



Professional Development Event

SMART THINKING FOR YOUNG PEOPLE

© NDK Group 2007
www.ndk-group.com



SMART THINKING FOR YOUNG PEOPLE

We all have beliefs, values and thinking processes that have evolved over the years. Some of our beliefs date back to adolescence and even early childhood, and yet they still impact on our thinking and behaviour today.

Breaking through the limiting beliefs that we all possess has **MASSIVE** potential for youth support agencies, schools & colleges. Many teenagers and young people have restrictive ambitions and flawed thinking patterns. What would happen if young people could:

- Break through the limiting beliefs they have about themselves and their potential - beyond their current horizons?
- What if circumstances became 'opportunities'?
- What if the apparently impossible became simply 'really challenging'?
- What if the 'self-talk' of young people became solution focussed?
- What would be unleashed, if they realised their beliefs have been limited by their own impoverished 'maps of the territory'?

This one-day event helps youth support workers, carers, youth leaders, teachers and advisers to learn specific language patterns to release ambitions and productive thinking patterns within young people. The technologies concerned are drawn from methodologies well proven in therapy and personal development.

"I can only describe today's course as 'EXCELLENT'! I have attended training courses with the YOT for approximately 2 years and I can say this is by far the best course I have attended. I have gained many new skills to work effectively with young people"

Karen Ruddick, ETE Support Worker, GATESHEAD YOUTH OFFENDING TEAM

"Really useful material - best course I've been on. Lots to think about, lots to do and lots to take back. Thanks!"

Donna Fairley, Youth Development Worker, ABERDEENSHIRE COUNCIL

Who should attend this workshop?

Youth support workers, carers, youth leaders, teachers and advisers who are committed to breaking through the restrictive beliefs of young people.

The workshop includes

- Limiting beliefs & how they affect our performance
- Re-framing events & circumstances
- Moving from 'I can't' to 'I can!'
- Busting irrational beliefs
- Goal mapping and 'Acting As If'
- A strategy for implementing **SMART THINKING FOR YOUNG PEOPLE**

To find out more about how NDK Group can release the true potential of young (and older!) people, please contact Rob or Nick via info@ndk-group.com or call us on 01983 401982, or 07870 904636 www.ndk-group.com



SMART THINKING FOR YOUNG PEOPLE

Session 1

0930 - 1100

Map of the day & pre-framing of event

Patterns which connect

Behaviour choice

'Maps of the territory' and other people's perceptions

Making assumptions

Language ambiguity – why we misinterpret messages

Diversity and the 66 ways we differ

Emotional Drivers™ and the pain & pleasure movers

Goal directed thinking & Goal Mapping™

Session 2

1115 - 1245

Force fields of change – drivers & resistors in personal behaviour

Comfort, stretch & panic

Thinking No Through Roads – The Can't To Can™ model

Healthy thinking about the past

The Thinker-Prover

Tentative language

'Things I do wrong' versus 'The Structure of Well-Done-Ness'

Session 3

1330 - 1500

START model – a tool for state management

Anti-awfulising

Framing & reframing the meaning of events

Requesting a behaviour change of others

Fuzzy language buster

Simple Meta Model™ questioning skills

Presuppositions of Neuro Linguistic Programming™

Transactional Analysis

Acting 'As If'

Session 4

1515 - 1600

Action Planning – using Smart Thinking with your client group

To find out more about how NDK Group can help professionals to release the true potential of young (and older!) people, please contact info@ndk-group.com or call us on 01983 401982, or 07870 904636

www.ndk-group.com



NICK DRAKE-KNIGHT

... is a speaker, facilitator & change consultant.

In the 1990s he developed his consulting skills in Europe and the former Soviet Bloc before returning to work in the UK as a senior adviser within the Business Link network. Nick and colleagues formed NDK Group in 2002, working with a diverse portfolio of public sector and commercial clients. Nick regularly speaks at national events and conferences.

NDK Group specialises in changing restrictive thinking patterns. Included within the NDK Group client portfolio are government departments, major housing associations, youth justice organizations, schools & colleges, contact centre agencies, and a large number of SME clients. Since 2005 NDK Group has delivered an extensive programme of personal change skills to professionals within the Youth Justice System.

Nick Drake-Knight is a qualified clinical hypnotherapist (DHyp, LCCH) and a full Member of the British Society of Clinical Hypnosis. He was trained in Neuro Linguistic Programming techniques by NLP co-creators, Dr. Richard Bandler and Dr. John Grinder, with Dr. Frank Farrelly (in Provocative Therapy techniques) and with the London College of Clinical Hypnosis. Nick uses language patterns drawn from his clinical training to stimulate change within people.

Nick speaks on 5 key topics:

1. SMART THINKING for Young People/for Parents/for Business
2. NEW TRAINING PATTERNS
3. BOOMERANG! Coach Your Team To Be The Best!
4. WORLD CLASS CUSTOMER SERVICE MANAGEMENT
5. LEADERSHIP LANGUAGE PATTERNS

Nick Drake-Knight is author of

'BOOMERANG! Coach Your Team To Be The Best and See Customers Come Back Time After Time!' 256pp, Pollinger, 2007, ISBN 978-1-905665-51-8

and

'SMART THINKING For Young People', 2008, awaiting publication

plus a number of business related books on sales and customer service management available via www.ndk-group.com

Nick is also a director of the UK's leading customer service consultancy Performance in People Ltd www.performanceinpeople.co.uk

He is the father of four young adults (including SMART THINKING co-presenter Rob). He lives on the Isle of Wight and is without doubt the worst surfer in Britain.