



THE ACTION  
FACTORY  
PODCAST

SESSION 1 | 2024

# 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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Presented by Michael Dawson

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# Executive Summary

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Session 1	<b>What to expect in the coming weeks</b> - A quick analysis of the topics we'll be covering.
Session 2	<b>Introduction to Neurolinguistic Programming (NLP)</b> - Brief history and origin of NLP Core presuppositions and their importance.
Session 3	<b>Building Rapport in Challenging Scenarios.</b> Pacing, mirroring, and leading in real-life scenarios. Hacking all of these with the S.M.I.L.E. model.
Session 4	<b>Effective Communication Amidst Noise.</b> - Introducing the NLP communication model Recognizing and adapting to sensory representational systems. Hearing and being heard
Session 5	<b>Setting Goals Amidst Chaos.</b> - Tailored SMART criteria for youth with turbulent backgrounds. Setting and embedding positive goals for others.
Session 6	<b>Addressing and Reframing Limiting Beliefs.</b> - Identifying limiting beliefs in ourselves and others. Shifting perspectives to reshape the internal map.
Session 7	<b>Anchoring Positive Behaviors.</b> - Introduction to anchoring and its potential Strategies to redirect negative habits or how to stop biting your nails in twenty minutes.
Session 8	<b>Peer Pressure and Group Dynamics.</b> - Navigating the group influence on individual behavior. Understanding self and others.
Session 9	<b>Substance Abuse with NLP.</b> - Recognizing patterns and triggers of drug/alcohol use Introducing Swish technique for breaking unwanted habits.
Session 10	<b>10 weeks later.</b> - Where we've been and where we can go. Some of the lessons learned.