

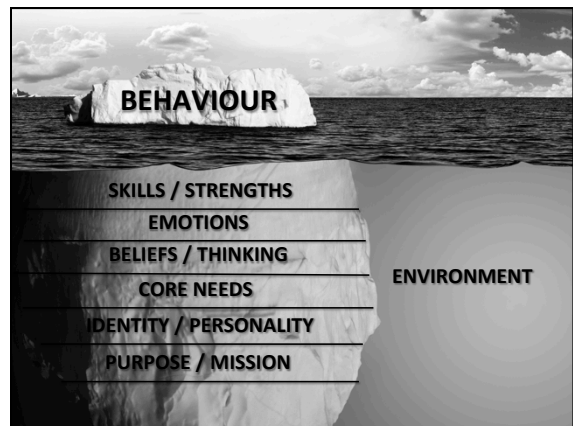
*"Everyone Is Right Now
Doing The Best They Can
With The Resources They Have
Available To Them"*

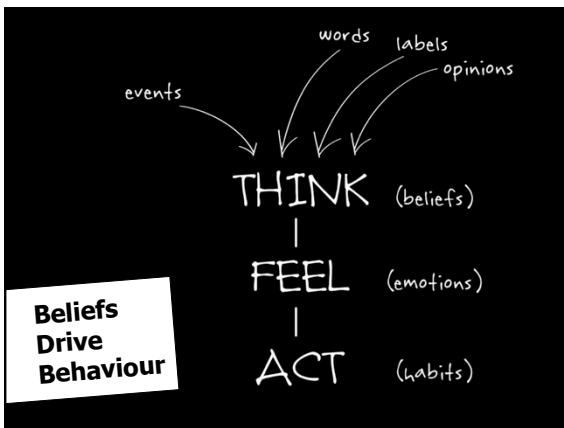
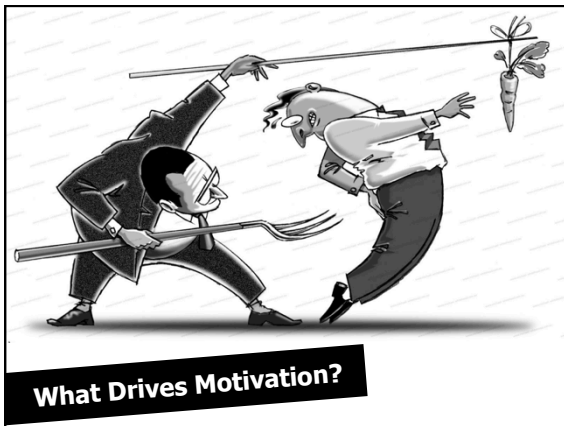
Acceptance Without Judgement

People are not their behaviours.

*They are not a problem to be solved,
Or an issue to be fixed,
But they are human beings who are unique,
valuable and have something to offer the
world...*

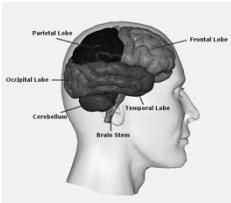
People Are Assets





What Should The World Look Like?

The brain can only physically process 40 bits of information per second.
It has to pick and choose from 11MILLION bits that are being received by your senses!



- Deletes
- Distorts
- Generalises
- According to what you decide is important to you


2. FOCUS



What You Focus On Becomes Your Reality

What you focus on is what you get.

The Reticular Activating System in the brain (RAS) is the part of the brain which sorts for information that is relevant to what you are focusing on.



Create a VISION

- "A picture of your preferred future"
- 12 month
- 3 year
- 5 year

Break it down into 90 day plans


- What do I need to be doing to achieve that vision?

Coaching Questions

The quality of your life depends on the quality of the questions you ask!

Don't ask 'why am I?' ask 'how can I?'

When a question is asked the brain automatically goes to work to find the answer.




- "How would you like it to be?"
- "What might you be able to do about that?"
- "What are some other ways of looking at that?"
- "How is that a problem for you?"
- "What would that give you?"

3. LANGUAGE



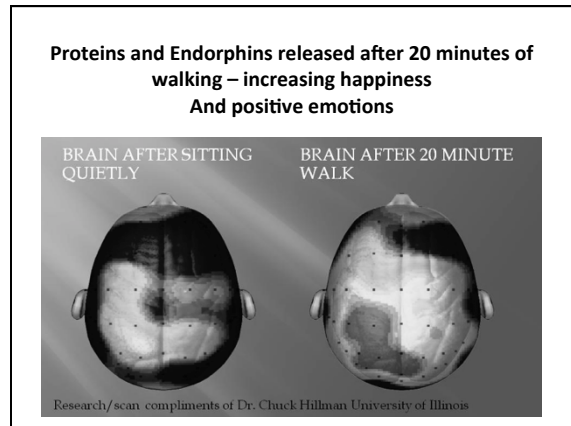
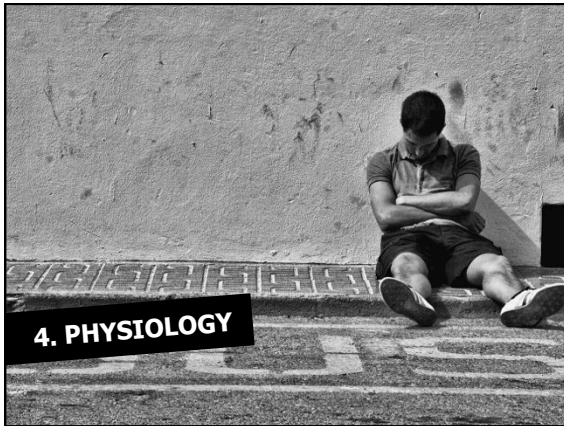
Our Words Shape Our Worlds

To speak we have to first think...
So even if we don't 'yet' believe what we're saying, even reading positive statements about ourselves has the power to create positive emotions.




- Negative v Positive
- Affirmations
- I am...
- I can...

"From the abundance of the heart, the mouth speaks"
Ancient proverb



Smile Studies

1. Genuine Smiles
2. Fake Smiles
3. Shape of the mouth



- Reduction of stress levels
- Increase positive emotions
- Increase attention span
- Reduce Depression




Living Above The Line



Find Your Strengths and Use Them

"...people who felt they were using their strengths have more positive emotion, greater vitality and self-esteem, compared with people who did not feel they used theirs." - UK Study




- Signature Strengths
- Learning Styles
- Doesn't Mean Ignore Weaknesses

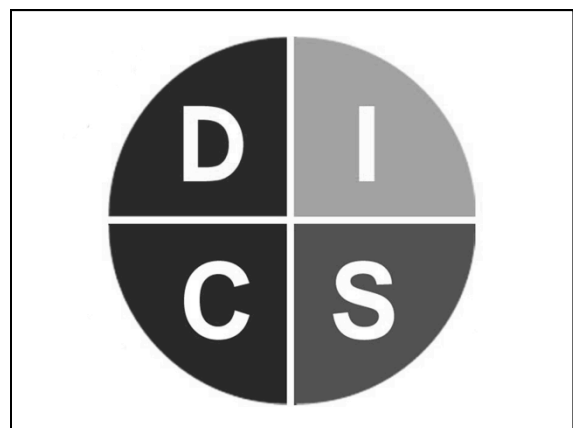


Self Awareness + Awareness Of Others

Different does not mean wrong, awareness of others allows us to enter 'their reality' and speak 'their language' for better connection and more effective communication.



- Personality Types
- Emotional Intelligence
- Language Styles



Nathan Hulls
www.nathanhulls.com
sign up for my regular newsletter
www.nathanhulls.com/skillset
twitter @nathanhulls