

What Can I Expect during my NLP Changework Session?

How do I schedule a session?

1. Contact JoyTech by phone or e-mail to set an appointment for an NLP session. We can confirm rates and answer any questions you may have. Sessions can be done over the phone, from anywhere in the world, or in person in the central Texas area. In your e-mail, please list your top 2-3 best dates & times so we can accommodate your schedule.
2. When we have agreed on a date and time, you will receive a confirmation e-mail with further instructions, directions, etc. If you do not use computers or e-mail, then both setting the appointment and delivery of your confirmation and instructions can be conducted by phone or regular mail.

What will I experience during a session?

- During your first session, some time will be devoted to basic intake, where we gather the required information on who you are, how to contact you, your background, medical history, etc. Generally this takes 15-20 minutes.
- A large part of what happens for you centers on respect and rapport. We do all we can to create a safe, welcoming environment, one where all parts or aspects of you are honored ... so that you can speak freely and feel not only heard but understood.
- JoyTech staff will act as a guide or facilitator, focusing on gathering high quality information about what you want and just enough of the structure of what stops you to be effective. We will begin with the NLP Outcome Frame question – What do you want? At various times, we may repeat something you just communicated back to you in order to clarify and highlight key elements of your behavior.
- You are the Explorer, sharing what you know and learning more about yourself. You will discover new resources – different ways of thinking, behaving and feeling. You will also be introduced to some basic NLP exercises which you can take with you, practicing and applying them in a variety of contexts in your life. If you like, JoyTech can send you the basic steps of an NLP exercise you encountered during your session as follow up.

How can I enjoy a successful session?

1. Be on time and be ready. If you will be more than 10 minutes late, let us know as soon as you can.
2. As you begin the session, be sure to turn off all devices – cell phone, Blackberry, pager. If possible, do not simply turn down the volume or mute, but rather turn off your devices altogether.
3. Be ready to pay at the end of your in- person session. We prefer cash, check or money order. For a phone session, we require your credit card information at the start of the call – card type & #, name on the card, etc.
4. Be kind to yourself. As information is gathered during the course of your session, you may notice that you feel impatience, judgment or intolerance about one of your behaviors that you do not like. To get to the root of a problem, we need to dive deeper to uncover both the part, or aspect of yourself, that holds the judgment and the part that keeps creating the unwanted behavior. Once both sides of an internal conflict like this are given a chance to "speak out", then we can begin successful negotiations to create new behaviors that work better for all.
5. Keep in mind the NLP Presuppositions – "There is no failure, only feedback" and "Behind every behavior, there is a positive intention." We operate from an "As If" frame, presupposing some principles work better than others.

How does JoyTech protect my Privacy?

- All information gathered during a session is confidential. It will not be shared with any other individual or entity. Any electronic storage of your contact or background information is properly safeguarded. Respecting your privacy is important. At JoyTech, we take this very seriously.
- The only exception to sharing information involves contact with our counseling mentors. After a session is completed, we sometimes review the structure of a problem with an NLP advisor in order to garner advice and guidance on the best way to proceed. Generally, we do not even share an Explorer's name with an advisor. Regardless, any advisors or mentors are held to the same standards of honoring and protecting your privacy.

To schedule an individual NLP changework session, to be conducted either by phone or in person, please contact us at joytechconnect@yahoo.com, or visit us at www.joytechconnect.com. *Mahalo.*