the Tolkien Society](#) since 1975.





I am definitely interested in your Harrogate **Accessing Personal Genius** training and wish to enrol. (Please circle the relevant venue)

I enclose my remittance made payable to **PGPE**, amounting to: **£445 / 595 €** or **£495 / 645€** (Please circle the relevant figure)

Name: Address: Postcode:

Tel: Fax: Email:

Date:  CREDIT / DEBIT CARD DETAILS   Signed:

Credit/Debit Card number: Issue No: Expiry Date:

Name on Card: Start Date: Security Code (for safety please call us)

Please return this form to: **PGPE, PO BOX 506, HALIFAX, HX1 5UF, UK**

Or call us at Tel: +44/0 7939 623054 to book over the telephone

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