

# **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 21<sup>st</sup> 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 in both your own life and in your work-life too. This is a programme designed to enable you to have the life you want and also to give you ways of making your working life work for you too - it is a unique personal and professional development programme that is truly transformational.

### 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 scientific 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 can help you to awaken & access the inherent wisdom and excellence within you. In today's busy world now more than ever we need to be on our best form more of the time, that's why NLP is more relevant than ever.

### WHAT IS AWAKENING?

Awakening is the first part of the Journey To Mastery. It consists of a series of eight one-day modules over seven months, which will challenge, stretch and inspire you to take yourself to a higher level of learning, and help you find your own inner excellence.

Awakening will take you on a cumulative journey of development that will help you to uncover the secrets of your own excellence, and give you the tools to access and use when you need them most - even on your off days - so you can be on your best form more often. This programme is not just a personal journey, it is an incredibly effective professional development programme, exploring over 70 tools that would make even the most advanced leadership development programme pale in comparison. This is not a theoretical NLP course, this is a practical and experiential programme, that helps you to put the learning into practice in the real world.

There are four one-to-one 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 both in the workplace and 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 both for yourself and with your team, your peers, and for the growth of your organization;
- Practical ways of making a real difference in the way you work;
- Practical ways of tapping into your own potential and that of others;
- Tools for working smarter to enable you to be more effective and efficient in your working life;
- 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 to get the best outcomes;
- 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;
- Smarter working tools and techniques that will enable you to maximise your work performance.

## PROGRAMME OUTLINE

The programme is designed to maximise your learning. It is just one day a month for six months and then a final two-day workshop to complete the Journey. Each day is highly participative and experiential, timetabled in a manner that allows for each of the tools to be fully explored and experienced, and the learning to be taken on board fully by participants. The purpose of the gap between sessions is so that each day's considerable content can be put into practice between sessions. This approach is what we call getting the learning 'into the muscle', so that the changes stay with you not just for the duration of the programme but for the rest of your life.

The Awakening Programme covers a wealth of content. Over the course of the programme you will be exposed to over 70 different tools for excellence. The content has been revised and refined every year to reflect the current needs of those that attend. For example we have added content in recent years to specifically address the high levels of stress that people are facing, and some smarter working tools and techniques to help address the rising pressures and demands of our busy workplaces.

The programme can be broken down into the following sections:

## 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**

During the programme you will be assigned a Meta coach and have four x one-to-one sessions where you will be able to apply the learning from the programme directly to your personal home and work life issues. The Meta coaches are top executive coaches who have worked at the very highest levels within top organisations. Between them they have over 45 years' experience of coaching top executives. All Meta coaches are NLP practitioners of many years and have directly applied the tools from the programme into their own lives and working practices.

### **JOURNEY TO MASTERY - 2020 RATES**

We have actually reduced our rates for Journey to Mastery this year, so they are more in keeping with the tighter budgets we all have today:

**CORPORATE RATE: £2995+VAT** - if your organisation is funding you

**PERSONAL RATE: £1695 +VAT** - if you are funding personally

**CORPORATE EARLY BIRD DISCOUNT** - Book by October 1st to get a 10% 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 £1695+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 sessions 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 LEADER** - Jo Clarkson CEO of Meta will lead all the sessions

**LOCATION** - The programme will be held at the Cheltenham Chase Hotel, just off J11A of the M5 in the heart of the Cotswolds: <https://www.thecheltenhamchase.co.uk/>

**PROVISIONAL DATES FOR JTOMA2020** - *Journey to Mastery Awakening 2020 will start in February 2020 dates to be confirmed.*

**TO APPLY** - If you have any questions or queries, we would be happy to talk further with you about the details of the programme. We understand this is a big commitment and we want you to have the opportunity to make sure it's right for you, so if you're curious and want to know more, please give us a call - we promise we don't bite!

**CALL JO ON : 07976 262 352 OR EMAIL: [jo@metapositive.com](mailto:jo@metapositive.com)**

## TESTIMONIALS - WHAT PEOPLE SAY ABOUT JOURNEY TO MASTERY AWAKENING

Every person who has attended Awakening has had some kind of revelation, whether it be at a personal or professional level. Here are just a few comments from past attendees.

極度乾燥(しなさい)  
**Superdry**®

“The Awakening programme has equipped me with the leadership tools to deal with the ever changing and demanding nature of my work. I have grown as a person and as a leader during this programme and have a new found confidence in my own abilities and leadership judgements. I have been inspired to use what I have learned from Meta in my everyday work and personal life to the benefit of my organisation, my peers, family and friends.” *Layla Bensiali, PMO Manager, Superdry.*

“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, Senior Business Architect Manager, Aviva.*



**NHS**  
*Sandwell and West Birmingham  
Clinical Commissioning Group*

“What a Journey! I can feel the power and the influence it has had on me. I am able to identify my own excellence and use it to enhance my own leadership. I am able to think more clearly, bring more energy into my work and make better decisions. I now lead and influence with more purpose, this feels like this is just the beginning of my journey.” *Alice McGee, Director of HR & OD, Sandwell & West Birmingham CCG.*

“Prior to embarking on the Journey, I was very skeptical as to what I would achieve from the programme. 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.*



**PMI**  
*Transforming Goals into Results*  
Process Management International

“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.*

# meta

“JtoM Awakening has been the most thought-provoking training programme I have ever attended. Apart from being a forum for meeting lots of great people it has raised my self perception and boosted my confidence. I left each session feeling energised and very positive, I shall miss my Fridays in Worcester.” *Anne O’Connor, Head of Business Analysis, Virgin Mobile.*



“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, Go on this course!! It is a real treat! P.S. Don't be put off because it is in Cheltenham and it's 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 reflection time.” *Liz Ditchburn, Technologies Director, American Express.*

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“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. This has been the most valuable development course I have ever taken part in. Awesome!” *Cheryl Hutchings MSc., C.Eng. Senior Project Manager.*



*Cheryl Hutchings MSc., C.Eng. Senior Project Manager.*



“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 courses I have ever been on, this course has given me the most.” *Maureen Bradley, Director of Care and Support, Accord Housing Group.*



**Community First**  
*Building better communities*

“I have found Journey to Mastery - Awakening enlightening, challenging and at times 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.*

# The Journey to Mastery

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

[www•meta-org•com](http://www.meta-org.com)