

THE JOURNEY TO MASTERY

**A TRANSFORMATIVE
8 DAY NLP BASED PROGRAMME**



AWAKENING - PART 1 OF THE JOURNEY TO MASTERY

AN OVERVIEW

In 2002, Meta began a series of NLP programmes, called the Journey to Mastery. We wanted to offer people the opportunity to learn NLP in a different way:

- jargon free
- related back to where it originated (people's own wisdom and ability to be excellent)
- used with integrity
- taken from the teachings of John Grinder (co-founder of NLP)
- directly applied to and relevant to your everyday life and work-life

This is NLP for the 21st century, an intuitive programme designed to help you uncover your own excellence and tap into your own unlimited potential. It is absolutely designed with the busy and fast paced nature of the workplace right now in mind. It will give you many tools that will be useful not only in your own life but in your work-life too. This is a programme designed to enable you not only to have the life you want but also to give you ways of making your working life work for you too.

WHAT IS NLP?

NLP stands for Neuro Linguistic Programming. It was created by John Grinder and Richard Bandler in the mid-seventies. Don't be put off by the technical title - all it really means is that NLP explores with you the way you can use your language, physical body and mind to improve your own resource state so that you have tools to help you to be on form whenever you choose to.

NLP is the study of excellence. It explores techniques used by those considered excellent in their respective fields and translates them into a useable set of tools that help awaken the inherent wisdom and excellence within you.

AWAKENING - PART ONE OF THE JOURNEY TO MASTERY

Awakening is the first part of the Journey To Mastery. Its purpose is to reawaken your own inherent wisdom by utilising NLP techniques that can help you transform your life both in the workplace and at home.

It consists of a series of 8 one-day modules that will challenge, stretch and inspire you to take yourself to a higher level of learning, to your own level of excellence. There are 4 coaching sessions included in the cost of Awakening. These coaching sessions are your opportunity to personalise your learning to apply it at work and home, and get support from your Meta Coach for the duration of the programme and beyond.

WHY COME ON AWAKENING?

- You are at a point where you want to reach your full potential both at work and home. You have been on all the regular courses, now you want something to challenge and stretch you, to a new level of learning.
- You are someone who believes that excellence is something that can be achieved.
- You want to put more of the spark back into your life both at work and at home.



- You enjoy a challenge and are not afraid to push yourself to a higher level of learning
- You are a person of integrity who may have shied away from NLP because it seems to manipulate, or appears to be used/sold in the wrong way, with the wrong intention.

WHAT WILL YOU GAIN FROM THE AWAKENING PROGRAMME?

- A different way of thinking about work and life
- Ways of accessing your own inherent wisdom
- Learning that can be used not only in the workplace but also at home and in your personal life
- NLP without all the jargon or pretentiousness
- NLP tools that are really practical and easy to use
- Techniques that you can use not only for yourself but with your team, your peers and for the growth of your organisation
- Practical ways of making a real difference in the way you work
- Practical ways of tapping into your own potential and that of others
- One to one coaching to translate what you have learnt on the course into something that you can use back in the workplace and in your everyday life
- Support and development by leaders in their field

And more specifically:

- A grasp of what excellence really means and techniques to wake up your own excellence
- Improved self-management skills
- Practical ways of finding different and powerful solutions to even the most difficult problems
- Tools to help you to fulfil your dreams, personal and professional
- A tool-kit of techniques to inspire, motivate and influence your team, peers and managers
- An understanding of how your brain works and how to use it to its fullest
- Enhanced awareness and perceptiveness in your relationships with others
- New approaches to the way in which you interact with others
- Ways of identifying and dealing with stress
- A whole host of communication tools to improve your communication skills
- An understanding of different thinking skills and ability to apply them in life and work settings
- Excellent influencing with integrity

PROGRAMME OUTLINE

The programme will last for 8 days consisting of 6x1 day monthly workshops with a final 2-day session.

The programme is designed to take a holistic and down-to-earth approach to the techniques of NLP, and is cumulative in growing your awareness and practice. It doesn't have a set timetable for each day, as it is continually adjusted to suit the needs of the particular group, and ensure that both their outcomes and their interests are met. However, there is an overall pattern to the programme, as listed below.

INTRODUCTION

Introduction to NLP, its history and its principles
Looking at outcomes desired from the programme
Establishing the group

STAGE ONE - SELF-MASTERY

Getting to understand how your mind, body, language and spirit work together and how to ensure you use them well.
Recognising the part your beliefs play in how you are and ways of enhancing their usefulness for you
Taking control of your own destiny
Enabling you to change habits and behaviours
Confirming and enhancing your strengths
Going past obstacles

STAGE TWO - WORKING WITH OTHERS

The world of others and how you find out about it
Enhancing your perceptiveness of what is really going on
Establishing rapport with others
The principles of excellent communication
Influencing with integrity
Helping others to achieve their dreams/aspirations
Being inspirational with others

STAGE THREE - THE STUFF OF MAGIC

Tapping into your intuitive wisdom
Finding the magic in the everyday
Turning obstacles into gifts
Accessing the power within you to make a positive difference to all you do
The use of ritual as a way of getting past obstacles and creating your future

INTEGRATED COACHING

Our experience of NLP programmes is that people pick up a lot of good ideas and intentions, learn a lot about themselves and have a good time. When they return to work, however, they struggle with applying what they have learnt and quickly fall back to what is comfortable and then get back to “proper work”.

As well as being wasteful for the individual and the company, it can often lead to a “tried that, didn’t work!” mentality and the continued search to find the elusive “silver bullet”.

Within our programmes, we encourage people to apply what they have learnt into the work situation, and also into their own personal lives, but we realise it can still be hard making the connections. We also know that when we experiment with new things, we often need the support and reinforcement from someone whom we can trust and who will not judge us.



For these reasons we consider one-to-one coaching an integral part of the learning process and a way of supporting programme attendees with one-to-one learning that can be applied successfully back in the workplace.

We do this by assigning you a Meta coach during the programme, who will work with you to ensure your programme outcomes are achieved and integrated with your business and personal outcomes. This will help you to get your learning “into the muscle”, so that you are applying new tools in a way that becomes second nature and your improvement is sustained.

JOURNEY TO MASTERY - 2019 RATES

We have revised our rates for Journey to Mastery this year so that they are more in keeping with the tighter budgets that we all have now:

CORPORATE RATE: £2995+VAT - if your organisation is funding you
PERSONAL RATE: £1595 +VAT - if you are funding personally

CORPORATE EARLY BIRD DISCOUNT

Book by November 15th to get a 15% discount off the corporate rate

A LITTLE NOTE ON COSTS - OUR HONESTY PAY SYSTEM

We do Journey to Mastery because we want to make a difference in people’s lives. That’s why when it comes to costs, we have our ‘honesty pay system’.

Above are quoted the normal rates for the programme, £2995+VAT if you are being funded by your organisation and £1595+VAT if you are paying personally. If however you (or your organisation) cannot afford this then our ‘honesty pay system’ kicks in. The ‘honesty pay system’ basically means that you pay what you are able to pay. We also are happy to be paid in instalments, or to reduce the amount of coaching you get, anything that makes it easier for you to come. The reason we do this is because we do not want to have anyone turned away because of financial constraints they may be facing at that time, and we want Journey to Mastery to be open to all. So if you find the rates a little high for you, please get in touch with Jo to see what we can do for you.

PROGRAMME LEADERS

Jo Clarkson will lead all the sessions

LOCATION

The programme will be held at the Cheltenham Chase hotel:
<http://www.qhotels.co.uk/our-locations/the-cheltenham-chase-hotel/?gclid=CJ6W7ceg2L0CFWbLtAodGGEA4w>

DATES:

The Journey to Mastery 2019 will be starting in March 2019 dates TBC

TO APPLY

If you have any questions or queries, we would be happy to talk further with you about the details of the programme. Just give us a call!

CALL JO ON : 07976 262 352 OR EMAIL: jo@metapositive.com

APPENDIX - WHAT PEOPLE SAY ABOUT AWAKENING

Every person that has attended Awakening has had some kind of revelation whether it be at a personal or professional level. Here are what just a few of the past attendees have said:



A course for anyone who's tired of the usual personal development offerings. A really transformational programme with a very different approach. It has given me many tools and resources to use in my work and my life, and the confidence to use them. It's also a great opportunity to grow and learn alongside people from different backgrounds and work sectors. – Helen Corlett Programme Manager – Friends Life



Prior to embarking on the Journey, I was very sceptical as to what I would achieve from the programme. I even suggested that perhaps it would be better if I did not attend.

The first day showed me how wrong my initial thoughts had been.

I have learnt so much as I have been on the Journey. Some of it I use frequently, other not as frequently but I have a large tool kit of techniques that I know I can use should I need to. They are there to be used when required.

The Journey has left me enlightened, more aware of the everyday happenings that occur in our busy lives, and most importantly a better person.

This is a very rewarding and powerful experience.

Graham Ramsey

EVO Risk Manager
Vodafone Group



A profound course and transformatory experience! This programme gives you the opportunity to develop in areas you never thought you could. I would highly recommend this course to anyone it really is amazing.

Lisa Maxfield
Services Development Manager
Sandwell Primary Healthcare Trust

meta^o



Transforming Goals into Results

A splendid and thought-provoking programme. Many useful ideas and methods that I am routinely using in my personal and business life. Thoroughly recommended!

Jan Gillett – Chairman
PMI Ltd.



The NLP techniques I have now added to my personal toolbox as a result of the Journey to Mastery programme have made a real difference to the way I deal with challenging situations in both my work and home life. I feel so much more positive, focussed and ready for anything.

During the experience I made a 230 mile round trip each time, by the second week I looked forward to that drive as if I was going meet my best friend and I never had a bad journey home - Thank you to both Meta and the group for reminding me just what I can achieve.

Paul Carpenter - Group Facilities Manager - McLaren Group



For me the journey has just begun. I learned some new things, and remembered a lot more that I had forgotten or had been taught out of, and I want to get really good at being the best me that I can be. Go on this course!! - it is a real treat.

PS - Don't be put off because it is in Worcester and its one day a month. I was a bit worried about this before I did the course as I was travelling up from Brighton. In the event it became a benefit as it forced me to create some personal space and allowed me to escape once a month.

LIZ DITCHBURN
TECHNOLOGIES DIRECTOR - AMERICAN EXPRESS



JtoM has shown me that the simple things in life are the most powerful. I've found the programme has reminded me of things that I know when I am on form, but forget when off form, enabling me to yield high rewards and returns from these ever present yet previously under utilised tools and skills.

Peter Friskney - Project Manager - Skandia



The experience (and it is an experience!) of Journey to Mastery was incredible. Not only did I gain a whole toolkit of skills and techniques for getting the most out of everything I do, but it also gave me a great opportunity to watch others develop and change in a way I have never witnessed experienced before. Of all the course I have ever been on, this course has given me the most.

Maureen Bradley - Director of Care and Support
Accord Housing Group



I have found Journey to Mastery – Awakening enlightening, challenging and deeply rewarding. I look forward to using the many techniques I've learnt in my everyday work and life. I believe that this course has enhanced my intention and interaction with others, and I believe that everyone will notice the difference in me.

Richard Quallington
Chief Executive
Community First



I was recommended to Jo, Meta and the Journey to Mastery when my work life was at a low ebb, despite having successfully delivered difficult projects. Working with Meta has awakened my latent skills, allowing me to be at my best in difficult situations. The result is that my organisation is now accessing my skills, knowledge and experience- to the advantage of all. There were times during the course that I had to put my logical, engineers brain to one side but the result has been access to my intuition and problem solving sub-conscious and a whole set of tools that mean nothing is now beyond my reach. This has been the most valuable development course I have ever taken part in. Awesome - Cheryl Hutchings MSc., C.Eng.. Senior Project Manger

The Journey to Mastery

...are you ready for a life-changing journey?

www.meta-org.com