



Dear Participant,

Thank you for enquiring about the London Master Facilitation Workshop. This is a brand new PSYCH-K workshop as of 2018 and I'm really excited to be teaching it.

The Master Facilitation Workshop will be held at:

124 King Street, Hammersmith
London
W6 0QU
Tel: 0871 902 1621

Cost - £685 full price if paid in the month prior to the workshop
- £625 early bird if paid up to one month prior to the workshop

The workshop timings are as follows:

Friday 8.30am - 6.00pm
Saturday 9am - 6.30pm
Sunday 9.30am - 6.00pm

Lunch breaks will occur around 1pm and are for one hour. You may wish to bring your own lunch or you can eat at one of the many options on King Street. If you bring your own lunch, you can sit in the hotel bar area to eat.

Water and refreshments will be provided during breaks, although I would advise you bring your own bottle of water as the hotel doesn't always regularly top up the refreshments.

Dress is casual and comfortable. Please bring a sweater if you have a tendency to get cold, and dress in layers to adjust to changing room temperatures. While the hotel provides pens and paper, you might want to bring your own notebook and pens.

If you have questions about anything I haven't covered here, please do feel free to contact me at cazzie.y4l@gmail.com.

I look forward to seeing you at the workshop

Big hugs

Cazzie

For more information about the Master Facilitation Workshop and for travel and accommodation details, please read on.

The Master Facilitation Workshop was developed to support professional and non-professional PSYCH-K Facilitators in developing high-level skills with others and one's self. This workshop offers training and experience facilitating sessions in-person and at a distance over internet video or by telephone. The intended end results are:

- Enhanced facilitation skills
- Increased effectiveness
- Ease, confidence, and clarity as a PSYCH-K Facilitator
- You will have the opportunity to watch a demo session being facilitated and then you will work in triads - Facilitator, Partner and observer.

As you can see from the timings, we have a lot of material to cover, which is really exciting.

This workshop introduces a new concept, whereby, you will receive pre-workshop materials to read. Due to this, full payment must be received a minimum of two weeks prior to the workshop in order for you to have time to read and digest the information. The pre-reading materials are really important and can only be sent once full payment has been received.

For this workshop, it is required that participants are confident with self muscle testing, as large parts of the workshop will require the use of self-testing for the Skype and telephone practice sessions.

Once the workshop has been successfully completed, you will be emailed post workshop material and a date will be set for a group Zoom meeting to discuss any questions that may have come up after reading the post workshop information.

Some of what you will learn at the MFW is outlined here:-

Introductions with Core Connection

Each participant will have an opportunity to provide a brief introduction including a Core Connection statement. The Core Connection is the statement you will share with some then they ask you what you do. It is a simple and highly effective way to engage people without even mentioning the name PSYCH-K. The Core Connection goes much deeper than the Core Conversation from the Pro workshop and I personally gained a lot of insight from this exercise

Review and Discuss Pre-Workshop Materials

A limited amount of time will be available to discuss and clarify information from the manual.

Discuss & Balance with Mutual Language: ‘We’ vs. ‘I’

Using mutual language is one expression of doing ‘with’ versus ‘on’ or ‘to’. See the

Messages Protocol – Discuss, Demonstrate, Facilitate

This is a brand new protocol, taught for the first time in 2018.

Sometimes, situations and conditions may be transformed simply by identifying and Balancing meaningful goals. However, they commonly represent a superconscious attempt to bring something important to the Partner’s attention in the form of a ‘message’ (e.g. an insight, a change in perspective, a life style change, etc.). This protocol will be provided at the workshop.

Surrogation – Discuss, Demonstrate, Facilitate

Surrogation allows facilitation with someone who cannot participate directly, e.g. someone physically incapacitated, not physically present, or too young. The process is based on creating a ‘link up’ between the superconscious minds of the individual or group who will experience the change (the “Partner”), and that of a willing Surrogate.

Surrogation will be specifically used in this workshop for facilitating internet video and phone sessions. Details and procedure will be provided at the workshop.

Facilitate in Triads with Debrief Discussions

In groups of three and in a total of three sessions for each format, each participant will be a Facilitator, a Partner, and an Observer. Sessions will include the following three formats:

- In-Person, Face-to-Face Sessions
- Internet Video Sessions - could be Skype, Zoom, FaceTime etc. You will have the opportunity to watch a demo session being facilitated and then you will have the opportunity to practice in groups of three.
- Telephone Sessions - You will have the opportunity to watch a demo session being facilitated and then you will have the opportunity to practice in groups of three.

PSYCH-K sessions are more and more commonly being offered by Facilitators over the telephone and Skype etc. This can really open up the possibilities for offering 1-1 sessions and the intention of these practice sessions is that you will gain the confidence to begin to offer sessions in this way.

Other topics in the MFW -

- PSYCH-K International - a Worldwide Organisation
- Scope of Service - What we do and don't do
 - Under promise and over deliver
 - Keep the ego in check
 - Muscle testing for
 - Mixing modalities in a single session
- Self -testing methods
- Facilitator v Practitioner Models
- Establishing Communication and why we do it.
- Ask Helpful Questions to Stimulate Helpful Information for Creating Goal Statements.
- Goal Statement Creation: Quality vs Quantity

- Making Simple Session Notes (for yourself and your Partner)
- Secondary Gains
- “Bookmarking” A Session
- VAK to the Future
- Session Preparation
 - Set Sessions Up for Success
 - First Call Goals: Keep it Simple!
 - Session privacy
 - Confidentiality
 - Setting client expectations
 - Disclaimer
- Session scheduling
 - First time clients
 - Subsequent sessions with established clients
 - Confirm session time
 - Scheduling Tips for Core Belief Balances and Relationship Balances (In person sessions).
 - Skype/Zoom Calls (Much is also applicable to phone calls)
- Session structure; Keep it Simple and Effective
 - The Power of Intention in Sessions
 - Goals for Your Sessions
 - Information Gathering
 - How Many Balances Can I Do in a Session?
 - Simple Session 5 Point Outline
- Sessions with partners
 - The Role of the Isumataq
 - Keep Your Sessions as Simple as Possible
 - Important Points of Clarification

- Ideas for starting Video or Phone Sessions:
- “Prescribing” Balances
- The Session

- Session follow up

- Follow Up After a Session
- What is the best way to Follow-Up?
- When Should Follow-Up Take Place?
- Who Initiates the Follow-Up?

- “PSYCH-K DOESN’T WORK” and How to Respond

Additional Master Facilitation Workshop Information - this will be sent out post workshop and can be discussed on the arranged Zoom post workshop meeting.

Whole-Brain Marketing

Be the Example of PSYCH-K

Some Wisdom from the Greeks, “Know thyself!”

Identify the Benefits of Using PSYCH-K

Identifying Ideal Client Characteristics

Identify Ideal Client Groups

Presentations Rather Than Demonstrations

Developing Your PSYCH-K Website

A PSYCH-K Page

Competition vs Collaboration

Testimonials

Embedding RELEVANT Content on Your Website

PROCESSES not Techniques

Hire a Website Professional and Questions to Consider When Hiring a Professional Website Designer

Session Pricing

Session Packages

Payment Methods

Skype/Zoom Sessions Lighting and Sound:

Empathic PSYCH-K Facilitators

LOCATION

The Holiday Inn Express hotel in London Hammersmith is centrally located in London.

With close proximity to both Hammersmith tube station and Hammersmith Broadway, both of which make it easy to both reach the rest of London and Heathrow Airport.

The Hammersmith hotel is also within 30 minutes of the exhibition venues - Earls Court and London Olympia.

Arriving in London by Air

London Heathrow Airport (LHR)

Approx Taxi fare: £20.00 (GBP)

Time by taxi: 40 minutes

On the Tube

Take the Piccadilly underground line from Heathrow Terminal towards Hammersmith.

Appox. Fee: £5.00 (GBP)
Time by tube: 45 minutes

London Gatwick Airport (LGW)

Approx Taxi fare: £40.00 (GBP)
Time by taxi: 50 minutes

On the Train

Take the train to London Victoria. Transfer onto the underground District Line towards Hammersmith.

Appox. Fee: £15.00 (GBP)
Time by train: 1 Hour

London City Airport (LCY)

Approx Taxi fare: £30.00 (GBP)
Time by taxi: 50 minutes

On the Tube

Take the DLR towards Bank. Transfer to the Central Line heading towards Holborn. Transferring at Holborn onto the Piccadilly Line towards Hammersmith

Appox.Fee: £5.00 (GBP)
Time by tube: 1 Hour 10mins

Walking Directions from Hammersmith Underground Station

- 1 Take the Broadway exit of the Underground Station
- 2 Cross the Hammersmith Broadway pedestrian crossing
- 3 Bearing left onto King Street
- 4 Continue ahead passing Barclays Bank, the Lyric theatre and the Kings Mall shopping centre
- 5 Continue until you see the 'Plough and Harrow' Wetherspoons pub on your right
- 6 Take the immediate right and walk approximately 20 metres to the hotel entrance

Basic Driving Directions

- 1 On M4/A4 follow signs for city centre
 - 2 Take exit at Jct.1
 - 3 Continue to Hammersmith Broadway
 - 4 Take left road (signed Hammersmith, prior to the Hammersmith flyover)
 - 5 This takes you onto Hammersmith bridge road
 - 6 Turn left then 2nd left onto King Street
 - 7 Our Hammersmith hotel will be on your right
- For Sat Nav systems our postcode is **W6 0PZ**.