

Dear Second Week People,

I will be giving back your graphs this morning and it would be good if you could notice what you need to do to stay in good energy for the whole of the second week. Might involve a mood or focus change, it might involve less evening program work..... The graph shows the results of your self-management last week.

Today we with behavioural revision of the stuff done last week. It is not much use knowing about pacing and leading unless we can switch into that behaviour when it seems useful. Eye-reading is not just a party trick. I need to be able to do it fluently to enrich the message the other is offering me.

Much of what we are to do this week is underpinned by these skills.

Today we will have a look at the Geoffrey Bateson's hierarchy of logical levels, a very central bit of the intellectual structure of NLP.

Mario.

Ps: Being with my two sons was good over the week-end. I enjoyed our maleness, our sameness and our differences.

My second grandchild, J■, is 4. At the playground he was firmly in down time ( introverted) until he met a little mate of his and then they abandoned the apparatus and played with sticks and water pistols ( very much up time)

The swings seem to encourage downtime, while the seesaw and the carousel largely encourage up time ( extroversion). Seems to depend on age, to some extent. Play grounds are very good for NLP! Maybe NLP is a playground?