

Neuro-Linguistic Programming Workshop
**Communicating & self-empowering:
EXCELLENCE through NLP**

NLP 身心語言程式學 - 如何活用「NLP」

organized by



**The Hong Kong Society for
Emergency Medicine and Surgery
&
A&E Training Centre,
Ruttonjee & Tang Shiu Kin Hospital**



**Venue : A&E Training Centre, 3/F, Tang Shiu Kin Hospital
282 Queen's Road East, Wanchai, Hong Kong**

Date : 20/3, 27/3, 10/4 & 17/4/2010 (Saturday)

Time : 9:00 am –1:00pm

*by Dr CHAN Kwok Hei
Consultant, A&E PMH
FHKAM (Emergency Medicine)
NLP Trainer*

(A) Background information

What is **NLP** ?

- NLP stands for **N**euro-**L**inguistic **P**rogramming (身心語言程式學)
- Co-created by **Richard Bandler & John Grinder** in 1972 at Santa Cruz, University of California, U.S.A.
- As defined by Richard Bandler

“NLP is an **ATTITUDE** with a **METHODOLOGY** that leaves behind a **Trail of Techniques**”

Attitude : curiosity, experimentation

Methodology : modeling excellence
(the difference that makes the difference)

- It is the study of the structure of human subjective experience
- The art and science of personal and professional excellence
- The user’s manual of the brain (the full mind-conscious and unconscious)

(B) Workshop Objectives

- To apply **well-formed** NLP knowledge, Skill and Attitude for professional and personal excellence In Clinical Practice. - in the area of communicating and self empowering
- To elicit the **Resourceful Alpha (relaxed) physiological State** for effective and optimal work Performance
- To align the **Mind-body congruence** for both personal and professional growth and development

(C) GIST

The workshop consists of total of **4 alternate consecutive Saturdays mornings** (9.00 a.m. – 1:00 p.m.)

- ▶ total 16 training hours (excluding break)
- ▶ focus on experiential learning (K.S.E. – Knowledge, Skill and Experience)

Format : Lecture, demonstration, sharing/discussion and exercises

Class Size : 30 participants – selection based on
(i) heterogeneous composition in specialty / discipline
(ii) commitment to attend all 4 workshops
- for optimal benefits

Participant targets : Health care professionals working In HA

Language : Bilingual

Venue : A&E Training Center (Waichai)

Commencement date : March / April 2010

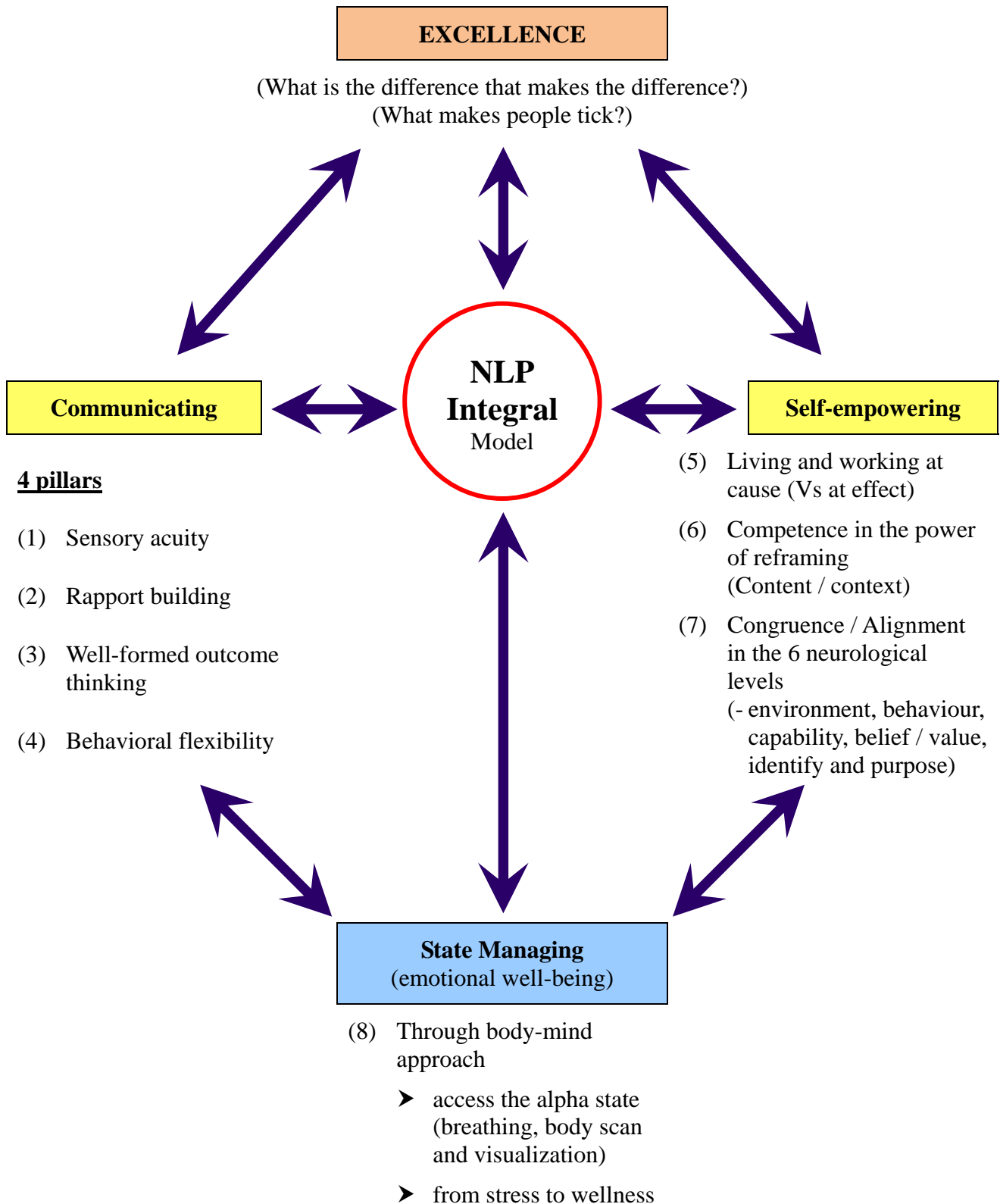
Certificate of attendance : On attending the 4 workshops and completing 2 simple homework assignments

Trainer credential : **Dr CHAN Kwok Hei (陳國禧醫生)**
A&E Consultant, PMH
FHKAM (Emergency Medicine)
Certified NLP Trainer & Consultant,
NLP University (2006), Santa Cruz, California
Licensed Medical NLP Health Practitioner (UK) 2009

Liaison / logistic work : **HKSEMS and HKCEM**



(D) The Road Map in a Nutshell



(E) The lesson plan in brief

- defining and explaining terms
- overview of NLP (historical)
- 2-key presuppositions :
 - ◆ The (Mental) Map is NOT the Territory
 - ◆ Mind and body is one system
(full mind – conscious and unconscious, right and left brain)
- demonstration of progressive muscle relaxation (breathing/body scan) and group exercise (visualization / body scan)
- sensory acuity
 - ◆ Representational system of V.A.K. and A.D.
(visual, auditory, kinesthetic and auditory digital)
 - ◆ NLP eye movement pattern demonstration
 - ◆ The B.A.G.E.L. Model
- Rapport Building
 - ◆ Through words, body language and voice tonality
 - ◆ Match and mirror, pace and lead
- Well-formed outcome thinking
 - ◆ The specifics
- Behavioral flexibility
 - ◆ Awareness
 - ◆ Choice
 - ◆ Resourcefulness
- Congruence / alignment in the SIX neurological levels
- State management in overview – linking theory to practice (mind, body and time)
- Learning to learn, relate and choose
- Summing up and evaluation (feedback and feed forward)

Optional : participant to purchase booklet on “5-Minute NLP – practice positive thinking every day for reference ~ HK\$50± (including postage) - made available in the training workshop

- Note** :
- (1) NLP approach is process-orientated (content free) wide practical application in the fields of business, management, health care, education, sports, coaching/counseling and psychotherapy
 - (2) The trainer had conducted a series of basic NLP workshops in the past 3 years:
For PMH (A&E/EMW and hospital staff and nurse management),
CMC (A&E / EMW) and QMH(A&E),
HK Adventist Hospital (middle level management staff),
Union Hospital (Emergency Medical Center),
Stress Management Workshops for CMC and HA A&E COC,
8 hrs NLP application workshop- stress Mx for the Association of Hong Kong Nursing staff,
Guest speaker in NLP training programme of the New Life Psychiatric Rehabilitation Association,
HAHO KWC -NLP workshops,
Hong Kong medical hypnotherapy- NLP workshop

Resources

(1) Websites : www.nlpu.com

www.medicalnlp.com

(2) References selection:

- i. Magic in Practice – Introducing Medical NLP, the art & science of language in healing and health - *by Garner Thomson*
- ii. 7 steps to emotional intelligence - *by Patrick E. Merlevede*
- iii. Consulting with NLP – NLP in the medical consultation - *by Lewis Walka*
- iv. NLP and Coaching for Healthcare Professionals – developing expert practice - *by Suzanne Fenwood*
- v. NLP – the New Technology of Achievement - *by Steve Andreas & Charles Faulkes*
- vi. The NLP Coach - *by Ian McDemontt & Wendy Tago*
- vii. NLP in 21 days - *by Harry alder & Beryl Heather*
- viii. NLP – 幫助人生變得更成功快樂的學問 - *李中瑩*
- ix. Unleash your inner power with NLP – 尋找內心的寶藏 - *賴柏諭*