

NeuroLogical Levels of Learning and Change in Brief Therapy

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LEVELS OF LEARNING AND CHANGE

- *Environment* determines the external opportunities or constraints a person has to react to.
Relates to the *where and when* - **creating a context.**
- *Behaviors* are the specific actions or reactions made by a person within the environment.
Relates to the *what* - **engaging people's bodies.**
- *Capabilities* guide and give direction to behavioral actions through a mental map, plan or strategy.
Relates to the *how* - **engaging people's minds.**

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LEVELS OF LEARNING AND CHANGE

- *Beliefs* and *values* provide the reinforcement (motivation and permission) that supports or inhibits capabilities.
Relates to the *why* - **engaging people's hearts.**
- *Identity* involves a person's role and mission.
Relates to the *who* - **engaging people's sense of self.**
- *Vision* involves the recognition of the larger systems of which people are a part.
Relates to the *who and what else* – **engaging people's sense of a greater purpose.**

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Levels of Learning and Change

<p>Spirit — <i>For What? For Whom?</i> Vision and Purpose</p> <p>Identity — <i>Who?</i> Role and Mission</p> <p>Values and Beliefs — <i>Why?</i> Motivation and Permission</p> <p>Capabilities — <i>How?</i> Plans and Strategies</p> <p>Behavior — <i>What?</i> Actions and Tactics</p> <p>Environment — <i>Where? When?</i> Context and Constraints</p>		<p>Mission Sense of Self</p> <p>Permission Motivation</p> <p>Strategy Plan</p> <p>Actions Reactions</p> <p>Opportunities Constraints</p>
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Levels of Learning and Change

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Levels of Support for Learning and Change

Spirit/Purpose — *Awakening*
Identity — *Sponsoring*
Values and Beliefs — *Mentoring*
Capabilities — *Teaching*
Behavior — *Coaching*
Environment — *Guiding/Caretaking*

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Creating an Aligned State

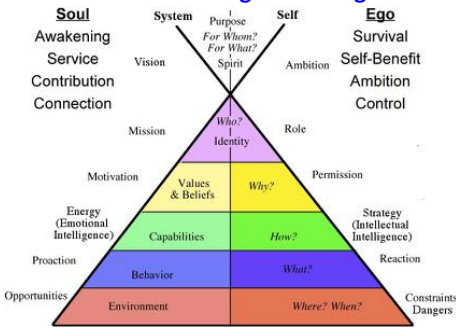


- Where and when do I want to be more aligned?
- What specific behaviors can I enact to be more aligned?
- What capabilities will help me be more aligned?
- Why do I want to be more aligned? What beliefs and values does it reflect?
- What kind of person do I want to be?
- What is my mission and vision?


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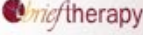
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Mapping the Path from Vision to Action

1. What is your **vision** and **ambition**?
2. What is your **role** and **mission** with respect to that vision and ambition?
3. What **values** and **beliefs** motivate you to achieve that role and mission?
4. What **capabilities** are necessary to implement your role and mission? Which ones do you currently have/ need?
5. What specific **behaviors** and action steps need to be taken to reach the vision and ambition?
6. What **environmental opportunities** and **constraints** will you have to take advantage of or contend with in order to reach the vision and ambition?

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