

## Training Projects

❖ **Project #1: Exercise Design Analysis** (You can work in groups of 3 maximum.)

**“Backtrack“** → Review the series of exercises in the sequence that they were presented. After having reviewed each of the exercises, explore the following elements in relation to the processes of training. (Refer to the **Presentation and Exercise Design Format** attached.)

1. How is **each exercise** (and each part of an exercise) **connected** to the preceding exercise(s), as well as connected to the following exercise(s)?

In other words, how does each exercise build upon what came before (i.e., a repetition of certain elements) and leads to (that is, serves as a foundation for what follows)?

2. A) What **NLP patterns / processes / techniques** are “nested“ inside of each exercise?  
B) Which specific instructions / questions in the exercise presuppose that particular process / technique / perceptual skill?

❖ **Project #2: Day 7, Exercise #21: “What does it mean to train?”** (Handout attached.)

How is this exercise an example of **both** 1) **“The Structure of the Overall Process for Training and Learning”** in action (page \_\_\_\_\_ in your Training Manual) **and** 2) **“The Systems Thinking Model”** in action (Page \_\_\_\_\_ in your Training Manual)?

❖ **Project #3:** Read pages \_\_\_\_\_ in your Training Manual in preparation for Session 2.)

**I will collect your completed Projects during the second session in June.**

**Please submit computer-printed papers (no disks, CDs or DVDs).**

**You may include mind-maps, charts, metaphors, stories in addition to the text.**

**If you complete the project as a group, please remember to put the names of the members on the front page.**

**I invite you to enjoy your journey through the territory of the “Art of Training,” exploring, discovering, and learning in a variety of delightful ways, building upon your learnings from the first session.**

**I look forward to being back together with you in June.**

*Christina*