

## MASTERCLASS FOR MANAGERS, TRAINERS & HR PROFESSIONALS

# 'NEW PEOPLE PATTERNS'

**Stimulate behavioural change at work using patterns of influence from the cognitive therapies**

- Learn people change techniques from therapy
- Complement traditional training with cognitive tools
- Make 'learning' personally relevant for employees
- Create sustainability of changed behaviours

### About this workshop

Training doesn't work. That's the starting point for this hard-hitting workshop seminar. After the excitement of a training event, too much is lost too soon. Clinical hypnotherapist Nick Drake-Knight MBSCH presents a series of behavioural change techniques already established in cognitive and clinical fields. Be prepared for a remarkable insight into how people can change behaviour through the use of a few simple (and safe!) change techniques. Nick Drake-Knight is an author & freelance writer, therapist & business leader.

*"Just occasionally, someone comes along who says 'Not only can you do it, but this is how'. Nick, you were great. Attending your seminar was good for the soul."*

**Dominic Robinson, Fluid Systems UK Ltd**

**Early bird deals! 20% off all bookings made more than 8 weeks in advance of scheduled events!**

**Book now by email to [nick@ndk-group.com](mailto:nick@ndk-group.com) stating preferred Tour venue & date, and names of all delegates. Delegate places £297 each. Book four delegates and get a fifth place free!**



*"Thank you very much for Friday, both Julia and I have been raving about the course to our colleagues. We learnt so much from you that we can use in our roles. It is so refreshing to take away new skills that we can actually use."*

**Victoria Parker, Warwickshire Council**

### Workshop Content

#### **Training**

- Traditional methods (they don't work)
- New realities of personal performance

#### **Positivity Coaching**

- Continue & Begin™
- The Structure of Well-Done-Ness™
- Can't to Can™
- The But Monster™ & other wee beasties
- Examples from CorporateLand

#### **Patterns from Therapy**

- The Emotional Driver™
- Goal directed thinking & Goal Mapping™
- Gestalt maps & chairs
- DESC assertion
- REBT & CBT techniques
- Metaphors & stories
- Indirect & embedded suggestions

### **TOUR DATES & VENUES 2007**

Bristol – June 25<sup>th</sup>, Sept 14<sup>th</sup>, Nov 2<sup>nd</sup>  
Manchester – July 2<sup>nd</sup>, Sept 21<sup>st</sup>, Nov 9<sup>th</sup>  
London – July 9<sup>th</sup>, Sept 28<sup>th</sup>, Nov 16<sup>th</sup>  
Southampton – July 16<sup>th</sup>, Oct 5<sup>th</sup>, Nov 23<sup>rd</sup>  
Newcastle – July 23<sup>rd</sup>, Oct 12<sup>th</sup>, Nov 30<sup>th</sup>



## NDK Changing, Training, Speaking

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