

Inspire
to **Aspire**



Get to yes sooner

This conference is for you if you work in any area of behaviour change and want to understand the influence of language on supporting individuals to achieve their (and your) outcomes quicker than you ever thought possible

Mind Your Language

Changing language

Challenging behaviour

Presenters:

Andrew T. Austin. International trainer and therapist. Creator of IEMT.

Nick Kemp. International trainer and therapist. Creator of Provocative Change Works

Alan Johnson. National trainer in change especially in drugs and alcohol.

Nigel Hetherington. International trainer and therapist.

Learn the language of change

Understand how the language you use can support your clients to change

Listen and hear what your clients are saying

Understand conditional well-being

At times as controversial as he is humorous, **Andrew T. Austin** is the author of the acclaimed book, "The Rainbow Machine - Tales From a Neurolinguist's Journal." With a clinical nursing background in areas such as Neurosurgery and Accident and Emergency and experience in mental health community care and housing, His popular recent DVD series entitled, "The Pragmatics of Change" opens the door on what genuine brief therapy sessions look like demonstrating the realities of creating emotional and psychological change.

In 2006 **Nigel Hetherington** formed Communicating Excellence a North East NLP and Clinical Hypnotherapy training company and opened his own practice as a clinical hypnotherapist. Nigel works as both a performance coach and clinical hypnotherapist. He designs and runs regular comprehensive NLP and clinical hypnosis trainings within the UK and USA.

Alan Johnson has been training people in effective and latest technology change work for many years. Originally an RGN & RMN, he has great experience in public sector settings, concentrating on drug & alcohol services for over a decade. A trained therapist and a change agent- with the new approach of Resources for Recovery, Alan's passion is to pass on some of the powerful tools he has discovered- to empower individuals towards their recovery and other goals and influence more effective approaches from organisations towards people's recovery.

Nick Kemp has been involved in the field of personal change for thirty years, having studied many forms of communication and personal development, including Hypnosis, Provocative Therapy and Neuro Linguistics, before creating his own Provocative Change Works(tm) approach that he uses in his private practice. Nick subsequently founded The Association for Provocative Therapy (or AFPT). In 2006 Nick was a guest for 26 consecutive weeks on BBC Radio curing phobics live on the air using his Provocative Change Works approach. His Provocative Change Works approach and creation of the Provocative Icon System (tm) has attracted the attention of many international trainers.

Changing behaviour

Challenging language

All the presenters are experts in their fields of language and behaviour change and have years of experience of working with clients who have complex needs - successfully achieving positive outcomes for the clients and themselves.

The areas of work is broad ranging and includes mental health; mental well-being; phobias; weight loss and slimming; smoking; anxiety; confidence; alcohol; drugs (substance misuse); depression; obsessive compulsive disorder; panic attacks stress, personal coaching, well-being..... amongst many others.

Mind Your Language

Learning Outcomes

At the end of the conference you will:

Understand language of change

Understanding beliefs and limiting beliefs

Understand how to mind set

Achieve the right mind set to move to a desired outcome

Be more effective in your communication

Promote positive behaviour

Make every encounter count

Develop skills in initiating conversations about healthy lifestyle choices

Understand the meaning of language used by your clients

Learn new techniques to support your clients achieve their change sooner

By the end of the conference you will have an improved understanding of the influence of words and languages on promoting, or restricting behaviour change. This will help you be more effective in your work and use of your time.

Conference programme:

9.00-9.30 Registration

Presentations

What we say and how we say it
- Andy Austin

Change work and words – Nick Kemp

The eyes have it – what people are saying without speaking and other body language stuff – Alan Johnson

Limiting beliefs – whose are they? - Nigel Hetherington

Workshops – there is a choice of 2 workshops

13.30 – 14.45 **Workshop 1**

Conversational coaching – LAB profile technique and working with groups– Lesley Hoyle

Metaphors and weight management – Andy Austin

Provocative change and health behaviour – Nick Kemp

Resources for recovery – alcohol and drugs _ Alan Johnson

Language of change - Nigel Hetherington

15.00 – 16.15 **Workshop 2**

16.15 – 16.30 Final panel



Contact details: Conference organizer Lesley Hoyle

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Who should attend:

Nurses; community staff; health trainers;

Health improvement specialists;

Community development workers;

Smoking cessation advisors;

Volunteers and Community workers;

Drug and alcohol workers;

Youth workers and Social workers;

Clinical staff.

Anyone who works with communities,
groups and individuals who need help and
support to change

Conference details:

Wednesday 13th October 2010

Hardwick Hall Hotel.

Sedgefield. County Durham.

TS21 2EH

Conference costs:

£297 excludes VAT (£348.97
including VAT)

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