



Neurolinguistic programming in residential youth work.

Welcome to the podcast audio training course. Each session is designed to be commutable sized lessons that can be absorbed on the bus and practiced at work.

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THE ACTION FACTORY

The NLP Communication Model in Residential Youth Work

Session Three - Key Takeaways and Explanations



Understanding the NLP Communication Model:

This model is based on the premise that we process information using sensory systems: visual, auditory, and kinesthetic. Recognizing these systems in ourselves and others enhances communication effectiveness.

Sensory Systems Explained:



Visual (V): Processing information primarily through sight. Phrases like "I can see a bright future" indicate visual thinking.

Auditory (A): Focused on sound and hearing. Statements like "I hear what you're saying" reflect auditory processing.

Kinesthetic (K): Involves feelings and touch. Expressions like "I feel overwhelmed" are kinesthetic in nature.



Identifying Communication Styles:

Pay attention to the language used by individuals. Their choice of words often indicates their dominant sensory system.

For instance, a young person saying "I can't picture how to do this" is likely using a visual system.

See how easy it is for you to recognise these different communication systems

	Auditory	Visual	Kinesthetic
"I can't grasp the concept."	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
"Your words painted a clearer picture."	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
"I'm feeling out of touch with the team."	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
"Listen to the underlying tone of your argument."	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
"My vision for the project is clear as day."	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
"That was music to my ears."	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
"I see your point of view."	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
"We need to get a handle on the situation."	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
"Their criticism hurts."	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
"The plan sounds good to me."	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
"Let's shed some light on this."	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Recognizing Systems:

- Listen to the words and phrases used.
- Observe body language and facial expressions.
- Be flexible and adapt communication styles to match the sensory system of the young person.
- Avoid over-reliance on any one system, and remember that individuals may switch systems depending on context.

Action

Practice identifying the dominant sensory system in conversations with colleagues and clients. Experiment with adapting your language to match the sensory system of the person you're communicating with. Reflect on your own dominant sensory system and how it influences your communication style.