

Neuro-Linguistic Programming Workshop Level 1  
**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**

**Dates : 3/7, 10/7 & 24/7/2010 (Saturday)**

**Time : 9:00 am – 6:00pm**

*by Dr CHAN Kwok Hei  
Consultant, A&E PMH  
FHKAM(Emergency medicine)  
licensed 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 **3 Days SAT workshops**

- ▶ total 24 training hours (including breaks)
- ▶ focus on Didactic & 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 workshops  
- for optimal benefits

**Participant targets** : Health care professionals working In HA

**Language** : Bilingual( English & Cantonese )

**Venue** : A&E Training Center (Waichai)

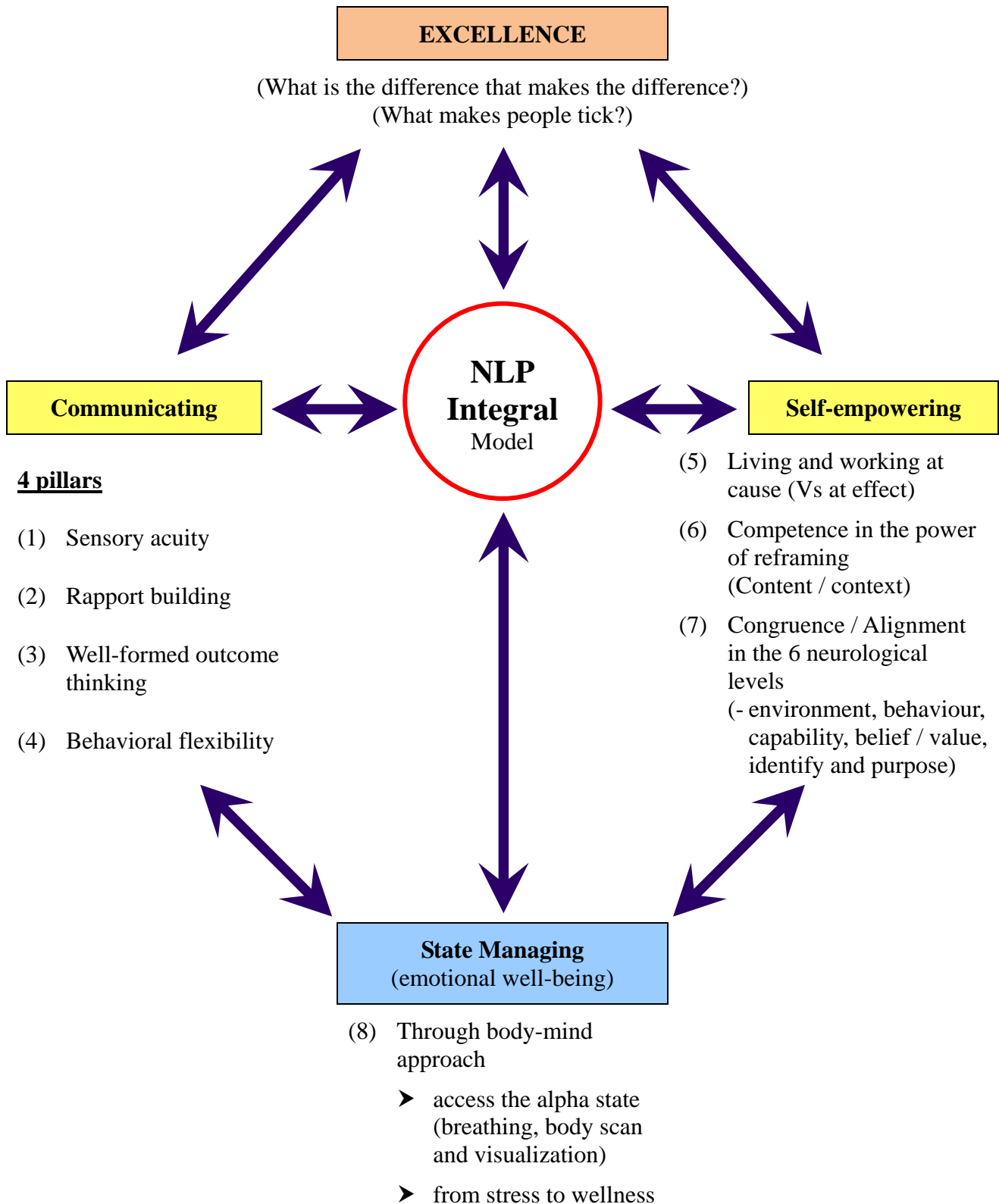
**Certificate of attendance** : On attending 3 workshops ( 80%)  
and completing 2 simple homework assignments

**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**  
**Licensed NLP Trainer –Society OF NLPTM-Richard**  
**Bandler**  
**Licensed NS-NLP Trainer –ISNS ( International Society**  
**of Neuro-Semantics ( June 2010)**

**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 Association- NLP workshop

## Resources

(1) Websites : [www.nlpu.com](http://www.nlpu.com)

[www.medicalnlp.com](http://www.medicalnlp.com)

[www.neurosemantics.com](http://www.neurosemantics.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*