

# The Northern School of NLP



# HAPPY CHRISTMAS!!

with as much Yo ho ho as you can handle

**Derek and I hope this has been a fruitful and productive year for you - despite all the credit crunching and sub priming. For ourselves, we delight in the continued discovery our learners make about themselves, the uniqueness of others, the impact of NLP in the world at large.**

We welcomed another 40 practitioner learners to Station House, certificated nearly 30 Master Practitioners, saw the completion of the ground breaking NLPt Psychotherapy Diploma, and pushed back the frontiers of knowledge with a new band of NLP Trainers.

Many, many thanks go Lou and Dawn who have been the mainstay of the successful Practice Group. They are hanging up their registration pens at the end of the year, so anyone who is interested in taking over the baton, let us know.

We hosted Lara Ewing, Robert Dilts, David Gordon, Bill O'Hanlon, Steve Gilligan, Shelle Rose Charvet and of course our long time supporters James Lawley and Penny Tompkins. What a role call! And what a lot of learning.

And for myself, I was pleased to have attained UKCP registration as an accredited NLPt Psychotherapist.

And all of this made possible by the back room work of Dawn who graduated to running herself instead of us, and Derek's love of Apple IT wizardry.

And there's more to come next year. Read on to find out the plans we have for our 10th Anniversary Celebrations, our Explorer's Club, and some offers which could be of interest...

Have a great time and hope to see you in 2009. Make the most of the next 12 months ahead - use your talents to deliver you nearer to your intended purpose.

*PS I've been meaning to apologise to those who received emails off me with luscious lips attached! Something went wrong with my settings!. We're back to the labyrinth once more..*

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# SCHOOL NEWS

## What's been happening with you?

★ **Zannie Barrett and Martin Snoddon** are tying the knot next year. Hurrah! We wish them both well and raise our glass to them. Looking forward to the piccies.

★ **Malcolm Green:** It is with great sadness to report that Malcolm died last month, after putting up a good and active resistance to his cancer. He will be remembered for his enormous sense of humour and his total inability to sit on a chair properly.



★ **Ruth Hibbert:** her NLP path has now taken her to studying Professional Shamanic Practitioner Training with Simon Buxton, Sacred Trust. "The learning and growth is phenomenal, the time is right and I thank you both for the inspiration."

★ **Karen Eastham:** travelled to the mid west of USofA to meet a sort of 'horse whisperer' (she'll kill me for calling him that!) before going off to Hawaii for the Iron Man triathlon - to spectate, not participate.

★ **Steve Poulson:** I'm still working in the High School and have been accepted on a Masters Degree course in Education at Chester University, which school are part funding for me. A whole new career looms, haven't decided exactly what I'll do with it yet but there are exciting times ahead. Who said there was no life after Shell eh?



★ Seen at the Conference: **Masha Bennett, Krista Powell Edwards, Em Coste, Rob Greaves, Lou Squires,**

**Carole Clements, Greta Irving, Patrick Baron.**

★ **Richard Green:** has left Yorkshire for far flung climes. "I've been in Bahrain for the last 6 years where I've been working in the telecommunications industry." Doesn't seem that long ago!

★ **Pauline, Malcolm and Kade Walker:**

We are delighted that Kade is now fully adopted into the Walker family. Pauline is wondering what she did with the time she used to have. We wish them lots of happiness



★ **Fe Robinson/Foreman:** and her man Michael have just come back from their sunny honeymoon full of the joys of marital bliss. Permanent smiles can be catching.



★ **Sharon Jones:** is going from strength to strength with her Mindslim business. Check out her website and spread the word. [www.mind-slim.co.uk](http://www.mind-slim.co.uk)

★ and finally here's our **Lou Squires** along with her team, walking off with the prestigious the **Category Best Employer** in the **Great North Care Awards**, showing them all how it can be done. Congratulations to all of you - and doesn't she scrub up well?!



# WORKSHOP NEWS

## Shelle Rose Charvet

We had a great time with Shelle, vastly entertaining and was great, yet again, to learn directly from the developer. I loved these little formulae:

### When Stuck:

- ★ 3 x Away From, 1 x Towards, 2 x AF

### Bad News

- ★ [Bad news] BUT [Good News] AND [Good News] AND [Good News]

### Feedback

- ★ Suggestion for improved behaviour + 1 x AF + 1 T + 1 +ve statement about the person.



## ♪♪ Summertime with Shelle in Germany ♪♪

Eat your heart out Mel Brooks. If you want to be serious about tailoring your language to perfectly match another, then this is the workshop for you. You will be pitch perfect by the end of it.

If you book from us, you will earn \$100 discount and an additional \$300 early bird discount if you book before the end of January 2009. Use this link to sign up: [Click Here](#)

Well worth the investment.

## Psych Dip Success!

At the time of going to press, we now have four successful Psych Dippers who have gained full Diploma Certification. Given the amount of work involved clamorous congratulations are due to **Andrew Pickles**, **Dawn Haworth** and **Zannie Barrett** who join the rank(s) of **Karen Eastham**, with more to follow.

## Trainer Training 2008-9

We have a great band of learners on this year's programme. In the girl's team - **Lesley Carter**, **Greta Irving** and **Michelle Whittle**, and in the boy's team **John Garrod**, **Patrick Phillips** and **Tony Whalley**. I just love this course since it invites spontaneous creativity and modelling of the process. The gang have come up with some fabulous thinking for their original training sessions and the amount of co-learning is a pleasure to behold. They will be joined in the new year by **Dave Weddercop** and **Kate Howe** who were unable to complete last year.

I have resolved that I will put on another programme next year, since I have so much learning I want to download - somehow and somewhere.

## Personality Alignment Alert!

Once again this workshop proved that NLP is alive and well and kicking in Whalley. I just love this process and the opportunity to truly put all our NLP skills into practice.

### Calling All Participants

I would still like to hear from you regarding:

- ❖ **What surprised you about the performance of the process?**
- ❖ **What was required in the management of the process, and how you did this?**
- ❖ **What you realised about the principles behind the process?**

### AND

I would also love it if you would send me copies of your drawings, before and after, so that I could have more material for the future book. Obviously I would ask permission to include them.

## NLPt Clinical Practice

By all accounts we had a really successful three days - to quote **Rob Greaves** "I really enjoyed the Professional Practice module which far exceeded my expectations. It was a good effort on your part to make so much out of a potentially dry topic."

Thanks go to **Helen Platts** and **Masha Bennett** for their support and contribution, and to **John Marsden** for his immensely valuable session on Supervision.

The workshop was really an eye opener for those considering going forward with their 1:1 work, and in some cases inspired and in others invited reconsideration! A result, methinks.

# Make Time

## Changing With Time

30 Jan-1 Feb 09

If you are only going to do one workshop this year, you may want to consider this one. It really will offer you some excellent ways of working and give you some fabulous personal development.

I took **Tad James'** four day workshop of Timeline Therapy at least 16 years ago. I reckon it led to me being able to open myself to commitment when Derek came onto the scene about 6 months later! Since that workshop, I must have used the process well over 50 times, at a conservative estimate.

And I will also be using a particular method I learnt from a weekend with **David Groves** (of Clean Language fame) which is not currently incorporated in the Clean Repertoire - namely The Redemptive Metaphor. Again I have found that this is really effective as a process.

All of this and some language stuff thrown in as well will make for a workshop of real

change potential and fascinating insight.

# Discover the Edges

## Systems and Structures

6-8 February 2009

As Einstein said - *"You have to widen the problem space to discover the solution space."* You can only do this if you are aware of the system holding the problem space.

This workshop is all about discovering what systems are at work within any given situation, and what to do with them once they are revealed.

Once you have identified the operating components, and the nature of the relationship which links these elements, only then do you have a real opportunity to introduce an intervention which can make a structural difference. Only then can the solution space emerge.

Come along and enjoy Derek at his playful best in an area that he just delights in!

# Recharge your Batteries

Many practitioners out there, who thoroughly enjoyed and gained tremendously personally from their full Practitioner programme have said they would like something that is a 'top up', to revisit some of the material again, but this time without the anxiety or distraction they might have had first time round. They don't want to go on for more advanced work. They just want to be more familiar and relaxed with the material they have already covered.

If this sounds like you, then you will enjoy Derek taking you through your paces, having more time to play around with words, practice your flexibility, experience some new techniques and develop your confidence with some old familiar ones.

## Inside Relationships

### Back to Basics 1

27-29 March 2009

Forming, maintaining and enhancing relationships, with self and others is the theme for these 3 days.

- ★ Setting outcomes that beg to be achieved.
- ★ Developing our ability to notice the little differences that make a difference.
- ★ Gaining familiarity with submodalities.
- ★ Exploring patterns and connections.

## The Art of Language

### Back to Basics 2

12-14 June 2009

Communicating through language and gathering information are fundamental to hearing another's story and getting our own message across. The skilful use of stories can convey deep meaning that connects with the experience of others. Join in on a 3-day journey where you will gain further experience in:

- ★ Gathering clear information.
- ★ Conversational reframing.
- ★ The language of influence.
- ★ Telling that story.

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**"The healthiest part of a donut is the hole. Unfortunately, you have to eat through the rest of the donut to get there!"**

# MORE NEWS

## Explorers' Club

As you may know, I have lots of projects simmering away on the back burner, waiting to be called forward and fully developed, with an eye on publication.

What each of them need is further testing, feedback and attributable case studies. At the moment, my therapy practice is my testing ground, and from my clients I often get great ideas for taking my thinking and practice further.

However that is just my thinking. It would be great if I could tap into the thinking and experiences of others.

So are you up for being part of a monthly Explorers' Club, meeting for a Saturday, to play with my thinking and hopefully take it further - and gain tremendous off-piste learning?

You will need to be either already a Master Practitioner, or en route for certification. There will be Membership fee of £60 for the initial 6 month periods to cover costs.

Each month, I will send out a week before details of the model for the day, plus the areas I'm looking to filter for. You will be asked to record your experiences, and be available for follow up interview. And of course mentioned in dispatches as and when.

### The 2009 Dates are

<b>Saturday</b>	<b>7th February</b>	<b>21 March</b>
	<b>4th April</b>	<b>23rd May</b>
	<b>13th June</b>	<b>4th July</b>

## 10th Anniversary!

Derek and I and the School are entering into our 10th year of operations. Fanfare of trumpets and the full Halleluja! Chorus. Whatever the outcomes of our decision to shift our focus, we want to record what these 10 years have brought.

So, taking our lead from Bill O'Hanlon, we invite you to tell us your story, between 200-400 words long. We will publish them on our website and make them available in pdf format. Hopefully your stories will awaken memories in others, cause the odd tear to rise and laughter to bubble.

Pick anyone of these ideas.

- \* **What has the School meant to you?**
- \* **What has resulted - big or small?**
- \* **What event particularly sums up the School for you?**
- \* **What the School has been about?**
- \* **What will be your abiding memory?**

They say the detail is in the little things, so let what plops celebrate your experience. Let's here it from you!

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www.glasbergen.com



**"I'm going to order a broiled skinless chicken breast, but I want you to bring me lasagna and garlic bread by mistake."**

## 10th Anniversary Celebratory Offers

For Master Practitioners certified by us ... Choose to revisit a NLP & Modelling workshop for **£50** or sample a new one for **£75!!**

For Practitioners certified by us- choose ONE NLP & Modelling workshop for just **£125!**

**Offer ends 28 Feb 2009**

# MORE FUNNIES

## Serenity - thanks? Dawn!

- ❖ Just before the funeral services, the undertaker came up to the very elderly widow and asked, 'How old was your husband?' '98,' she replied. 'Two years older than me' 'So you're 96,' the undertaker commented. She responded, 'Hardly worth going home, is it?'
- ❖ Reporters interviewing a 104-year-old woman: 'And what do you think is the best thing about being 104?' the reporter asked. She simply replied, 'No peer pressure.'
- ❖ The nice thing about being senile is you can hide your own Easter eggs.
- ❖ I feel like my body has gotten totally out of shape, so I got my doctor's

permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

- ❖ Know how to prevent sagging? Just eat till the wrinkles fill out.
- ❖ It's scary when you start making the same noises as your coffee maker.
- ❖ **THE SENILITY PRAYER :**  
Grant me the senility to forget the people I never liked anyway,  
The good fortune to run into the ones I do, and the eyesight to tell the difference.

## Spring Classes for Men

### CLASS 1

How To Fill Up The Ice Cube Trays--Step by Step, with Slide Presentation.

### CLASS 2

The Toilet Paper Roll--Does It Change Itself? Round Table Discussion.

### CLASS 3

Is It Possible To Urinate Using The Technique Of Lifting The Seat and Avoiding The Floor, Walls and Nearby Bathtub?--Group Practice.

### CLASS 4

Fundamental Differences Between The Laundry Hamper and The Floor--Pictures and Explanatory Graphics.

### CLASS 5

Dinner Dishes--Can They Levitate and Fly Into The Kitchen Sink? Examples on Video.

### CLASS 6

Loss Of Identity--Losing The Remote To Your Significant Other. Help Line Support and Support

### CLASS 7

Learning How To Find Things--Starting With Looking In The Right Places And Not Turning The House Upside Down While Screaming. Practical workshop

### CLASS 8

Health Watch--Bringing Her Flowers Is Not Harmful To Your Health.

Graphics and Audio Tapes.

### CLASS 9

Real Men Ask For Directions When Lost--Real Life Testimonials.

### CLASS 10

Is It Genetically Impossible To Sit Quietly While She Parallel Parks? Driving Simulations.

# AND FINALLY

## Top 10 Tips for a Successful Christmas

**Know how much you have to spend and stick within your budget.** It can be great to have a legitimate reason to spend money – provided you are not building up trouble for the next six months. Guilty spending is no fun. And guard against the temptation to buy favour. If you have been neglectful for the past 11 months, your incongruence will be quickly spotted.

**Get out of your own skin when choosing presents.** How often do you buy things for other people, because you would like the item for yourself? If it is for a close family member, who is this gift really for, you or them? You know what it feels like when you found something that's just right.. You became as excited about giving it, as the receiver might feel receiving it. It is a real message of understanding and acceptance. Ask yourself, "What would this person really like to see when they remove the last piece of wrapping?"

**Wake up out of your Christmas trance and choose to change your patterns.** Are you the one that does all the cooking or gets landed with all the tidying up? Is it down to you to arrange all the social events and invite people round to your place? Do you always go on the 10 mile walk, get involved in carol singing, or making special visits? Or is your preferred pattern one of getting drunk as often as possible, over eating, staying out all night, falling out with or avoiding people? Are you the Martyr, the Couch Potato, the Hostess, the Scrooge, the Party Gadfly, the Benefactor? Do your patterns leave you feeling good about yourself? Consider what you'd rather have or how you'd rather be, and come up with at least 5 alternative options. This could be the best present you have ever given yourself – and maybe to others around you.

**Know in advance what you are prepared to do, and what you are not prepared to do.** The festive period is notorious for bringing out the "oughts and shoulds", and you find yourself called upon to follow an ancient set of prescribed rules. Compromising yourself over Christmas is a recipe for resentment and ill will – not just for yourself, but for others as well. Check out who is setting the rules, and what might be the consequences of not following them. You can then decide to comply or not. A congruent yes or no, will let others know where they stand, and let them make plans accordingly. Time won't be wasted trying to persuade you differently.

**Mentally rehearse specific events** – the Christmas Dinner, the visit to your in-laws, the trip to the Amusement Park. Look at the event from the eyes of everyone involved. Be aware of the pitfalls and the pleasures. Have contingency plans – if just how to manage your state should things go wrong. Ask yourself "What's the worst thing that can happen, and what would happen if it did?" Notice what is within your control, and what else you can influence. Everything is outside your control and so let it go and accept it. More stress is caused by the fear of what might happen, as opposed to what actually happens.

**Take a new look at the system you are in.** Christmas is a time when families come together, sometimes for the first time since last Christmas. It is amazing how one minute you are a mature adult, holding down a responsible job, and the next minute you find yourself reacting to your sister/brother/father/mother as if you are still that 10 year old all over again. The family system can trigger old patterns and knee jerk reactions. The strange thing is you'll find other people responding differently, if you do something different. If you don't lock horns, they will have to find a different response. You will no longer feed off them, or vice versa.

**Rethink the things that annoy you.** When we get annoyed, it is because we believe that things should be different, or that they/it made us respond like that, or they

wouldn't have said that if they didn't mean X, Y or Z. These are examples of what we are believing: about 'them', about what is right, or about how people ought to behave. Do these beliefs leave you feeling good? Which ones could be more useful? Remember, to misquote Eleanor Roosevelt – "No one can wind you up without your permission." Take a moment to notice the meaning you're giving to the behaviour and ask yourself "What else could this behaviour mean?" "When could it be really useful?" You could even become curious about what has to be happening for them, for them to behave like that. This way you give yourself the opportunity to respond differently to that "typical present", "typical remark" or "typical response."

**Be aware of what you really enjoy about Christmas festivities.** Take the time to make a list, and remind yourself what is so good about each of them. They may evoke bygone memories; they may pleasurably fill your senses, or they may give you a sense of fulfillment, excitement, or compassion. It might be choosing gifts for certain people, wrapping your presents, hearing the Christmas music on the radio, going to parties, wearing special clothes, hearing the Christmas Message. As you become aware of each of them, relive them with all your senses, so that you will recognise and relish them when they actually arrive. This will help to counter balance those other moments, which you have chosen to

tolerate.

**Build in exercise to balance out the eating and drinking.** Make sure you get outside and give yourself some fresh air. There is so much socialising going on indoors, so much on the telly, that your system can do with a break outside – even if you are not naturally an outdoors person. Arrange to go on a walk, see if you can leave the car behind, clear the garden. And know that dancing the night away is a great way to burn off the calories.

**Consider this to be the first Christmas of its kind.** If you are expecting history to repeat itself, it probably will. If you have a sense of inevitability that things will go badly, then it is likely you will have a hand in making it happen. Often when we believe that such a thing *always* happens, or so and so *never* does what you want, or *everyone* takes you for granted, then you will find yourself looking for evidence to support this thinking – completely missing all the evidence that might say otherwise – the times when things didn't happen, or what did go well, or when you were appreciated. Start noticing what is different. Start noticing what you are doing differently. How you are thinking differently. And if you find yourself slipping into old habits, let this be a signal for you to do something completely differently.

Here's to your very own customised Christmas!

## Stroke Survivors Totally Recover

If a stroke victim can be medically treated within 3 hours the effects of a stroke can be totally reversed ... totally. The trick is recognizing a stroke, getting it diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

Sometimes symptoms of a stroke are to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions:

- ✓ Ask the individual to SMILE.
- ✓ Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently; i.e. It is sunny out today)
- ✓ Ask him or her to RAISE BOTH ARMS.
- ✓ **Ask the person to 'STICK' OUT THE TONGUE .. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.**
- ✓ If he or she has trouble with ANY ONE of these tasks, call 999 immediately, or go to the hospital and demand quick treatment because you have identified your patient had a stroke.

## Check 'em Out

Bill O Hanlon  
Derek Jackson

[www.youtube.com/watch?v=Us-TVg40ExM](http://www.youtube.com/watch?v=Us-TVg40ExM)  
[www.ted.com/](http://www.ted.com/)

# HALL OF FAME



PRACTITIONER AUTUMN 2007



PRACTITIONER SPRING 2008



MASTER PRACTITIONER DEC 2007



MASTER PRACTITIONER JUNE 2008



MASTER PRACTITIONER DEC 2008

# DATES 2009

## NLP and Learning

### Spring 2009 Practitioner

13-16 Feb, 13-16 Mar, 17-20 April, 15-18 May, 19-22 June 2009

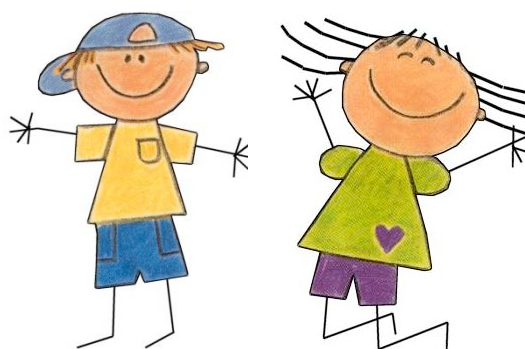
## NLP and Modelling

Date	Trainer	Workshop
30 Jan 1 Feb	Fran Burgess	Changing With Time
6 – 8 Feb	Derek Jackson	Systems and Structures
6 – 8 March	David Gordon	The Structure of Experience *
23 Apr 2008	Derek Jackson	Introduction to Clean Language
24 – 26 April	James Lawley Penny Tompkins	Working with Symbolic Modelling*/ **
8 – 11 May	Fran Burgess Derek Jackson	Advanced NLP Patterns
26 – 29 June	Fran Burgess Derek Jackson	Integration and Certification
TBC	Fran Burgess Derek Jackson	Integration and Certification

Come and help  
someone else  
to join us!

**Introduce someone onto the  
Spring Practitioner,  
and not only will they get £100 off  
their fees, you will pocket £100  
yourself.**

*Take that Credit Crunch!*



## Additional Workshops

Date	Trainer	Workshop
27-29 March	Derek Jackson	Back to Basics 1
12-14 June	Derek Jackson	Back to Basics 2
30 Oct - 1 Nov	Steve Gilligan	Generative Trance
20 -22 Nov	Shelle Rose Charvet	Words That Change Minds

For more details of these workshops, click the link or check the website: [www.nlpand.co.uk](http://www.nlpand.co.uk)

To book onto any of them, just contact us at **01254 824504** or email [admin@nlpand.co.uk](mailto:admin@nlpand.co.uk).