



THE ACTION
FACTORY
PODCAST

Session 3 | 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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THE ACTION FACTORY

The Power of Body Language in NLP for Residential Youth Work.

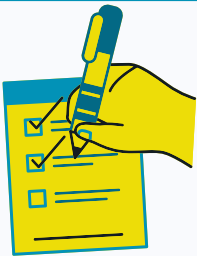
Session Two - Key Takeaways and Explanations



Body language is a crucial aspect of Neuro-Linguistic Programming (NLP). Understanding and utilizing body language effectively can significantly aid in managing conflict or stressful situations with young people.



Adopting a Flexible Approach to Models:
I emphasised the importance of not strictly adhering to a single model.
The key principle is to be open to adopting, adapting, or even abandoning strategies as needed.



Mirroring and matching:
This involves reflecting someone's body language, tone, and speech patterns.
It creates a non-verbal communication of understanding and connection.



Pacing and Leading:
This technique involves matching someone's emotional or mental state (pacing) and then guiding them towards a more constructive state (leading).



Challenges with Traditional NLP Body Language Techniques:
I suggested that over-conscious use of body language techniques like mirroring can become artificial and counterproductive.

WHY NOT JUST SMILE?



The Concept of 'SMILE':

I developed 'SMILE' as an alternative to traditional body language techniques. It's a part of the Solutions Toolkit framework and focuses on intuitive, subconscious communication. By doing so it avoids a false and manufactured method of developing relationships.

S

Service:

This refers to the environment and standard of service, respect, and rules applied to the client..

M

Modalities:

This refers to the differing communication methods (tone, pace, attention). Many of which we will cover in this course.

I

Interest:

One of the key components of the Solutions Toolkit model. To play the role of the curious inquisitor. Learning about the other person's life.

L

Language:

Using words and phrases that resonate with the client. Stealing or reframing the clients own language.

E

Empathy:

Demonstrating humility and understanding towards the client's experiences.

CONCLUSION AND RESOURCES:



Critical Thinking:

It's vital to not just accept techniques at face value but to critically assess their applicability in real-world scenarios.



Authenticity:

The balance between using NLP techniques and maintaining authenticity in interactions is crucial.



Individual Needs:

Recognizing the unique needs and circumstances of each young person is essential for effective youth work.

Action Points:

- **Reflect on how you currently use body language in your interactions.**
- **Practice the SMILE framework in real-life scenarios.**
- **Consider the balance between learned techniques and natural interaction in your practice.**

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