



NLP Canada Training Inc.

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Leading with Rhythm

An NLP Practitioner Retreat, Sunday, April 2, 2017

Welcome to to a day where we build community by building our skill at leading through words. Come prepared with a story you want to tell, a presentation you want to introduce, or a typical conversation you would like to handle more effectively. (time should be about 5 minutes per person).

Banana bread and coffee will be available from 9:30am, and we'll eat lunch together at 12:30pm (if you'd like to contribute something to a pot luck lunch, please let me know by March 30).

10am - 12:30m

During the morning we'll explore how to calibrate, mirror, and interrupt rhythms and apply those practices to situations where we want to make change happen through conversations or presentations.

1:30pm - 3:00pm

We'll be joined by award winning composer and jazz bassist, Brad Cheeseman. Brad will perform some pieces and answer questions on how rhythm drives musical storytelling. You'll learn more about how different kinds of rhythms produce predictable changes of state.

3:00pm - 4:30pm

You'll have 30 minutes to work alone or with a partner to practice a story, presentation or conversation. You'll review the work you did in the morning, and isolate a rhythm that represents your common ground with your audience and a rhythm that you will use to create a change in state or frame.

Starting at 3:30, we will hear the presentations and offer feedback on where we noticed the change of rhythm and how we think it influenced state, rapport and engagement.

No charge for the day, but bring cash to buy CDs from Brad Cheeseman.

