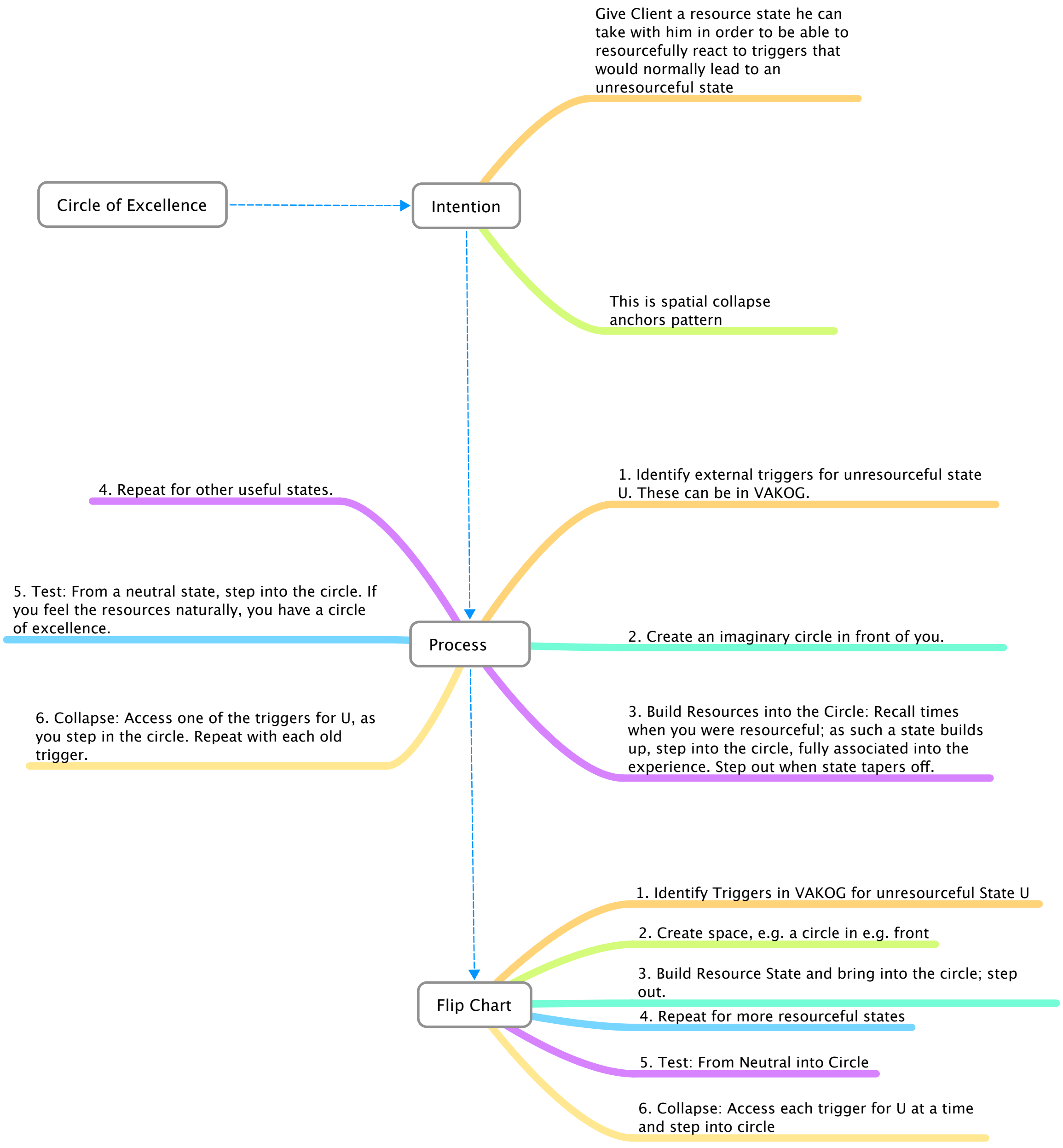
Circle of Excellence
Intention
Give Client a resource state he can take with him in order to be able to resourcefully react to triggers that would normally lead to an unresourceful state
This is spatial collapse anchors pattern
Process
1. Identify external triggers for unresourceful state U. These can be in VAKOG.
2. Create an imaginary circle in front of you.
3. Build Resources into the Circle: Recall times when you were resourceful; as such a state builds up, step into the circle, fully associated into the experience. Step out when state tapers off.
4. Repeat for other useful states.
5. Test: From a neutral state, step into the circle. If you feel the resources naturally, you have a circle of excellence.
6. Collapse: Access one of the triggers for U, as you step in the circle. Repeat with each old trigger.
Flip Chart
1. Identify Triggers in VAKOG for unresourceful State U
2. Create space, e.g. a circle in e.g. front
3. Build Resource State and bring into the circle; step out.
4. Repeat for more resourceful states
5. Test: From Neutral into Circle
6. Collapse: Access each trigger for U at a time and step into circle