

# Accessing Personal Genius / Coaching Genius / Self Leadership

## Meta-States® Certification Training And Module 2 of the Meta-Coach Training System®

### Introduction

Accessing Personal Genius (APG) is a highly interactive program to bring out your personal brilliance and excellence, involving experiential and accelerated learning.

A genius is a person with distinguished mental prowess, demonstrated by the ability to reason, plan, solve problems, think abstractly, comprehend ideas, learn and be creative.

We have all had moments of genius, when we are in a 'state of flow' but then experienced the frustration when we were interrupted, and lost the moment. Accessing Personal Genius is a training that teaches you to not only how to step into the genius state at will, but how to step out of it, with full confidence that you can return at any time.

Everyone can learn to access genius states, and consequently this ability has applications and performance benefits for Leadership, Business, Training, Coaching, Teaching and Creativity.

As a genius you will have a high degree of self-awareness, the ability to access mind-body states of excellence, become more intentional and so walk the talk. However before we can truly be a genius, we must first face our inner dragons, those thoughts and beliefs that appear as internal dialogue and feelings of dread that rob us what good we might do. Once these dragons are named, they can be tamed or slayed leaving our path clear to develop high performance in our chosen field.

At APG you will learn the theory of Meta-States and the practical applications of Neuro Semantics, including 14 personal enhancing tools that you can use to coach yourself, expand your coaching practice or develop a high performing team.

### Programme Objectives

Learn the Meta-States model as the third meta-domain of NLP

- Become skilled in meta-stating as a dynamic process
- Empower you in setting the most empowering beliefs and decisions
- Discover higher level skills for state management
- Develop skills and patterns for Coaching
- Understand and work with reflexivity (self-reflexive awareness) and use it to enhance the quality of your life.

- Think systemically, feel systemically and work with the systemic features of your Matrix
- Break through personal limitations and unleash your potentials
- Set new and enhancing frames of mind that make up the best Inner Game possible
- Slay some dragons, tame others. and transform others

## Target Group

Managers and Senior Executives

## Programme Content

<b>Day 1 - Welcome to the Matrix of your Mind</b>	
<b>Content / Activity</b>	<b>Objectives</b>
Introducing Meta-States — Modeling Self-Reflexive Consciousness	Introduction to working with meta-cognitive abilities, recognizing and monitoring your self-reflexive awareness, stepping out of meta-muddles. Meta-Stating Learning: Accessing the experience of accelerated learning.
Meta-Stating Awareness and Ownership of your powers for Personal Empowerment.	Your four basic powers of responding: mind-emotion, speech and behavior. Awareness and ownership of these powers for a foundational sense of your abilities to take effect action in the world—the foundation of personal genius. Creation of your personal Power Zone for developing proactivity.
Meta-Stating Self to create Self-Acceptance, Self-Appreciation and Self-Esteem	The Neuro-Semantic approach to self-esteeming: accessing acceptance, appreciation, and esteem and applying these to Self. Resolving the toxic dragons of self-contempting, self-depreciating, etc. Distinguishing your value and esteem as a human being from your confidence in what you do and achieve.
Meta-Stating Confirmation and Disconfirmation for belief change	Belief Change by Meta-Yes-ing — how to turn a “thought” into a “belief.” Belief moves you up a level as you confirm a thoughts and say “Yes” to it. Dis-conforming says “No” to a thoughts to dis-validate and downgrade it to a mere thought again. Limiting beliefs get in the way of excellence and diminish a person. By transforming beliefs you manage the higher levels of your mind which sends commands to your nervous system.
Meta-Stating Pleasure for higher levels of Motivation and Joy	Pleasure at the primary level of experience essentially involves stimulating the nervous system and all of the sense receptors. Yet there are higher level pleasures, the meanings and values that you endow things with. Discover your strategy for pleasuring so you can take charge of how to add massive pleasure to your life. As this details the structure of addictions we use De-Pleasuring to undo semantic damage that occurs when you over-load an event with too much meaning.

## Day 2 - Clearing the Path for Mastery Frames

Content / Activity	Objectives
Meta-Stating Emotions for higher emotional intelligence	An “e-motion” is the energy for motion that arises from the difference between map and territory; what you have mapped in your head about the world and what you experience in the world. All emotions are “right” to the map from which they arise and so valuable information about your mapping and your skills for coping with the world.
Meta-Stating Concepts: Conceptual De-Programming	You make meaning at many levels. You create associative meanings (Stimulus- Response meanings), representational, linguistic, contextual or frame, evaluative, metaphorical, intentional meanings, etc. You can have a “poor relationship” to a concept so that your conceptual thinking undermines your personal mastery. Now you can work more efficiently with conceptual states and build up a new Matrix of Meaning.
Dancing with Dragons: Transforming the Energy of Un-resourceful States	To the extent that you turn your psychic energies against yourself, you put yourself at odds with you; this creates dragon states as limiting and sabotaging states. The power of meta-stating not only creates your highest and most profound states, but misused can create layers of negative thoughts and feelings about your states. Taming, transforming, and sometimes slaying dragons involves meta-stating your negative emotions and taboos with acceptance, appreciation, and understanding. This clears the path and creates room for new constructions and for transformation.
Meta-Stating Implementation for closing the knowing-doing gap	Concepts and high level principles can be turned into “muscle memory” as you recognize when your fingers “know” a keyboard or function keys, or when your body knows how to drive. To take great ideas and to put them into neurology transforms and empowers you so you can effectively handle the challenges of everyday life. The Mind-to-Muscle Pattern empowers us to close the Knowing-Doing gap so that you can turn your principles into neuro-semantic states so that you can actualize in everyday life the things that you know, believe in, intend, desire, etc.
Meta-Stating Possibility Thinking to give ourselves a chance to think out of the box	Utilizing the Miracle Question, this meta-stating process spatially anchors possibility thinking to give you a chance to step aside from “the kind of thinking that created the problem” and to think outside of the box. This kind of think is essential for genius states, creativity, entrepreneurship, etc.

## Day 3 - Qualifying and Texturing Your Genius States

Content / Activity	Objectives
Meta-Stating Intentionality: Taking an Intentional Stance	The synthesis of the two dimensions of mind, attention and intention, creates will and focus and human consciousness. By strengthening our highest intentional meanings, you can begin to live more purposefully as you access and use the higher levels of your mind to direct your everyday attentions.
Meta-Stating the “Flow” state: Accessing Personal Genius	Entering into a commitment state of focus, develop more ready access to it, strengthening it, and containing a focus state of “flow.” Accessing the personal genius of impeccable state shifting, focus, self-trust, commitment, and ability to get lost in the moment.
Meta-Stating Execution of Goals by Blowing-Out all Excuses	“Excuses,” masquerading as legitimate reasons and explanations, stop you from succeeding and seduce you to sell out your values and visions to stupid and silly excuses. Distinguish true explanations from silly excuses and learn to use all of your stubbornness to make up your mind to refuse to tolerate excusing yourself from excellence!
Meta-Stating Wholeness and Congruence to resolve internal conflicts	The "Spinning Icons" pattern offers a process for congruence to bring an end to internal conflicts that may undermine your focus and clarity. Using a non- propositional approach, Spinning Icons enables your larger mind to bring resources to conflicts you cannot figure out. Meta-stating the higher levels of your mind from a non-linguistic point of view enables a transformative process to begin.
Meta-Stating Integrity	Integrity is doing what we say and aligning all of the many facets of your mind- body-emotion system. This ends internal conflict that could otherwise undermine personal efficacy and power. Clearing incongruence via alignment of everyday activities with your highest values, purposes, and beliefs. This is great if you want more mastery and congruence in the way you work, play, or move through the world.
Learning Reflections	Review and integrate the programme learning

# The Neuro-Semantics Advantage

One of the many frustrations that people and organisations face is not being able to apply what they have learnt. One of the reasons why this happens is when people do not create strong enough meanings to the knowledge that they have learnt, they are not motivated enough to perform that knowledge into their action or behaviour. Training just becomes a feel-good or necessary activity that does not translate into purposeful behaviour in their lives or organisation.

How would you like if you could immediately turn learning into meaningful productivity? When you synergise meaning with productivity, that is when passion and drive explodes into your life! Thus, the two-prong benefits that Neuro-Semantics training are:

- by going higher and higher up the ladder of meaning, you are developing a more empowering matrix about the learning that drives the energy up for peak performance.
- by consciously using the process repeatedly throughout the training, you are building skills of leadership for real-life situations.

In so doing, you will be able to translate meaning into performance; that is when you actualise excellence.

## Certification

After successful completion of the programme, you will receive the “**Accessing Personal Genius**” Certificate. Certification is by the International Society of Neuro-Semantics®.



“**Accessing Personal Genius**” is the introductory level to the Meta-States Model and is recognised by the ISNS and the MCF of the Meta-Coaching System as a prerequisite for advanced Neuro-Semantic trainings and Module II of the Meta-Coach System.

## M Marzuki Mohamed

**M Marzuki Mohamed** has extensive experience in the field of Human Capital Development. Not only is he an excellent, dynamic and resourceful instructor of international standing, he is also skilled in the management and leadership of organisation with international experience in the field of construction. As the Managing Director of a construction company in the highly specialised and competitive field of soil improvement, he successfully increased the company turnover 50 times in less than 6 years. Moreover, he took the company to Singapore, Brunei and Thailand.

His success in management and leadership stems from his starting premise that every person is an individual human being and a special entity that makes a difference in this world. Thus, it is with this principle that he ventured into training and teaching to generate widespread and effective impact to this message.

Participants receive enhanced benefits and more impact full results from his training programmes because of his extensive practical knowledge and skilful application of Neuro and Behavioural Sciences. He empowers people to increase their limits, level of commitment, higher level of performances of the individual, team and the organisation in achieving the corporate goals. His training employs the Accelerated Learning technology exclusively, which is a proven method in improving the level of comprehension and internalisation of the concepts and learning.

Apart from Malaysia, Marzuki has conducted seminars, talks and courses as well as being a management consultant in Singapore, Bangkok, Ho Chi Minh City, Hanoi and others in the region. Other than organisations in Malaysia, he has had the good opportunity to serve Italian-Thai Development Company (Thailand), Hyundai Construction Company, Port of Singapore Authority, Housing Development Board (Singapore) and the Public Works Department of Vietnam.

He is actively involved in enhancing the throughput of corporations as a Management Consultant, developing and implementing system processes and developing the human resource of organisations. He is currently the Chief Executive for AL Advancement of Human Potential Sdn. Bhd.

**Marzuki is a Certified Neuro-Semantics and NLP Trainer, and Associate Certified Meta-Coach by the International Society of Neuro-Semantics®. He is also a member of the International Leadership Team of the ISNS.**