

Wendy Sullivan

Resolving inner conflict with Persona Modelling

Wendy has been working with Dr Paul Field on 'Resolving Inner Conflict with Persona Modelling'. It is effectively working with parts, and doing it in a largely Clean way though there is no need for people to be Clean Language trained to attend this session.

There can be a challenge for some people when working with Parts in the classic NLP way as

- client may not experience their parts as being on each hand and this could make it harder for them to access the parts to work with them.
- sometimes the parts may not want to come together at all: they may for good reasons wish to remain separate,
- A proportion of clients will end up in a bind under these conditions, seeing their choices as being limited to either doing what they are told to do and ignoring what they and their parts would like to do, or doing what they feel is best, and ignoring the therapist.
- There may be opportunities being missed when other more useful parts could show up with good ideas for breaking an impasse.

This is a fascinating topic, and we look forward to hearing Wendy talk about it and see her present it at the Conference this year.

Vicky Smith

The Pressure is on!

Pressure to perform is a constant and we perceive pressure from a multitude of sources and experience it in as many different ways. Pressure doesn't only stem from workload – it can stem from unhelpful working relationships, change, a perceived lack of support or even feeling disconnected or distrustful of yourself or others. Sometimes these

pressures can be a catalyst for growth, creativity and engagement. All too frequently they have the opposite effect.

What makes the difference in the pressure outcome is the ability to understand, and if necessary adjust, your automatic or habitual response to external events and then choose a response that will produce a better outcome for them.

Resilience isn't about simply growing a thicker skin or 'bouncing back' from setbacks. Instead it is about developing greater self-awareness of the way you think, feel and behave towards external events and being aware of the impact that what you routinely do has on what you get back from other people and what you achieve as a result.

Daily our work presents challenges and barriers that frustrate our attempts to meet our goals. Frustrations can mount and the resultant negative emotions can quickly eclipse the creativity possible when operating in a climate of trust and respect.

The central message this practical 1 1/2 hour session is that it is increasingly rare that we can directly control or even influence the events or people to which we need to interact. We can, however, control the way we respond. Changing the response invariably changes the outcome and armed with these skills, we are better able to thrive, not just survive, when faced with our daily challenges. You will receive a Personal Resilience profile, free of charge, to help you better understand how your personal sources of pressure are impacting you, along with lots of tips and tools to help you manage your energy.