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基礎原理



主動思維

被動思維





目標 $\neq$ 目的

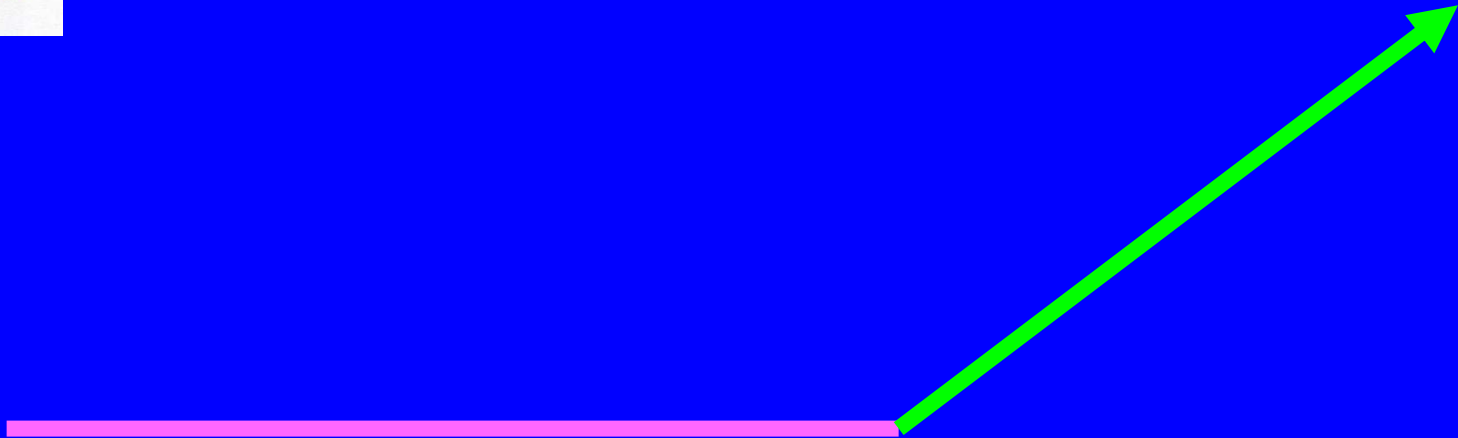
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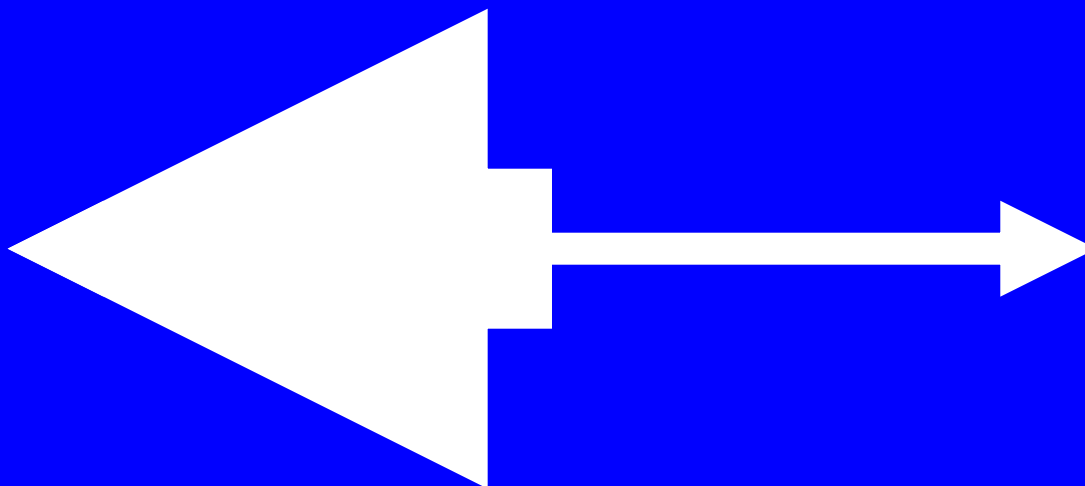
目標



終止原有狀態→進入新狀態



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行為精進

明白為何，也不一定能減少難題。

Richard Bandler



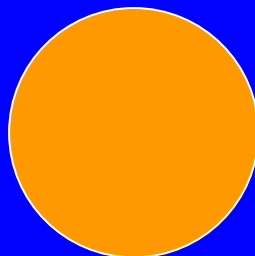
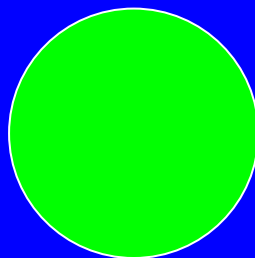
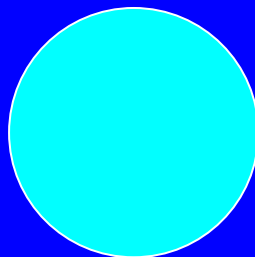
www.excelcentre.net/fb

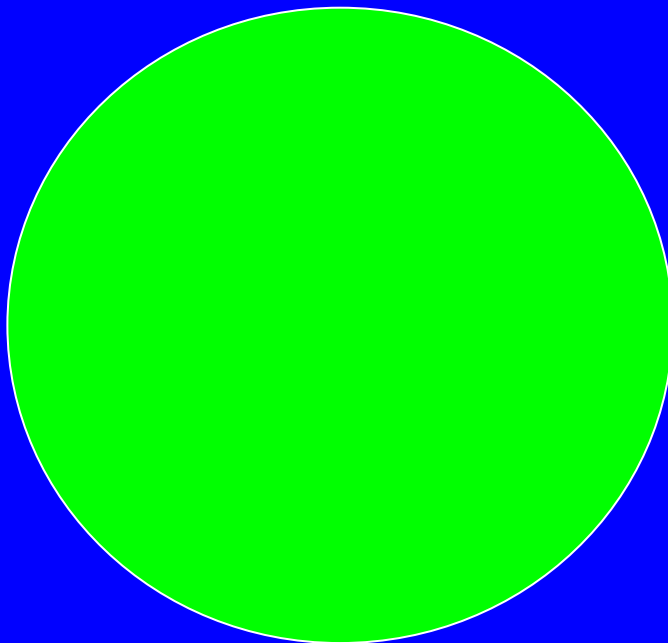
1st Order Change

1.5th Order Change

2nd Order Change

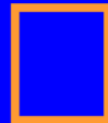
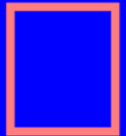
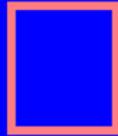
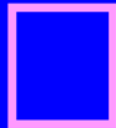
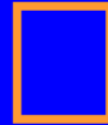
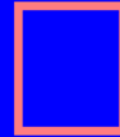
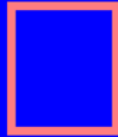
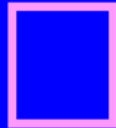
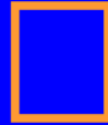
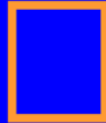
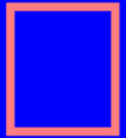
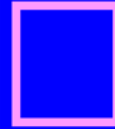
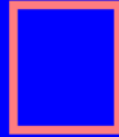
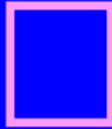
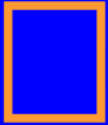
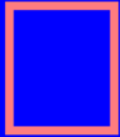
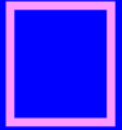




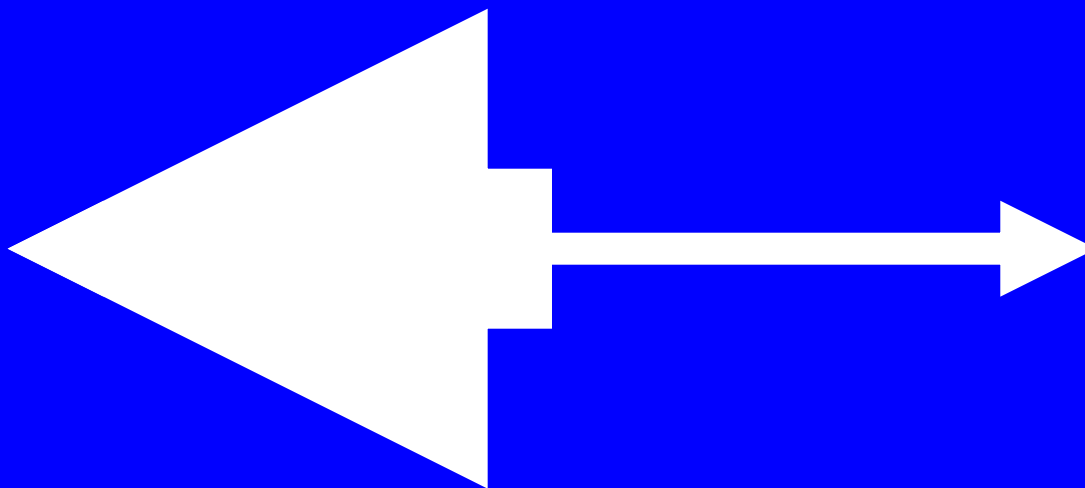


$$6 \times 6 = 36$$

↑ 瞭解



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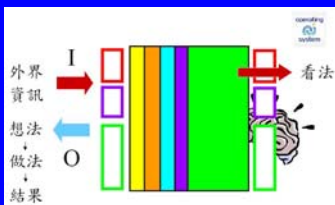
人皆選擇他們最佳的選擇

Richard Bandler

www.keithto.ws

A large, vertical image of a sunset over the ocean. The sky is filled with dark, dramatic clouds, and the sun is a bright, glowing orb on the horizon, casting a warm orange and yellow light across the scene. The ocean is dark, with some white foam from waves visible in the foreground. A white rectangular frame is centered over the image, containing the text "With every choice you make, you create your life." in a white, typewriter-style font.

With every
choice you
make, you
create
your life.



Un-Delete
Un-Generalize
Un-Distort

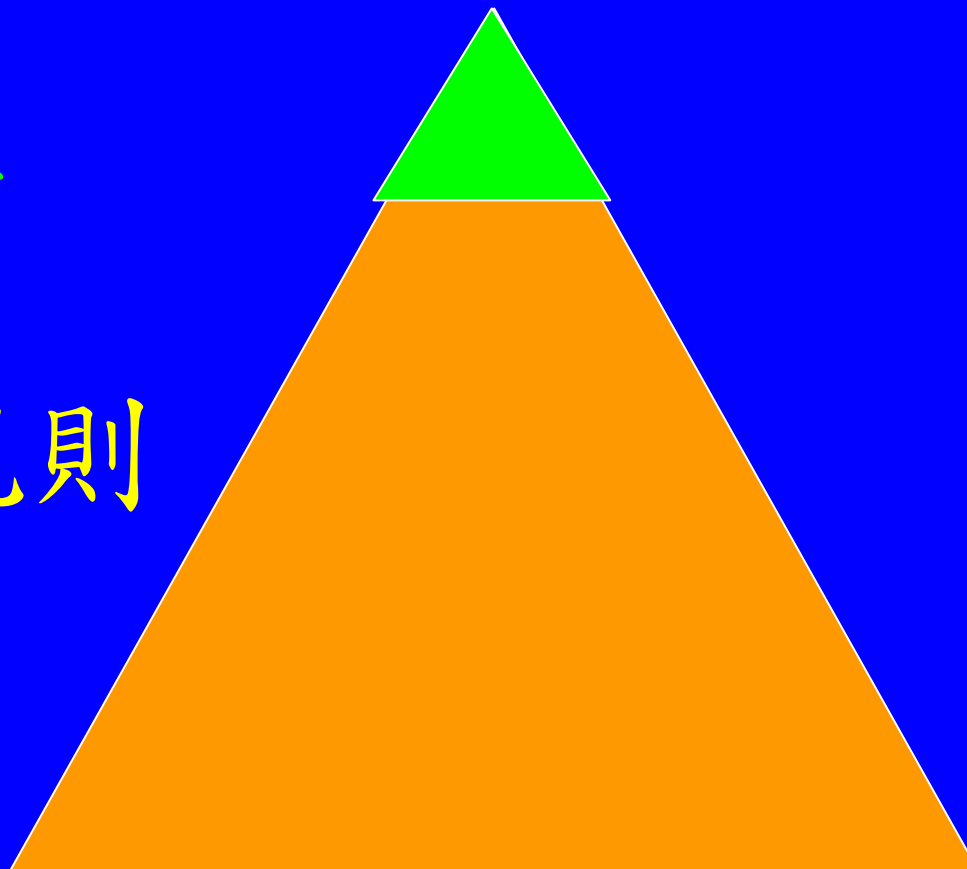
越多信念, 越多選擇, 越易成功!
越細信念, 越細選擇, 越易成功!
越準信念, 越準選擇, 越易成功!



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價值

信念/規則





容易
自控
選擇

強化性 局限性

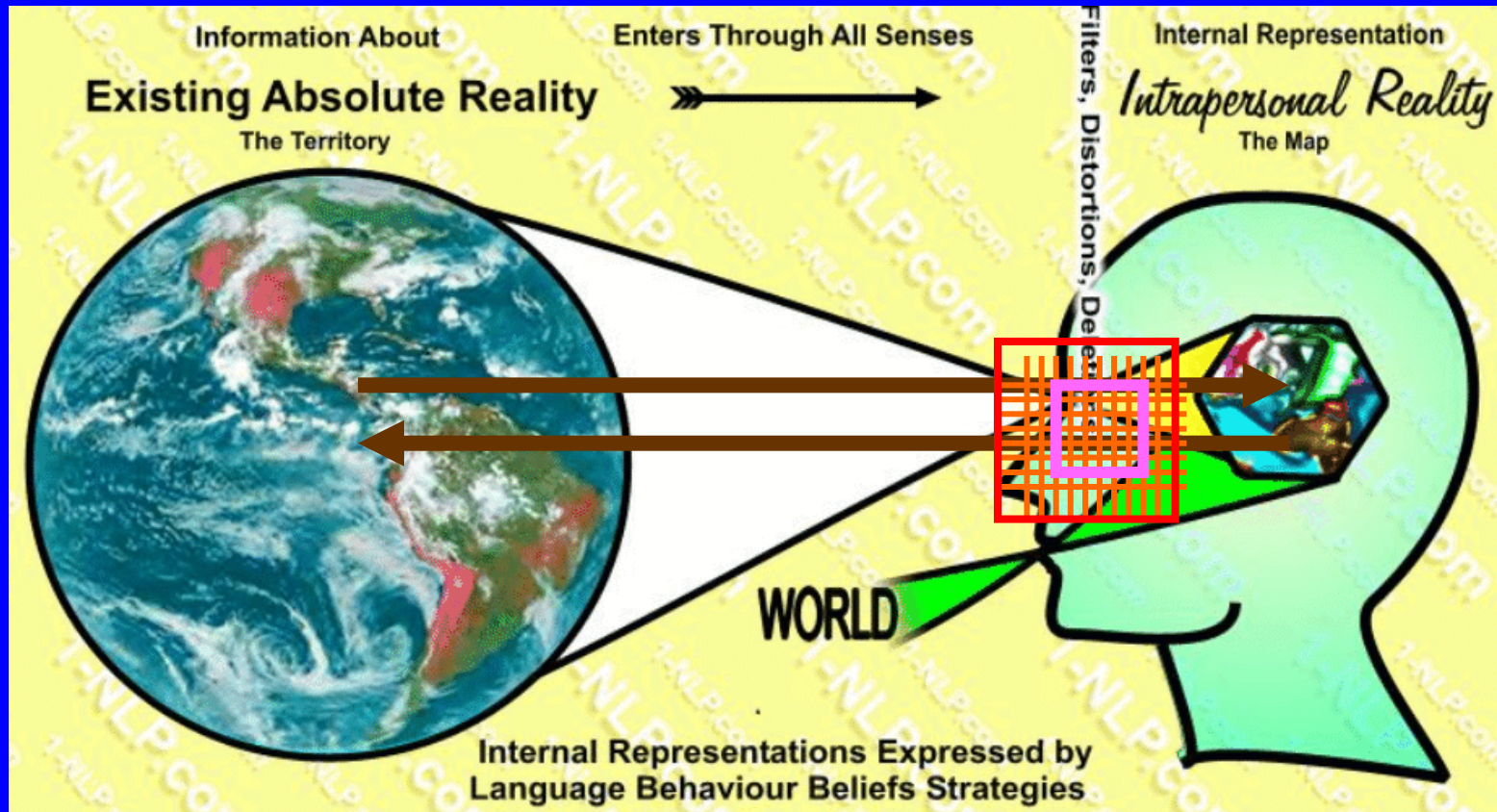


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可以
彈性
神聖
一定

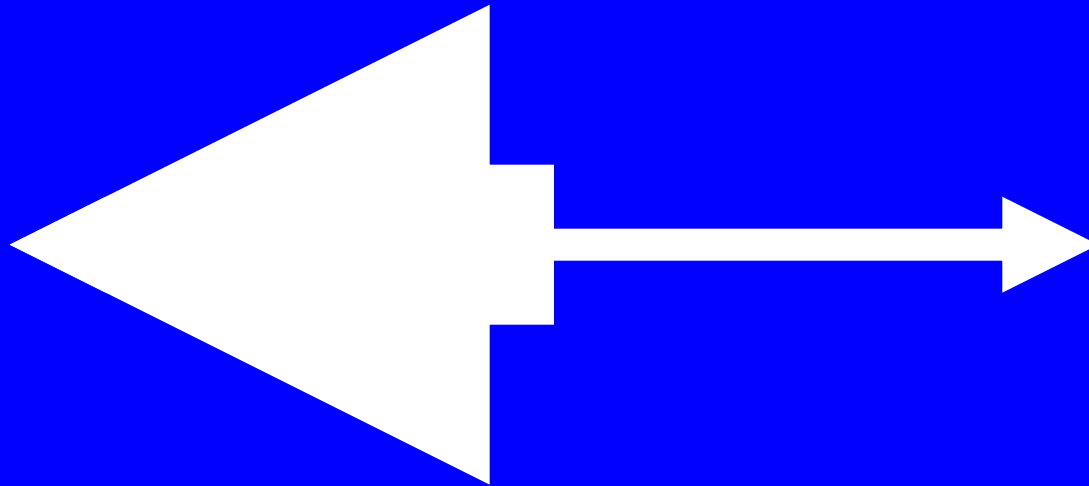




最有用的 NLP 技術...

Swish Pattern





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卓越策略

大腦並不是設計來達成結果
只是朝著方向進發

Richard Bandler



www.KeithToClass.com



Loading ×2

Evidences / Eyes

Associated / At this Moment

Primary RS / Physical

Specific







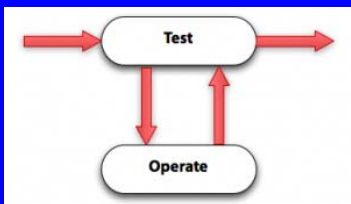
一個簡單步驟 → 改進一生 ?!

3

Why?
How?



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三條最重要的問題

4

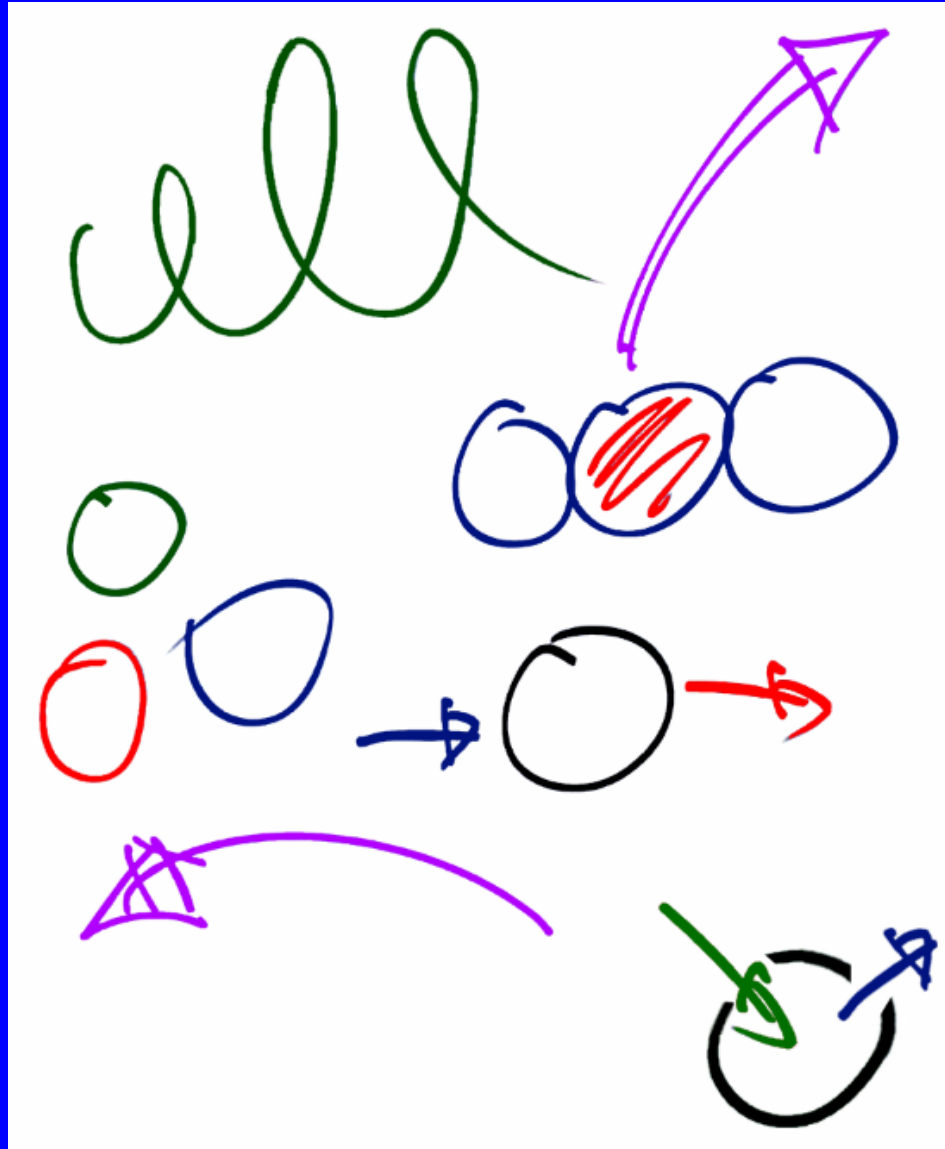
明確目的
感官證據
行為彈性

你想達成...?

你怎知道...?

做些什麼...?

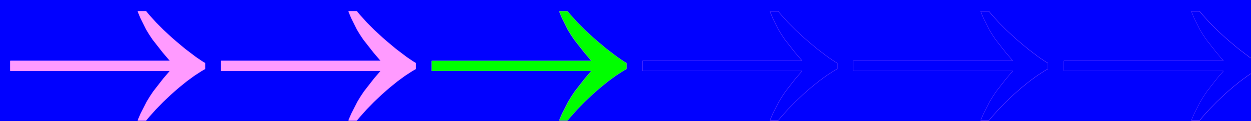




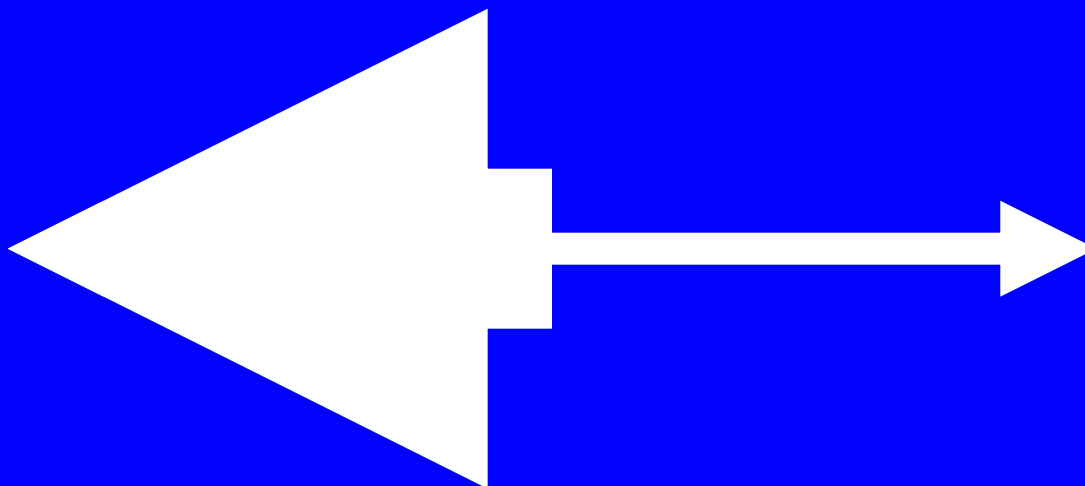


中斷模式 → 改變

6



Do Something
DIFFERENT



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身心治療



大部份的難題源自我們的想像，
既是想像，我們需要的，自然是
想像的解決。

Richard Bandler

www.KeithToClass.com



身 ↔ 心

Stress



Placebo



Chemistry





催眠治療

越易在腦內形造
越易於腦外產生

Richard Bandler

www.KeithToClass.com





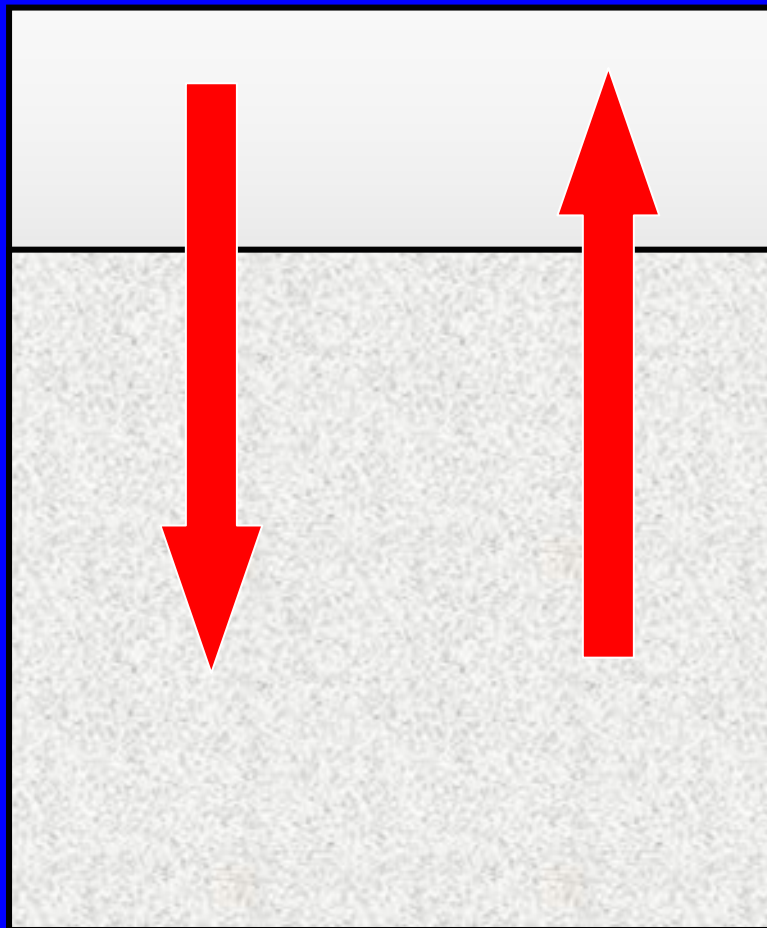
小小
新新習慣→易化舊習慣
少



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溝通的意義， Richard Bandler
在於你得到的結果

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商業卓越



學習就是以不同的方式看待事物。
Richard Bandler

混亂中理出秩序?

$A = B$

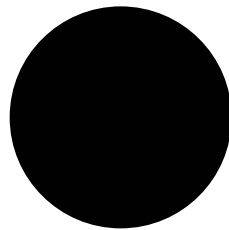
$A \rightarrow B$

$A (B)$

身心教練

理解不能帶來改變，學習才能。
Richard Bandler





無意溝通



你無法改變手中的牌
卻可以決定如何出牌

Milton Erickson

www.KeithToPrograms.com

說服 = 難

不去說服!



概念整合

卓越，並非行動
而是習慣

Aristotle



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2019年度最新課程

www.KeithToClass.com



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