



Class Act 2

Master Level Course

INSPIRED

BY:

EDIT RODAS-CARROLL

“It is unworthy of the human soul to be content with mediocrity.”

M. Morya



Class Act 2

Objective

Class Act 2's focus is the practical implementation of MetaPrograms and Metaphors into coaching, teaching and business.

History of Coaching

- Overview
 - Types
 - Integral
 - NLP
 - Positive Psychology
 - Behavioral
 - Ontological
- Elicitation of Criteria
- Basic Coaching and Ecology Questions
- Logical Levels (Dilts & Bateson)
 - Annette's Ladder
 - Annette's Wheel
 - Virginia Satir and Parts
 - Working with parts that object

Building a Coaching Business

- A few of the many questions addressed:
 - Do I really want to be a coach?
 - What do I want out of my coaching business?
 - What might be holding me back?
 - Who is are my clients?
 - What are their wants and needs?
 - What is my product? (Training, Book, You Tube, etc.)
 - Will I work on my own or with another company?
- Preparation of Coach
 - Before, during and after meeting



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Cont'd.

Building a Coaching Business (Cont'd.)

- Parts of a business
 - Self-Mastery
 - Continued Education
 - Customer Service
 - Marketing
 - Finance
 - Compliance
 - Administration
 - Human Resources

- Practical Application
 - Annette's Wheel
 - Annette's Ladder
 - Virginia Satir and Parts
 - Plan Implementation: Guest lecturer: Sanjeev Saraf Ph.D.

MetaPrograms

- | | |
|-------------------------|----------------------------------|
| • Away / Toward | Proactive / Reactive |
| • Internal / External | No Team / Team + Self / Team |
| • Sameness / Difference | Convincing |
| • Specific / Global | Sorts |
| • Procedures / Options | Representational systems (V A K) |

Metaphors

- Theory
 - Joseph Campbell

- Practical Implementation
 - Charles Faulkner
 - Metaphors of Identity



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Cont'd.

Metaphors (Cont'd.)

- Practical Implementation (Cont'd.)
 - Mary Shannon Campbell
 - The Well Formed Story (Creating Stories for NLP Processes)
 - Conflict Integration
 - Six Step Reframe
 - Visual Swish
 - Change Personal History
 - Mapping Across With Submodalities
 - Phobia / Trauma Process

Putting It All Together

- Implementing for clients, family, friends, etc.
- Coaching real issues for classmates concerning:
 - Family
 - Health
 - Career
 - Self-Development
 - Finances

Other NLP Skills

- Meta Model
- Milton Model
- Rapport (Lead, Pace, etc.)
- Acuity and Calibration
- Ten Assumptions of Excellent Communicators



Class Act 2

Cont'd.

Required Reading

- Figuring Out People (Hall and Bodenhamer)
- How Coaching Works (O'Conner and Langes)
- Introduction to NLP (O'Conner and Seymour)
- Millionaire Messenger (Burchard)
- The Well Formed Story (Mary Shannon Campbell)
- Words that Change Minds (Rose-Charvet)

Recommended Reading / Viewing

- MetaPrograms (Woodsmall)
- Metaphors of Identity (Faulkner)
- Mythos I and II (Campbell): DVD
- Myths to Live By (Campbell)
- Sleights of Mouth (Dilts)
- The Hero With A Thousand Faces (Campbell)
- The Power of Myth (Campbell): DVD
- The Satir Model (Satir et. al.)



Class Act 2

Cont'd.

28 days / 130 hours of live classroom instruction

August 22 - 23	(Mon. - Tues.)	9:30 a.m. – 12:30 p.m.
August 30	(Tues.)	9:30 a.m. – 1:30 p.m.
Sept. 5	Off: Holiday	
Sept. 6	(Tues.)	9:30 a.m. – 1:30 p.m.
Sept. 12 - 13	(Mon. - Tues.)	9:15 a.m. – 2:15 p.m.
Sept. 19 - 20	(Mon. - Tues.)	9:15 a.m. – 2:15 p.m.
Sept. 26 - 27	(Mon. - Tues.)	9:15 a.m. – 2:15 p.m.
Oct. 3 - 4	(Mon. - Tues.)	9:15 a.m. – 2:15 p.m.
Oct. 11	(Tues.)	9:15 a.m. – 2:15 p.m.
Oct. 17 - 18	(Mon. - Tues.)	9:15 a.m. – 2:15 p.m.
Oct. 24 - 25	(Mon. - Tues.)	9:15 a.m. – 2:15 p.m.
Oct. 31 – Nov. 1	(Mon. - Tues.)	9:15 a.m. – 2:15 p.m.
Nov. 7 - 8	(Mon. - Tues.)	9:15 a.m. – 2:15 p.m.
Nov. 14 - 15	(Mon. - Tues.)	9:15 a.m. – 2:15 p.m.
Nov. 29	(Tues.)	9:15 a.m. – 2:15 p.m.
Dec. 5	(Mon.)	9:15 a.m. – 12:15 p.m.
Dec. 6	(Tues.)	9:15 a.m. – 2:15 p.m.
Dec. 12	(Mon.)	9:15 a.m. – 2:15 p.m.
Dec. 13	(Tues.)	9:15 a.m. – 12:15 p.m.