



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.

Available for free by subscribing to the podcast at www.theactionfactory.com



10 weeks later



All of my work comes from the perspective of the 'problem paramedic.' A residential youth worker often acts as a first responder. Like paramedics, they might not witness the long-term outcomes of their interventions.

Their role is vital but inherently limited in shaping the complete recovery or developmental trajectory of the youth in their care.

Therefore, the emphasis is on making a positive, immediate impact using available tools and resources, similar to a paramedic's first-response approach.

NLP in residential youth work



THE ACTION FACTORY

SUMMARY - NLP IN RESIDENTIAL YOUTH WORK



Body Language

We covered Mirroring, Pacing, and Leading. I introduced my concept of the S.M.I.L.E. technique as a means to master most body language and communication techniques without conscious efforts.

01



Communication

We discussed recognizing sensory systems—visual, auditory, and kinesthetic—to improve communication.

02



S.M.A.R.T. Goals

We discussed the principles of goal-setting for ourselves and our youth. Additionally, we explored the 'EARS' concept—being a fan of the goal: Elicit, Amplify, Repeat, Start again.

03



Limiting Beliefs

identifying our own and those of others, understanding their origins, and exploring how we might change them. Could we alter these beliefs while remaining part of the young person's story?

04



Peer Pressure

Both we and our youth are subject to its incredible power, often following the crowd even when they are clearly wrong. We discussed how this could be applied in our work.

05

and finally..



Reflecting on the past ten weeks, I'm genuinely proud of this course. I'm not a neurolinguistic programming guy, but a residential youth work guy. Yet, I believe we can adapt NLP tools and principles into our work. As 'problem paramedics,' we may not always see the final results of our efforts, but the impact is there. I'm excited to hear how you've implemented these ideas. My commitment is not to any specific model, but to

"The greatest job in the world".

I'm Michael Dawson from The Action Factory. I've developed a team training course named 'The Solutions Toolkit,' a universal framework tailored for residential youth work teams. Discover more or get a free trial at:

www.theactionfactory.com.

Michael Dawson