

Dear Going Home Folk,

There was some tiredness around with us yesterday I guess and yet I noticed a huge amount of brilliant NLP work as you practised.

(If I think in metamodel terms I might challenge the deletion evident in the phrase "there was some tiredness around yesterday". What does "some" mean? Who, specifically, was tired? Does "us" mean that the trainer was tired? Which part of yesterday, anyway? The sentence is a masterpiece of deletion of information and of vagueness)

As I walked into the garden yesterday morning and again yesterday afternoon I was struck by the relative harmony I observed in many of the pairs. Pacing, mirroring and matching are now your norm. (Meta-model challenge: " Precisely whose norm? The word " norm is a massive generalisation implying a 100% behaviour) If you leave the course with this skill and no other, there should be a marked result in all sorts of interactions in and out of school. I felt thrilled.

The three position work is something you can do in your head without needing to do the spatial anchoring we did yesterday. If some one is beginning to get on my goat I hop into second position and take a look at Mario getting annoyed. He can be a funny little bugger! This realisation rapidly disperses my annoyance. I often go into third position as I work with a student in front of the group and see the whole situation from outside .- makes it feel quite different.

For example: yesterday G [redacted] appealed for people to avoid hole punching loudly during the lesson. In first position I was surprised and then amused. I then went into second position and tasted the situation from G [redacted]'s point of view : I felt quite pissed off by this unreasonably clicking group. I then went into third position and reviewed my knowledge of auditoryly powerful people being easily distracted by noise. I also speculated on the level of tiredness I thought I saw in G [redacted]. I ended by deciding I did not have fully enough evidence to conclude that G [redacted] was tired and therefore annoyed- (better avoid the meta-model error of establishing a cause and effect sequence based on inadequate evidence) This sequence took a few seconds.

This morning we will take a look at some of the meta programs and then work on the Walt Disney strategy.

This afternoon we will do a fair bit of future-pacing to send you well on your way.

Right now, as you finish reading this letter, can I ask you to go back to the person whom you had as coach on the first Wednesday, who helped you sort and define your outcome. With them can you please revisit your outcome and see if you want to change and modify the outcome in any useful way. Refer to the outcome procedure. If your outcome was within the course can you check whether it has been achieved or not.

I hope this work will take around 15 minutes.... But then..... what are these strange things we call minutes?

Warmly yours,

Mario