

Neal Anderson

UPGRADING IDENTITY

INCREASING SELF ESTEEM THROUGH THE 4 STAGES OF CHANGE

Change is one of the constants in life, usually it happens as part of our natural evolution and development and sometimes it comes as the result of a conscious decision. Change presents us with opportunities. If we choose to learn from our experiences **we can develop a greater level of esteem and efficacy**. We can upgrade our identity. For individuals this leads to approaching life from a position of greater freedom and choice. Organisations can benefit by generating a collective attitude and common vision.

The talk presents the results of a grounded research study based on therapeutic work with a number of clients. It is a model of how people have actually made changes in their self esteem and completed a generative shift of self concept.

Whatever role you may be involved in, if you are working with people then elements of change are guaranteed. By understanding the 4 stages of changing esteem you will be better equipped to assist individuals and groups transform how they view themselves and their capabilities. Key themes for the talk:

- **How self concept shapes our life**
- **Personal and organisational esteem**
- **Recognising triggers for change**
- **The four stages of changing esteem**
 - *Making comparisons*
 - *Recognising potential*
 - *Holding on to old self*
 - *Embracing a new identity*
- **Facilitating transitions**
- **How far can a change go?**

Twilight Workshop 12 November 2010

For anyone involved in developing others or interested in the process of changing self-esteem

Who delivers the talk?

Neal Anderson is a Neuro Linguistic Psychotherapist, an INLPTA Registered NLP, Coaching and Business Communications Trainer, and Accredited Practitioner of Outdoor Learning. With a background in engineering, management and development training he works as a facilitator, coach and therapist with individuals and organisations. Neal is passionate about helping people grow and develop with a sense of playfulness, warmth and realism.

How do I book?

Book online at www.valleytraining.co.uk or call us on 07899 856518 with any questions.

Dates: 12 November 2010 6.30 – 9.00

Location: Central Kendal, Lake District.

Regular price: £25

Certification: Certificate of attendance

