

The NXChange Program SKILL BUILDING COURSE (SBC)

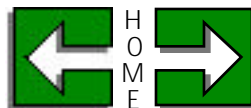
A ONE COLLEGE SEMESTER COURSE
FOR PEOPLE WHO WISH TO BEGIN THE
STUDY
OF THE SUBJECT OF
“M E N T A L F I T N E S S”



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A MESSAGE FROM THE AUTHOR

I compliment you on your decision to invest in yourself. Your investment will improve the quality of your personal, family, and professional relationships - for the rest of your life..

Many people invest a significant amounts of their money on cars, homes, recreation, entertainment, and a host of other things,.. that do not increase their *personal* asset value,.. you have decided to invest in a program in which you learn how to make better life decisions. You have begun to study the subject of "Mental Fitness." In the book "EQUAL VALUE," I wrote:

"The present discipline problems in schools, over crowding of prisons, rising divorce rate and increasing youth suicide rate,.. clearly indicate the need for life management skills training... For the past century and a half, I think the world of psychology has been going in the wrong direction. It has poured billions of dollars into the study of mental illness. It has become expert at saying what mental illness is - what's '*wrong*' with people.

I'm convinced we could have been more intent on defining mental fitness,.. in learning what *wellness* is,.. or what can be '*right*' with people. People are not interested in learning about what's wrong,.. they would rather invest their time in learning what to do about it.

"Mental Fitness" is a new subject!... It is a subject like English, history, geography or algebra, are subjects... We need to learn to think effectively so we can solve our own problems... No one can learn for us... and no one else can change for us.

After we study this new subject,.. we discover we are able to solve more complex human relations problems much easier... We no longer say: "You make me mad!" or "You make me depressed!".. as we no longer think others control our emotions... We change much of our behavior because we discover it was unknowingly causing results directly opposite our intent. We learn how to applaud life as we develop into a powerful personal force for good."

The "Skill Building Course" has been tested and proven effective. It provides you with the most innovative and advanced learning concepts - guaranteed to produce personal leadership qualities and skills of communication that will remain with you and providing a return on your investment for the rest of your entire life.

Plunge in and get the most out of it. It is a fun and enjoyable learning experience you may consider to be a major turning point in your life. Take this opportunity to make new lifetime friends.

If I can be of personal service to you, in answering questions about this program, please feel free to email me at jim@nxchange.com.

JIM CAMPBELL
Director for Research & Development

REGISTRATION

NAME _____ HOME PHONE _____ FAX _____

ADDRESS _____ PAGER/MOBILE _____

CITY _____ STATE _____ ZIP _____

FIRM NAME _____ JOB TITLE _____

ADDRESS _____ OFF PHONE _____ FAX _____

CITY _____ STATE _____ ZIP _____

COURSE TITLE _____ FORMAT _____

COURSE TIME _____ START DATE _____ END DATE _____

FACILITY LOCATION _____ PHONE _____

FACILITATOR'S NAME _____ PHONE _____

COURSE FEES:

SPECIAL NOTES AND COMMENTS:

Student Materials \$ _____

Food & Refreshments \$ _____

Lodging or Facilities \$ _____

Course/Facilitator Fees \$ _____

Other Expenses \$ _____

College Credit \$ _____

Total \$ _____

- My check or money order for payment in full is attached.
- I would like an appointment to discuss costs of the course separately with the facilitator.
- I want to apply for college credit for the course.

Student Signature

Date

Facilitator Signature

Date

THE “2 WEEKENDER” SCHEDULE

<u>First Friday Evening</u>	18:15 - 18:30	<i>Coffee & Tea</i>
	18:30 - 19:15	Introduction
	19:15 - 20:30	Distortion Gap & Circles Video Presentation
	20:30 - 20:50	Circles Exam
	20:50 - 21:00	Break
	21:00 - 21:20	Team Discussion
	21:20 - 21:30	Synergy Evaluation
<u>First Saturday</u>	08:45 - 09:00	<i>Continental Breakfast</i>
	09:00 - 09:45	Level Transactions Video Presentation
	09:45 - 10:05	Level Transactions Exam
	10:05 - 10:15	Break
	10:15 - 10:40	Team Discussion
	10:40 - 11:00	Synergy Evaluation
	11:00 - 11:10	Break
	11:10 - 12:00	Making Contact & SOC Video Presentation
	12:00 - 12:30	Lunch
	12:30 - 13:00	Making Contact Exam
	13:00 - 13:30	Candor Session
	13:30 - 14:00	Team discussion
	14:00 - 14:15	Break
	14:15 - 14:30	Synergy Evaluation
	14:30 - 14:45	Check-up Questions Review
	14:45 - 15:00	Break
	15:00 - 16:50	Appropriate Response Exercise Preparation
	16:50 - 17:00	ARE Homework Assignment
<u>Second Friday Evening</u>	18:15 - 18:30	<i>Coffee & Tea</i>
	18:30 - 19:30	Appropriate Response Exercise - Model
	19:30 - 21:00	Second Appropriate Response Exercise
	21:00 - 21:30	Check-up Question & ARE Review
<u>Second Saturday</u>	08:45 - 09:00	<i>Continental Breakfast</i>
	09:00 - 10:30	Personal Improvement Training Preparation
	10:30 - 12:00	Personal Improvement Training Session #1
	12:00 - 12:30	Lunch
	12:30 - 14:00	Personal Improvement Training Session #2
	14:00 - 15:15	Personal Improvement Training Session #3
	15:15 - 16:30	Personal Improvement Training Session #4
	16:30 - 17:00	Closing Exercises & Graduation

RULES OF THE HOUSE

1. STAFF FACILITATOR _____
CO-FACILITATOR _____
ASSISTANTS: _____

2. **TAPE RECORDINGS:** Tape recordings of all the sessions are not permitted as audio and video cassette tapes are available through the facilitator. All materials are copyrighted by Skills Of Communication Inc., and may not be reproduced in any manner without the prior written approval of Skills Of Communication Inc.
3. **DRESS:** Dress is casual. Suits and ties, dresses, or other type dress clothes are not recommended. The course can become tiring and every effort should be made to assure maximum comfort. Slacks, sweaters, Bermuda shorts, sport shirts, or blouses are acceptable - and, of course, a comfortable pair of 'Nike' shoes are always appropriate.
4. **DEPORTMENT:** Loud or destructively candid remarks are not acceptable. Interfering with other teams or persons who are working when you or your team is on break, or any other unreasonable aggressive or violent conduct, is absolutely not acceptable.
5. **SPOTS ON CARPET:** Any one spilling coffee, juices, or other liquids, on the carpets, should notify the facilitator IMMEDIATELY,.. to assure a permanent stain is avoided.
6. **MAGIC MARKERS:** There are two kinds of markers - PERMANENT AND NON-PERMANENT (water based). Only the water based non-permanent markers are for use in team rooms. DO NOT use permanent markers for any reason.
7. **CHILDREN:** Due to the nature of the course, parents must make arrangements to have children cared for. Please do not bring children to the class site. Special arrangements can be made for mothers who are breast feeding.
8. **TEAM ROOMS:** Each team is assigned one team room. Team members and staff personnel only are allowed in the team room. Members from other teams should not go into another team's team room unless they are specifically invited by all the team members.
9. **SMOKING:** Smoking in the main class room and team room is not permitted. Smoking is permitted only during appropriate break times in the designated smoking areas. It can be arranged for all smokers or non-smokers to be on separate teams.

10. **DRUGS AND ALCOHOL:** The consumption of alcohol, or the use of any type drugs or conscious altering device, that would affect a student's performance during the course, is not permitted - as it detracts from absorbing information to be used during the Personal Improvement Training Sessions and it is extremely rude and unfair to the other students on that individual's team.
11. **BREAK AREA:** All meals and refreshments will be provided in the break area. Please do not take food, beverages, or other refreshments, out of the break area without first checking with the staff. Please be quiet on break as other teams may still be working.
12. **MEALS AND REFRESHMENTS:** Lunch and refreshment breaks are scheduled during each course to allow the students to get acquainted with each other, to exchange views, and share their experiences. This aids in assuring complete understanding of the course materials. These scheduled periods are as much a part of the course as class sessions or team activities. Make every effort to spend meal and refreshment time with the members of your team to assure YOU get the most out of YOUR course.
13. **TELEPHONES:** Feel free to use the phones while you are on break for local calls only. You must pay for any long distance calls from the training center, hotel rooms, or other areas, as monies to provide for long distance calls is not included in the contract.
14. **OUTSIDE HELP:** Please contact the Facilitator if you feel you are not understanding the material being presented in the course. The Facilitator or a member of the staff will assist you privately to make sure you are progressing as you should. Facilitators and staff members do not have time during the course to discuss personal problems or other matters not directly related to successfully completing the course on schedule.
15. **FACILITATOR'S ROLE:** The Facilitator and staff members are there primarily to facilitate the course. Many times the team members will ask questions or request the facilitator to help resolve a team problem. The Facilitator should not interfere,.. as the manner in which the team determines how to solve the problem,.. is the purpose of the course.
16. **TIME INTENSITY:** The course normally has just enough activities packed into each period to cause the team to either get down to work or suffer the consequences. Do not fritter away the time. Make every effort to keep your team on schedule.
17. **EXPERIENTIAL LEARNING:** Three-fourths of the learning experience will be in the team room without the facilitator present. This is a course in which you must apply what you learn so that when you leave the course you are able touse your skills of communication.
18. **PARKING:** Off limits areas, dog zones, hazards, picnics, and pot lucks, or things and events unique to your course, are to be explained by Facilitator.
19. Facilitator's phone number _____ Room Number _____

3 DAY COURSE SCHEDULE

1st Day	07:45 - 08:00	<i>Continental Breakfast</i>
	08:00 - 09:00	Introduction
	09:00 - 09:45	Distortion Gap & Circles Video Presentation
	09:45 - 10:30	Circles Exam & Break
	10:30 - 11:00	Team Discussion
	11:00 - 11:15	Synergy Evaluation
	11:15 - 12:00	Level Transactions Video Presentation
	12:00 - 13:00	LUNCH
	13:00 - 13:30	Level Transactions Exam
	13:30 - 14:00	Team Discussion
	14:00 - 14:15	Synergy Evaluation
	14:15 - 14:30	Break
	14:30 - 15:20	Making Contact & SOC Video Presentation
	15:20 - 15:45	Making Contact Exam
	15:45 - 16:00	Candor Session
	16:00 - 16:30	Team Discussion
16:30 - 16:45	Synergy Evaluation	
16:45 - 17:00	Check-Up Questions Review	
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2nd Day	07:45 - 08:00	<i>Continental Breakfast</i>
	08:00 - 10:00	Appropriate Response Exercise Preparation
	10:00 - 12:00	Appropriate Response Exercise Model
	12:00 - 13:00	Lunch
	13:00 - 14:30	Appropriate Response Exercise #1
	14:30 - 16:00	Appropriate Response Exercise #2
16:00 - 17:00	Review & Critique	
<hr/>		
3rd Day	07:45 - 8:00	<i>Continental Breakfast</i>
	08:00 - 10:00	Personal Improvement Training Preparation
	10:00 - 11:30	Personal Improvement Training #1
	11:30 - 13:00	Personal Improvement Training #2
	13:00 - 13:30	Lunch
	13:30 - 15:00	Personal Improvement Training #3
	15:00 - 16:30	Personal Improvement Training #4
16:30 - 17:00	Closing Exercises & Graduation	

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EXPECTATIONS

