



NLP Canada Training Inc.

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Leading with Rhythm

An NLP Practitioner Retreat, Sunday, April 2, 2017

You know that it feels great when you're really in sync with someone, connecting and collaborating. And you know what it feels like to be out of sync and out of step. But do you know how to use our human sensitivity to rhythm to build connection, support thought, and motivate action?

Banana bread and coffee will be available from 9:30am, and we'll eat lunch together at 12:15pm (if you'd like to contribute something to a pot luck lunch, please let me know by March 30). This is going to be an extraordinary day for getting to know other practitioners and building the skills that build your results.

10am - 12:15pm

Explore what it's like to be in sync, and how that leads to influence. You don't have to come prepared with anything except a willingness to play and a situation you are willing to share (at home, at work or in the community) where you would like to have more influence.

1:00pm - 2:15pm

We'll be joined by award winning composer and jazz bassist, Brad Cheeseman. We'll explore rhythms that lead us into contemplation, rhythms that pull us out into action, and how rhythm contributes to musical storytelling.

2:15pm - 4:30pm

Work in groups of 2 or 3 to practice using repetition, stresses, and pauses to draw people more deeply into their own experience (contemplation). Then work with a different group to use tempo, beat, repetition and pauses to build anticipation and drive the desire for action.

Finish the day by planning a strategy to use rhythm to get people in sync, help them to imagine and evaluate, and then build the will to take action.

No charge for the day, but bring cash to buy CDs from Brad Cheeseman.