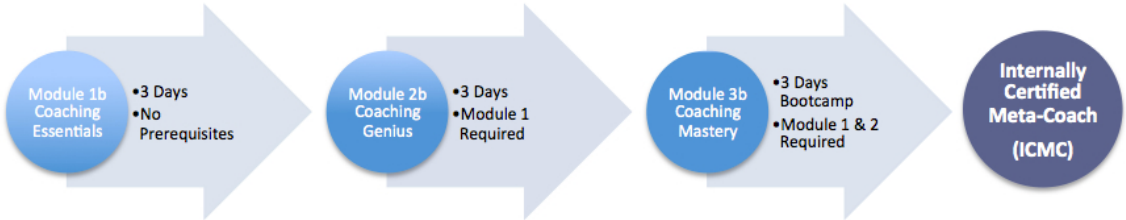
the coaching room
a new way of being

SYDNEY -- MELBOURNE -- BRISBANE -- HOBART

Corporate Workplace Coaching Genius

MANAGER AS COACH TRAINING PROGRAM

MODULE 2 OF THE CORPORATE WORKPLACE META-COACH (ICMC) TRAINING SYSTEM®



Module 2 of the Meta-Coach Corporate (Internal) Workplace Coaching program is a three-day programme in applying the skills and knowledge learned in Module 1, while introducing the Meta States model and Meta Questioning models. This is achieved through applying the skills to 15 different core Coaching patterns. The focus of Module 2 is in taking the coach to next level through practise and self-application.

Learn the *Meta-States Model* and the magic that your people can create with it.

Your people will experience the joy and excitement of unlocking their own natural genius (and that of others) to find the skills and confidence to create a successful coaching culture within your organisation.

This course gives new and experienced coaches the power to:

» Enrich their workplace with more passion as they discover how to get to the highest levels of the mind and set the frames that will empower their clients/your people for the kinds of relationships, career, health, etc. that they want

» Learn to eliminate any and every interference or blockages that may create a limitation in your people – low self- esteem, lack of control, inner conflict, inability to act on what you/they know, troubling emotions, etc.

» Sharpen focus by learning how to coach to the state of "flow" at will – facilitating and actualising your people's real potentials

» Experience 14 powerful coaching patterns in this training and the ability to use more than 200 additional coaching patterns.

» Reach your organisation's leadership potential and blow-out excuses for not achieving business success – lack of confidence, financial insecurity, fear of failure, not knowing what to do, etc.

Who should attend this program?

» Individuals and organisations committed to communication excellence

» Experienced Managers wanting to up-weight their essential coaching and communications skills

» New Managers wanting an introduction to coaching and communication skills

» Executives, Leaders & Managers wanting to learn how to communicate with (listen and support) and influence (understand and question) their employees to help them reach targets, achieve budget, overcome obstacles, and exceed Key Performance Indicators (KPIs) as they move to build a coaching corporate culture of self-actualising Managers and Leaders.

Course benefits

Workplace Coaching Genius will up-skill your people to:

» Use the 26 questions from the revolutionary *Meta-States* model for effortlessly navigating reflexivity and increasing emotional intelligence (EQ) and strength intelligence (SQ)

» Understand and apply the essential language skills for *Developmental Coaching* (coaching beliefs, values, and identity)

» Enrich your organisation's (your people's) experience of life - find more passion and satisfaction in the workplace, relationships, wealth, career, and health

» Learn how to create a coaching attitude and culture throughout their area of responsibility and the organisation.

» Become certified to use more than 200 cutting-edge Neuro Semantic coaching patterns

» Achieve extraordinary coaching results by thinking and working systemically with the whole mind-body-emotion system

SYNOPSIS OF CONTENT

DAY 1: WELCOME TO THE MATRIX OF YOUR MIND

1) Introducing Meta-States — Modeling self-reflexive consciousness

» Introduction to working with meta-cognitive abilities, recognising and monitoring self-reflexive awareness, stepping out of meta-confusion. Meta-Stating learning: Accessing the experience of accelerated learning

2) Meta-Stating awareness and ownership of your powers for personal empowerment.

» Your four basic powers of responding: mind-emotion, speech and behavior

» Awareness and ownership of these powers for a foundational sense of your abilities to take effect action in the world—the foundation of personal genius

» Creation of your personal power zone for developing proactivity

3) Meta-Stating self to create self-acceptance, self-appreciation and self-esteem

» The Neuro-Semantic approach to self-esteeming: accessing acceptance, appreciation, and esteem and applying these to self

» Resolving the toxic dragons of self-contempting, self-depreciating, etc.

» Distinguishing your value and esteem as a human being from your confidence in what you do and achieve

4) Meta-Stating confirmation and disconfirmation for belief change

» Belief Change by Meta-Yes-ing — how to turn a "thought" into a "belief"

» Believe moves you up a level as you confirm a thoughts and say, "yes" to it

» Dis-conforming says "no" to thoughts to dis-validate and downgrade it to a mere thought again.

» Limiting beliefs get in the way of excellence and diminish a person. By transforming beliefs you manage the higher levels of your mind, which sends commands to your nervous system

5) Meta-Stating pleasure for higher levels of motivation and joy

» Pleasure at the primary level of experience essentially involves stimulating the nervous system and all of the sense receptors

» Yet there are higher level pleasures, the meanings and values that you endow things with. Discover your strategy for pleasuring so you can take charge of how to add massive pleasure to your life

DAY 2: CLEARING THE PATH FOR MASTERY FRAMES

1) Meta-Stating emotions for higher emotional intelligence

» An "e-motion" is the energy for *motion* that arises from the difference between map and territory; what you have mapped in your head about the world and what you experience in the world

» All emotions are "right" to the map from which they arise and so valuable information about your mapping and your skills for coping with the world

2) Meta-Stating Concepts: Conceptual de-programming.

» You make meaning at many levels. You create associative meanings (stimulus-response meanings), representational, linguistic, and contextual or frame, evaluative, metaphorical, intentional meanings, etc.

» You can have a "poor relationship" to a concept so that your conceptual thinking undermines your personal mastery. Now you can work more efficiently with conceptual states and build up a new matrix of meaning

3) Dancing with dragons: Transforming the energy of unresourceful states

» To the extent that you turn your psychic energies against yourself, you put yourself at odds with you; this creates *dragon states* as limiting and sabotaging states. The power of meta-stating not only creates your highest and most profound states, but misused can create layers of negative thoughts and feelings about your states

» Taming, transforming, and sometimes slaying dragons involves meta-stating your negative emotions and taboos with acceptance, appreciation, and understanding. This clears the path and creates room for new constructions and for transformation

4) Meta-Stating Implementation for closing the knowing-doing gap

» Concepts and high level principles can be turned into "muscle memory" as you recognise when your fingers "know" a keyboard or function keys, or when your body knows how to drive. To take great ideas and to put them into neurology transforms and empowers you so you can effectively handle the challenges of everyday life

» The *Mind-to-Muscle pattern* empowers us to close the knowing-doing gap so that you can turn your principles into *neuro*-semantic states so that you can *actualise* in everyday life the things that you know, believe in, intend, desire, etc.

5) Meta-Stating possibility thinking to give ourselves a chance to think out of the box

» Utilizing the miracle question, this meta-stating process spatially anchors possibility thinking to give you a chance to step aside from "the kind of thinking that created the problem" and to think outside of the box

» This kind of think is essential for genius states, creativity, entrepreneurship, etc.

DAY 3: QUALIFYING AND TEXTURE YOUR GENIUS STATES

1) Meta-Stating intentionality: Taking an intentional stance

» The synthesis of the two dimensions of mind, *attention* and *intention,* creates will and focus and human consciousness

» By strengthening our highest intentional meanings, you can begin to live more purposefully as you access and use the higher levels of your mind to direct your everyday attentions

2) Meta-Stating the "flow" state: Accessing Personal Genius (APG)

» Entering into a commitment state of focus, develop more ready access to it, strengthening it, and containing a focus state of "flow"

» Accessing the personal genius of impeccable state shifting, focus, self-trust, commitment, and ability to get lost in the moment

3) Meta-Stating execution of goals by blowing-out all excuses

» "Excuses," masquerading as legitimate reasons and explanations, stop you from succeeding and seduce you to sell out your values and visions to stupid and silly excuses

» Distinguish true explanations from silly excuses and learn to use all of your stubbornness to make up your mind to refuse to tolerate excusing yourself from excellence

4) Meta-Stating wholeness and congruence to resolve internal conflicts

» The *"Spinning Icons"* pattern offers a process for congruence to bring an end to internal conflicts that may undermine your focus and clarity. Using a non-propositional approach, *Spinning Icons* enables your larger mind to bring resources to conflicts you cannot figure out

» Meta-stating the higher levels of your mind from a non-linguistic point of view enables a transformative process to begin

5) Meta-Stating integrity

» *Integrity* is doing what we say and aligning all of the many facets of your mind-body-emotion system. This ends internal conflict that could otherwise undermine personal efficacy and power

» Clearing incongruence via alignment of everyday activities with your highest values, purposes, and beliefs. This is great if you want more mastery and congruence in the way you work, play, or move through the world

What pre requisite learning do your people need to have?

Your people will need to have completed Module 1 of The Workplace Meta Coach Training System (Workplace Coaching Essentials).

Workplace Coaching Genius suggested pre-reading includes:

Meta States 3rd Edition, *Dr. L Michael Hall* and/or;

Users Manual for the Brain Vol. 2, *Bob Bodenhammer and Dr. L Michael Hall*

COACHING GENIUS GRADUATES' TESTIMONIALS

Sarah White, Marketing Manager, Forbes Shire Council (Forbes NSW)

"Over the last 8 months, through the Meta Coach Training System, Jay and Joseph have facilitated my journey towards unleashing my potential as a coach and as a person. Both challenging and confronting, but undoubtedly the best and most life changing experience (of my life). The change in me is indescribable. The possibilities for both the organisation and myself are endless. Thank you!"

Jane Callinan, Corporate Trainer & Coach

"On the path to becoming a coach, it is a great course. Clearly of the highest level in the market. The credibility, validity of the material is really impressive. For anyone with high expectations of themselves and others as coaches/trainers your expectations will be met."

Wendy Freeman, ICMC - Coach & Psychologist

"There are many programmes out there claiming to work miracles, and having tested quite a number, I can honestly say that this course delivers powerful techniques to provide permanent changes within an ethical and respectful framework."

Paige Human, ICMC – Corporate Health Coach

"Mind the Gap! Have you ever wondered WHY? Why you continually do some of the pointless, unhelpful things you do, or, perhaps more importantly, why you don't make your own dreams come true? I used to until I did Coaching Genius and learned where the gap was and how to step past it. I now use the patterns I learned to coach my colleagues to their gaps, with extraordinary results."

Peter Barrett, Consultant & Coach

"The knowledge and skill of the presenters (Joseph and Jay) is awesome. The Meta Coaching methodology really is truly transformational".

Sandra Dacar, ICMC - Internal Coach

"I honestly don't know where I would be without this course. My knowledge and skill levels increased enormously, thus making a massive difference in my confidence as a coach. ...it gave me such incredible skills that I know I am now able to coach at a much deeper and transformational level. For any people out there wishing to be at the pinnacle of the coaching profession, then these trainings are an absolute must."

Rachel Grant, ACMC - NLP & NS Trainer and Meta - Coach

"I learnt a new and awesome way to use language. I gained a mega load of tools and resources to use in my life, work, family and relationships. I have learnt a balanced and more wholesome approach to life. A deep transformation. I feel a higher space of where I am coming from. Thank you for sharing your time, energy and knowledge in a loving, safe and wholesome environment."

TAKE THE NEXT STEP WITH THE COACHING ROOM

The Coaching Room's Workplace Coaching program is the premier method to help bring out and empower your people's capacities to manage, coach and lead their people.

To find out more about this powerful coaching methodology, call us on 1300 858 089 and ask to speak with one of our Managing Partners, or contact us via email at enquiry@thecoachingroom.com.au. We'd welcome the opportunity to speak more with you.