



Professional Development/INSET Event

SMART THINKING FOR YOUNG PEOPLE

© NDK Group 2005
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 support agencies, schools & colleges with many teenagers and young people acknowledged as having restrictive ambitions and flawed thinking patterns. What would happen if young people were sufficiently self-motivated to:

- Break through the limiting beliefs they have about themselves and their potential to achieve goals 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 truly productive and solution focussed?
- What would be unleashed, if they realised that their belief about what is achievable has been limited by an impoverished 'map of the territory'?

This one-day event helps support workers, carers, youth leaders, teachers and advisers to learn specific language patterns and question sets that release ambitions and create productive thinking patterns within young people. The technologies concerned are drawn from successful methodologies well established in the worlds of commerce and personal development.

"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

Who should attend this workshop?

Support workers, carers, youth leaders, teachers and advisers who are committed to breaking through the restrictive beliefs of students and to influencing others around them with belief-breaking thinking patterns

The workshop includes

- Limiting beliefs & how they affect our performance
- Re-framing events & circumstances
- Moving from 'I can't' to 'I can!'
- Questioning irrational beliefs
- Goal mapping
- Making a commitment to changing your own thinking
- 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 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
Extending thought choice & behaviour choice
'Maps of the territory' and other people's perceptions
Making assumptions
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
'You only talk to me about things I do wrong' versus 'The Structure of Well-Done-Ness'

Session 3

1330 - 1500

ABCDE model – a tool for state management
Anti-awfulising
Framing & reframing the meaning of events
Requesting a behaviour change of others
Fuzzy language buster
Meta Model™ questioning skills
Presuppositions of Neuro Linguistic Programming™
Transactional Analysis
Hypnotic relaxation technique

Session 4

1515 - 1600

Action Planning – making Smart Thinking happen

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. NDK Group, the speaking, training and change consultancy was formed in 2002, and grew 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, 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 and the environments within which they live and work.

Nick speaks on 5 key topics:

1. SMART THINKING for Young People/for Parents/for Business
2. New Training Patterns
3. BOOMERANG! Supercoach Your Staff To Be The Best!
4. World Class Customer Service Management
5. Sales 'Hypnosis'

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 available via www.ndk-group.com

and

'SMART THINKING For Young People', 2007, awaiting publication

He is co-author of

'SALES HYPNOSIS: The Structure & Use of Hypnotic Phenomena & Indirect Suggestion in Sales',

224pp, Hypnotic Business, 2004, ISBN 0-9546744-0-5 available via www.ndk-group.com