

Effective and Complete Communication™ with Elvis Lester, MA, LMHC, NCC

In this audio-series, Elvis Lester, Master Trainer of NLP and NLP Change Master™, introduces you to how to “come from” your best operating states, strategies and skills for more “effective and complete communications”. Here you will learn how to get into a great state as a communicator and design, detail, tailor and deliver your communications for yourself and for those with whom you “make contact”. Elvis leads and guides you through a series of NLP exercises and Neurocise™ and assists you in installing, utilizing and applying the skills to master your ability to communicate with high level influence and precision. Each audio includes opportunities for both learning and practice. This is the first in a set of audios on Effective and Complete Communication™.

AUDIO 1 (23.23 minutes – 46.70 mg)

Neurocise™ – WIGO^{IO} – What Is Going On Inside and Out

Sensory Acuity and Increasing Your Awareness and Alertness

Open Up Your Senses to What Is Going On Inside you, Around You and Between You and Others

Notice the processes you are doing and their impact and influence on you and them

Neurocise™ – Relaxed, Focused and Concentration States

State Control – Choosing States to Access, Associate, Amplify/Magnify and Anchor Great States of Focus, Concentration and Relaxation to Enhance Your Communications

Neurocise™ – Detailing Your Great Communicator State

Identify Desired State Emotion and Experience it MindFirst

Enhance Your experience of Excellence in Communication

Choose Desired State (DS) of a Great Communicator – Step into DS MindFirst™

Prepare and Practice – Fire Off Relaxed/Focused Desired States to Communicate and Make Contact

Detail, Amplify and Magnify, Experience and Practice “Coming from it”

Direct Your State to Desired Behavioral Performance

Neurocise™ – iVIBE State for Great Communicators

Embrace the Vision and Sequence of Success as a Great Communicator

Welcome and Invite Who You Are and Notice the Differences it makes

Come from More Mastery as a Great Communicator – Going First MindFirst™

Emanate and Vibrate Great States as a Communicator

Trance-Form for Integration – Applying Learnings with the B4 Method

Get Up – Get Out – Get Into Great States as a Communicator

AUDIO 2 (23.23 minutes – 46.70 mg)

Exercise – Circle of Excellence

Get the Sense of Kinesthetics and Voice of Excellence as a Communicator
Step into the Circle of Excellence and Take on the Mind, Body and Behavior of Excellence
Behave more Intentionally and Precisely in how you communicate and the moves you make
Apply and Future Pace Skills for more Deliberate Performance and Making Contact with Others
Knowing – Owning – Doing Great States of Excellence as a Master Communicator

Neurocise™ – Mastery in Communication

Access and Anchor this Awareness and Understanding – Really Get It and Do It!
Activate a Positive Resource State – Actuate and Translate into Results
Focus on Desired State Outcomes and Make Contact with Others and Exude Great States

Neurocise™ – Handling Difficult Communication Situations

Identify limiting situations and Activate Great States of Relaxed/Focused Great Communicator
Apply and Maintain Resourceful, Mastery State and Imagine self Performing better and better, achieving Desired Results with a Great State
Intro to Breaking State & Interrupting States

Neurocise™ – Designing Desired State (DS) – Specifying Success

Identify DS & Required Resources to Succeed and Exceed Expectations
Identify Resource State Required to Achieve DS
Mixing States for High Level Influence and Good VIBES
Step into any situation with Resourceful States – Putting it Together

Neurocise™ – Design Communications with the iVIBES™ Model

Intro to iVIBES™ Modeling and How to Produce “Good VIBES” that are Well-Formed Coming From Your Best Operating States, Strategies and Skills (BOSS)
iVIBES Inquiry – How to Use the Spirit of Inquiry (Asking Questions) to produce win-win-win Agreements and “Both/And” Results
The Ultimate Reframe – “It’s All In-Formation”
Learn How to Avoid “Bad Vibes”

Neurocise™ – Role Play Specific Situations

Congruent and Complete Communications when You Make Contact with someone
Communicate with Total Congruence in your Behavior
Identify Your Identity-Role in Situations
Create Your Vision and Sequence of Success using the iVIBES™ Model
Focusing on “What You Want” and Bridging to Benefits
Condition Your Self for Success MindFirst™ - Expect the Effect
Design Intentional Outcomes with Well-formed Conditions of Success
Plan and Sequence Success Using iVIBES

AUDIO 3 (23.23 minutes – 46.70 mg)

Review of iVIBES™ Model and Intro to Well-Formed Conditions Model

iVIBES™ and the Importance of State Control and Directing Your State
Formulating Performance – Structure and Process
Well-Formed Conditions Model Introduced related to Communication

Exercise – Well-Formed Conditions (For Outcomes) – The Five Finger Model

Introduction to 5 Well-Formed Conditions

Well-Formed Conditions (WFC's) for Mapping Shared Goals

Get Agreement regarding Present State and Focusing on Desired State Outcomes/Goals
Working the “Both/And” Principle and Identifying Gaps to Desired State
Bridging to Success – Holding InMind Your Client's Best Interests
Using and Applying WFC's for Both You and Your Client
Get Agreement on Roles & Goals (and Sub-Goals), DS and Solution Plans of Action
Who's Going to DO What by When and How – Knowing Your Response-Abilities
Empowering Those Involved as a Great Communicator to Create a Win-Win-Win
Get Agreement on Time-Lines for Goals, Sub-Goals and Measures of Success
Intro to Worthy and Valuable Performance and How to Enjoy the Process of “Getting There!”
Signs of Success – Marking Out Progress

Exercise – Create a Well-Formed (and Designed) Communication

Use Well-Formed Conditions in Your in the Design and Delivery of Your Communications
Start with and “Come From” Great Communication States to Achieve Desired State Outcomes
Focus on Results and What You Will Do to Make What You Want Happen and Do It!
Succeeding One Step at a Time – Making Contact with iVIBES™ and Well-Formed Conditions
Wrapping it Up for Effective and Complete Communication™ - +VIBES!

**Visit our online store at <http://www.learnusa.com/neurocise.php#ecc>
to Purchase Effective and Complete Communication™**

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