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# ACCESSING PERSONAL GENIUS

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## (Coaching Genius / Self-Leadership)



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### Introduction

Accessing Personal Genius (APG) is a highly interactive programme 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. APG 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.

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.

### Challenge

- People feel that they are NOT fully in-charge of themselves BECAUSE they cannot control mental and emotional states.
- People experience low self-esteem and cannot fully accept and appreciate themselves.
- People are unfocused and diffused in their powers of engagement.

**“Neuro-Semantics:  
Taking NLP to a  
higher level  
professionally and  
ethically.”**

~ L. Michael Hall

**The person is never  
the problem; the  
frame is the  
problem.**

## Gaps

- People need skills to run their Inner Game so that they can be fully in charge of their Outer Game..
- Communication and relationships require a specific set of skills.
- You can learn these skills more easily when you understand the structure and use the most advanced model of communication—The NLP Communication Model.

## Solution

- Manage your mental and emotional states for you to be fully in-charge of yourself.
- Access your untapped potentials and find your passion.
- Develop a laser-beam focus that concentrates your powers of engagement.

## Learning Objective

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.
- 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.

## Business Outcome

- Improved quality of communication and relationship.
- Higher levels of engagement and commitment.
- Greater accountability and achievement of performance targets.
- Better business results and customer satisfaction.

## Behavioural Outcome

- Manage your mental and emotional states for you to feel fully in-charge of yourself.
- Power-up with your natural powers for taking effective action.
- Accept yourself fully and unconditionally.
- Access your untapped potentials and find your passion.
- Get motivated and energised to pursue your goals.
- Develop a laser-beam focus that concentrates your powers of engagement.



**If you do not manage your state, someone or something else will!**

## Who Is This For?

- Top Management - Directors, CEOs & Senior Managers
- Middle Management - Managers and Assistant Managers
- Executives
- Coaches & Trainers
- Counsellors & Consultants
- Parents & Teachers

### Accessing Personal Genius Coaching Genius or Self-Leadership

Module 2 of the Meta-Coaching System® and the Neuro-Semantics Leadership Basic Diploma

## Programme Modules

### Day 1 - Welcome to the Matrix of your Mind

#### 1) Introducing Meta-States and Access a Genius or Flow State

- Modelling Self-Reflexive Consciousness

#### 2) Meta-Stating Intentionality: Taking an Intentional Stance.

- Synthesis of attention and intention for the “will” to focus.
- Your highest intentional state for your big enough why.

#### 3) Meta-Stating Awareness and Ownership of powers

- Awareness of your 4 basic powers: mind-emotion, speech and behaviour.
- Ownership of powers for response-ability.

#### 4) Meta-Stating Self – Self-Acceptance, Self-Appreciation and Self-Esteem

- A solid sense of Self for the self-forgetting in the genius state.

#### 5) Meta-Stating Confirmation and Disconfirmation for Belief Change.

- How confirmation turns a “thought” into a “belief.”
- Dis-conforming to dis-validate and downgrade a belief to a mere thought.
- Managing beliefs for your highest states of flow

### Day 2 - Clearing the Path for Mastery Frames

#### 6) Meta-Stating Pleasure for the Joyfulness in the genius state.

- Access meta-pleasures for endow activities with joyful fun.
- De-Pleasuring to undo semantic damage from over-loading something with too much pleasure.

#### 7) Meta-Stating Troubling Emotions for emotional mastery.

- Accepting, appreciating, and enabling emotions for their energy.

#### 8) Meta-Stating Concepts: Conceptual De-Programming.

- Creating good relations with concepts that may push your buttons.

#### 9) Dancing with Dragons: Transforming the Energy of Un-resourceful States.

- Undoing the damage from turning your energies against yourself.
- Taming, transforming, and slaying “dragon” states of self-sabotage.

#### 10) Meta-Stating Implementation and closing the knowing-doing gap.

- Transferring “knowledge” into muscle memory for embodying great ideas.
- Turn the principles of your field for mastery into your Neuro-Semantic states.

### Day 3 - Developing and Qualifying Your Genius States

#### 11) Meta-Stating Creative Possibilities.

Meta-State the Miracle Question for a new kind of thinking from the problem.

#### 12) Meta-Stating the “Flow” or Personal Genius state.

Practice clean state shifting and setting boundaries on your genius state.

#### 13) Meta-Stating Explanations – Excuse Blow-Out d

Becoming unstoppable by not giving in to excuses and stop selling yourself short.

#### 14) Meta-Stating Congruence

Resolving inner conflicts and disorientation by spinning icons to create a new equilibrium.

#### 15) Meta-Stating Integrity.

Align your meta-levels for personal power, efficacy, and grace.

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