



# PSYCH-K® Workshops Master Facilitation Workshop



Welcome to Yearning4Learning and the PSYCH-K® workshops.

You will find some basic workshop information here about the Master Facilitation Workshop and more specific workshop details will be sent upon booking.

Pre-requisite: PSYCH-K® Basic workshop.

## Venues :

### London :

Novotel Hotel. 1 Shortlands. Hammersmith. London. W6 8DR

### Cardiff :

The Masons Toby Carvery. 21 Tyn Y Parc Road. Whitchurch. Cardiff. CF146B

## Cost:

£635 early bird if paid up to a month before the workshop

£710 full price if paid in the last month before the workshop

## Times:

Friday and Saturday 9.00am - 6.30pm, Sunday 9.00am - 6.00pm

Refund policy is in the terms and conditions (see website).

More detailed information will be sent upon booking and you will also receive an email one week before the workshop.

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.

In this workshop, 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 online 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 someone when they ask you what you do. It is a simple and highly effective way to engage people with out 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. Questions are provided that will help you create your Core Connection.

### **Review and Discuss Pre-Workshop Materials**

A limited amount of time will be available to discuss and clarify information from the pre- reading materials.

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

Using mutual language is one expression of doing ‘with’ versus ‘on’ or ‘to’. We begin the process of working ‘with’ someone at the Basic workshop.

### **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 : When changes don't appear to be happening, what's really happening and what we can do about it. This is a follow from the Basic workshop.
- "Bookmarking" A Session
- VAK to the Future : specific notes as a follow on from the Basic.
- 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 client
  - Confirm session time
  - Scheduling Tips for the Core Belief Balance and Relationship Balance from the Advanced workshop (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 (holding the sacred space) - 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?

**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

In addition to these skills, you will receive a Facilitator's Manual that will give you a source for additional information on subjects such as marketing, how to conduct an effective presentation of PSYCH-K® to groups and organisations, the do's and don'ts of conducting private sessions, and much more.

For details of dates and venues, please see website:

<http://yearning4learning.co.uk/workshops-events/basic/>

More specific details are sent/downloadable on booking.