

ARULRAJA'S RAJA NLP

for PERSONAL MASTERY AND TEAM BUILDING

Expected Outcomes

By the end of the training, the Trainees would have:

- ✚ Discovered their unused repertoire of inner resources and learned to put them to use, using powerful dreams and goals, modeling achievers.
- ✚ Set out on the path of Personal Mastery, 'stretching their hearts and minds to limits' through development practices and constant learning.
- ✚ Become aware of their culture that subconsciously guide them, and acquired the tools to transform it.
- ✚ Learned to relate better with members of their family, and to enjoy life more.
- ✚ Enough knowledge and ability to create a life-enabling culture in the family and at work place - A useful asset in a multi-cultural milieu.
- ✚ Communicate their dreams and visions in an enchanting manner with those at home and in the work place!

Additional benefits:

- ✚ Applying the tools/techniques learnt, Trainees will also be able to:
 - ✚ Replace their stress with a self-created creative tension that they could enjoy and use for their further development.
 - ✚ Address tasks and challenges before them squarely, within the limits of time available to them.

PROGRAM DETAILS

Goal:

1. Provide trainees with the tools of cultural transformation, and a strong motivation to establish Personal Mastery at a higher plane of performance and living.
2. Help enhance quality of life, as an individual, in the family and in the Organization.
3. Establish a very solid foundation for Cooperation and Team Work at work place.

Strategy:

1. Lead trainees to perceive and appreciate that the mental programs we acquired and run in our brains – from our society/culture – might be very archaic!
2. Enable them to choose values and behaviour useful to a situation of International Competition, rapid advancements in Communication and Information Technology.
3. Teach NLP tools to help transform their lives by a:
 - a. Constant Process of Self Development and
 - b. Development of skills to work as team.

Activities:

Day 1:

Time Table: [9.00 - 5.00]

| Time | Work | Time | Breaks |
|---------------|--|---------------|-------------|
| 9.00 – 9.50 | Inaugurals/Introductory Session/Pre-test... | | |
| 9.50 – 10.50 | Session 1 | 10.50 – 11.05 | Tea Break |
| 11.05 – 11.55 | Session 2 | 11.55 – 12.05 | Break |
| 12.05 – 1.00 | Session 3 | 1.00 – 2.00 | Lunch Break |
| 2.00 – 2.50 | Session 4 | 2.50 – 3.00 | Break |
| 3.00 – 3.50 | Session 5 | 3.50 – 4.00 | Tea Break |
| 4.00 – 4.40 | Session 6 | | |
| 4.40 – 5.00 | Evaluation of the day: Getting focused for the next day... | | |

Day 2:

Time Table: [9.00 - 5.00]

| Time | Work | Time | Breaks |
|---------------|--|---------------|-------------|
| 9.00 – 9.50 | Session 1 | | |
| 9.50 – 10.50 | Session 2 | 10.50 – 11.05 | Tea Break |
| 11.05 – 11.55 | Session 3 | 11.55 – 12.05 | Break |
| 12.05 – 1.00 | Session 4 | 1.00 – 2.00 | Lunch Break |
| 2.00 – 2.50 | Session 5 | 2.50 – 3.00 | Break |
| 3.00 – 3.50 | Session 6 | 3.50 – 4.00 | Tea Break |
| 4.00 – 5.00 | Session: Evaluation. Post-test. Concluding Ceremony. | | |

SESSION PLAN

DAY ONE

Session 1: Be Alive

By constantly developing, growing and achieving... Understanding ourselves in our cultural context; how brain works: leading us through emotions... Reason vs. Emotion? NLP techniques: 'Sub-modality' – Make big...Make Small; Expand mental maps...

Expected Session Specific Outcomes:

- ✓ Trainees are enthused to strive for higher quality of life...
- ✓ Trainees recognize the real 'cause' of our less than full development equilibrium.
- ✓ Trainees appreciate the fact that we remain victims of our own brain's conditioning, and long to re-program their brains...
- ✓ Trainees introduced to basic NLP tools: sub-modalities: tools for re-programming.

Lesson: Map is not the Territory – Expanding the mental maps is the first step to development.

Session 2: Understanding the human learning process...

Through experience, we learnt to cope with life, using emotions. As babies/kids, we painted a unique picture of the world as a guide map to behaviour. And, these maps are culture specific...

Expected Session Specific Outcomes: Trainees

- ✓ Understand how we guide ourselves by our emotions than intelligence!
- ✓ Understand what the common experiences are between humans – the basis for communication / cooperation / team work...
- ✓ Trainees introduced to management of emotions: subdue unwanted ones and build, enhance good ones... (helps stress control, too...)
- ✓ Examine the landscape of emotions in organizations... What provokes appreciation, what is exciting, what is condemned...!

Session 3: Understanding some specifics of our Culture...

Identifying blind spots: obstacles to recognize and respond to opportunities – value of security, work, dependency, gender etc...

We have abundance of resources – natural & human... Yet, omnipresent poverty... Are obstacles to development in our Organization *related* to this pervasive phenomenon in our country? How do I share in that culture, unconsciously, of course!

Expected Session Specific Outcomes: Trainees

- ✓ Recognize the mental division of values: positive/negative; pure/polluting, good/bad, etc.
- ✓ Are able to evaluate prevailing values.
- ✓ Realize how they share the prevalent values of larger society...
- ✓ Evaluate if there needs be any change and reach some basic consensus!
- ✓ Use NLP to redo history – learning to escape negative impacts of our past...

Session 4:
Aim High:

Not settling where one finds oneself and rising high to realize one's full potential require one to have his/her sight fixed on high goals...the way winners do...

Expected Session Specific Outcomes: Trainees

- ✓ Understand the need for having goals in life...and to constantly shift old goals further away, and to establish new ones as they proceed...
- ✓ Learn the specific aspects of valid goals.
- ✓ Check/Set their own personal goals [NLP lessons on winners' ways]

Session 5:
Draft your Plan of Action:

Decisions are the keys to development... All reflections, dreams, plans must be decisively acted upon. Making decisions to act upon is a crucial step. Discover one's own personal orientation in life, and see what changes are needed, and decide to make them.

Expected Session Specific Outcomes: Trainees

- ✓ Make decisions needed to achieve set goals
- ✓ Elaborate the decision on paper into clear-cut step-by-step fashion action plan.
- ✓ Learn to correct course along the way...Walt Disney Model...[NLP]

Session 6:
Establish Congruence:

Build and maintain a good self-image and an attitude of self-help... Confidence in self alone can help one to confide in others and to build teams...A confident person could admit his/her weakness and get them covered by the strength of other team members, while generously contributing to the team effort out one's strengths...

Expected Session Specific Outcomes: Trainees

- ✓ See themselves in a new light... go forth as winners... with a new identity... using NLP.
- ✓ Learn to lead themselves to a personal congruence, between what they want, say and do.

DAY TWO

Session 1:
Group effort succeeds better:

International business scenario – a challenge to our capacity to cooperate... Overcoming obstacles related to cooperation: value for work; appreciation of others...

Expected Session Specific Outcomes: Trainees

- ✓ Learn the importance of paying attention, appreciation and affection to others
- ✓ Value work as worship and worker as Creator...
- ✓ New Behaviour Generator [NLP]

Session 2: **Master your destiny:**

Representing time in brain... Time Line... Use time well... The way efficient Managers of time do...

Expected Session Specific Outcomes: Trainees

- ✓ Do NLP exercises to check their ways of representing time and changing to more efficient ways if needed.
- ✓ Receive practical tips...To do lists...

Session 3: **Lead the unconscious:**

Becoming aware of self – and the unconscious forces within... Relaxing and giving suggestions to self...Seeing things detached/attached... Systems Thinking...Think in outcomes, getting out of a problem-solving mode.

Expected Session Specific Outcomes: Trainees

- ✓ Brief introduction to principles of Yoga/Zen and what individuals could do with limited time...
- ✓ NLP for relaxing – ten storied building...

Session 4: **We are born in relationship to achieve relationship.**

Enhancing capability to relate: The meaning of communication... Matching, Mirroring, Pacing and Leading – NLP Exercises.

Expected Session Specific Outcomes: Trainees

- ✓ Learn NLP exercises of matching/mirroring/pacing/leading...

Session 5: **Mental Models**

How models mould our thinking process...Identify some popular models...What model you have of yourself, your family, your organizations...

Expected Session Specific Outcomes: Trainees

- ✓ Create models in groups...
- ✓ NLP exercise based on the models created by the group: Milton Model of narrations

Session 6:

Fifty years from now... a hundred years from now... what you want your company to be...The essential difference between humans and animals is that we construct first in imagination whereas animals just mechanically execute preprogrammed behaviours.

Expected Session Specific Outcomes: Trainees

- ✓ **Dream the company that each of you would love his/her grandchildren to work in; the company that they will proudly say that you worked there! The company the country and the world will look up to as a model!!! Share the dreams!!!**