

Wellness in the Workplace

Developing comfortable communication
with yourself and others

Trainer: John Tozeland



Trance-Action Consultants

134 Wallingford Crescent

Winnipeg, MB. R3P 1L4

Canada

(204) 229-5734 (204) 488-2535

tozeland@trance-action.com

www.trance-action.com

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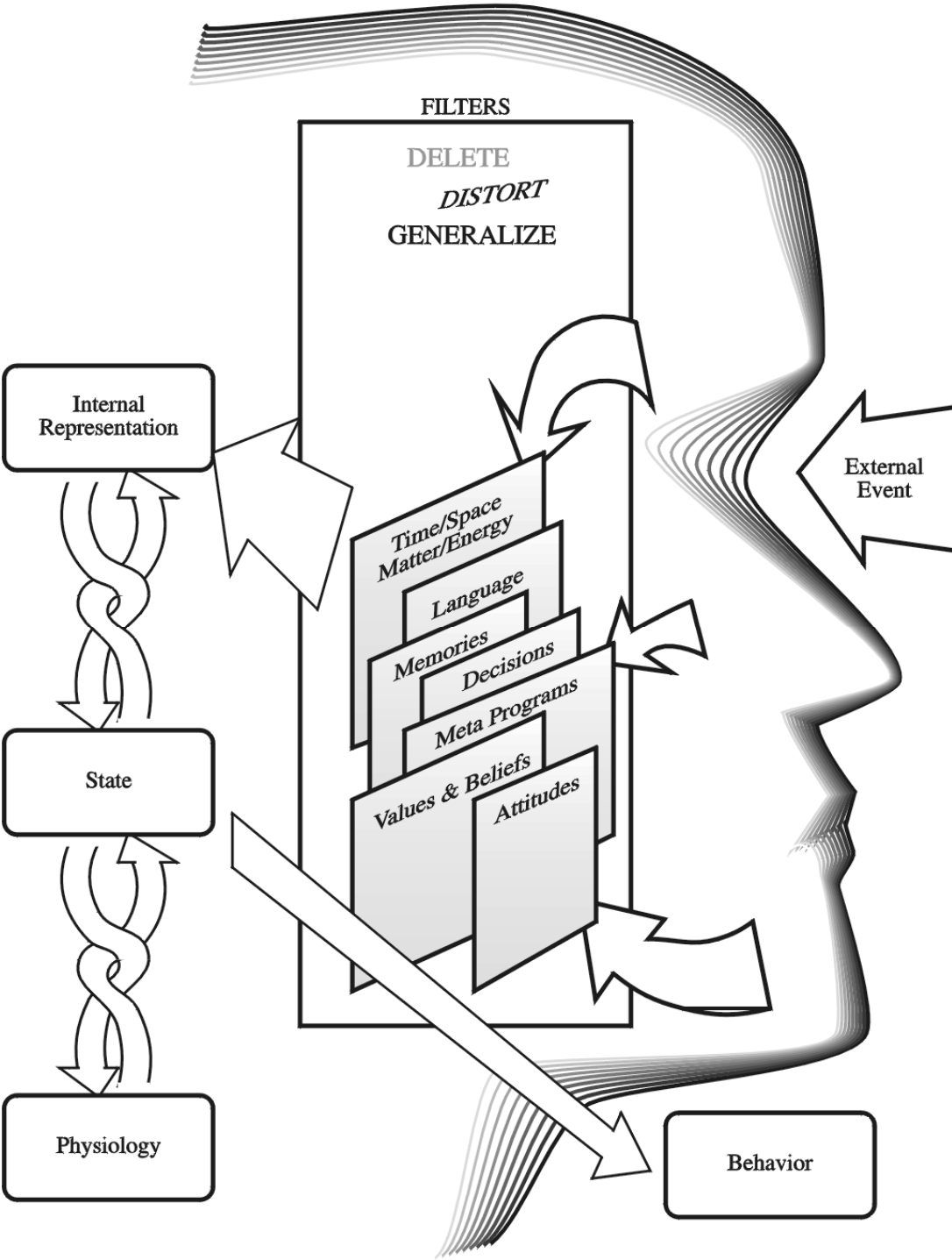
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NLP COMMUNICATION MODEL



The Presuppositions of NLP

(Useful Beliefs for Effective Communication)

1. Respect for the other person's model of the world!
2. The meaning of your communication is the response you get.
3. The most important information about a person is that person's behaviour.
4. Behaviour is geared for adaptation, and present behaviour is the best choice available.
5. A person's behaviour is not who they are.
(accept the person, change the behaviour)
6. People have all the ability they need to succeed/change their behavior.
(There are no unresourceful people, only unresourceful states)
7. I am in charge of my mind, and therefore my results.
8. The system (person) with the most flexibility of behaviour will control the system.
9. There is no failure, only feedback.
10. Resistance is a sign of lack of rapport.
There are no resistant people, only inflexible communicators.



5 Principles for Success

1. **Know your outcome.**
2. **Take action.**
3. **Have sensory acuity.**
4. **Have behavioral flexibility.**
5. **Operate from a physiology and psychology of excellence.**



Swish Pattern

- Step 1: **Identify the negative state.**
- Step 2: **Identify the trigger picture (associated).** What triggers the negative state. What you actually see.
- Step 3: **Create the outcome picture (dissociated).** Having the resources that you would like to have when confronted with the external trigger.
- Step 4: **Swish.** The trigger picture takes up the entire inner screen, and is big and bright. The outcome picture is small and in the bottom left hand corner. Have the trigger picture get dim and small as the outcome picture grows and gets bright, quickly taking over the entire inner screen.
- Step 5: **Blank out the entire screen.** Open eyes, or look away.
- Step 6: **Repeat steps 4 & 5, five to seven times.**
- Step 7: **Test.** “Now picture that first image what happens?” If the emotional impact is the same, then repeat process establishing more compelling outcome, or clearer trigger.



The Agreement Frame

To dissolve conflict, melt resistance and attain agreement the natural way, it is important to maintain an aspect of agreement and mutual respect. In response to potential resistance, never use the words "BUT" or "UNDERSTAND".

USE:

I appreciate, and.....

I respect, and.....

I agree, and.....



Ho'ō Pono Pono

(Clearing Resentments and Process of Forgiveness)

1. Imagine a stage in front of you and bring the person onto the stage who you hold resentment towards, or who may hold resentment towards you.
2. *Ask them . . .*

Are you willing to totally support me in standing in my own light, in being the magnificent person that I am? They may say yes or no, or say yes and mean no. Regardless of what they say, imagine an infinite source of healing, loving light to be entering through the top of your head and filling your body. Send the light from your heart area down to the person on the stage clearing out any negativity that has tied them to you or you to them, completing any unfinished business, passing any messages that need to be passed between you.
3. Now that the clearing is complete, imagine that person to start to turn into light and once they are completely light, imagine them to rise up, and float right up into the Great Central Sun of the Universe, dissolving into, and becoming one with the sun. And as they enter the Light, imagine that they become one with the Light, returning back to spirit. And when that is complete, just let me know.
4. Now imagine the Great Central Sun to shrink down in size and enter into your heart, bringing total balance and harmony in respect to that person.
5. Put an image of yourself on stage and ask yourself, “Are you willing to totally support yourself in standing in your own light, in being the magnificent person that you are?” Then heal your relationship with yourself, clearing any resentment or unforgiveness, sending yourself the Light and bringing balance and harmony within yourself.



The Meditation Process

It is best to meditate regularly and on an empty stomach for 20 minutes

1. Chose a single word that you would like to create in your life like Peace, Love, Joy etc.
2. Sit comfortably in a quiet space and repeat the word silently. Stay with the word, if your mind wanders, just return to the word

