

The **NXChange** Program allows you to go as far as you decide.

You start with one college semester length course - What we call the Skill Building Course (SBC). It is designed to give you an overview of the world of **"Mental Wellness,"** and conditions you to be more open and accepting of feedback from others.

If you like the SBC, and want to continue, you then progress through two Intermediate (ICA & ICB) and two Advanced Courses (ACA & ACB). To complete all 5 courses takes one evening a week for about one year.

If you choose to continue the program, during the second year you enter into Permanent Group (PG).

During the second year you can also train to be a Facilitator. *We believe people learn more from facilitating the courses than from taking them.*

Eventually you will earn enough college credit to have a **major in Mental Wellness** or to be **"Certified"** by **SOC as an Associate, Master, or Permanent, Chartered Facilitator** - requiring 2034, 3406, and 5218 hours respectively.

"I learned coaching and counseling skills I can use at home or on the job.

Executive

"After completing an Ed. D. degree, I have never acquired such useful information about communications that I can use both in my personal and professional life."

School District Superintendent

"I think the most important thing I learned is that I am the only person that can become aware of my problems for me."

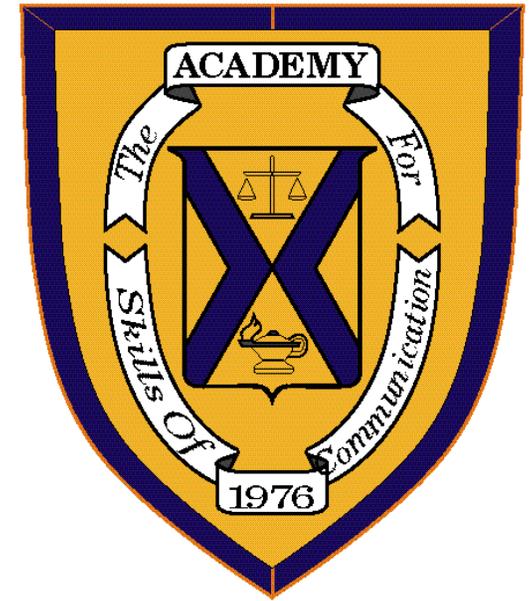
High School Senior

"This program should be taught to all the teachers, students, and parents in every community."

Teacher of the Year

"A clear understanding of the results you will get when you learn to place an 'Equal Value' on yourself and the other person."

Clergyman



**A Brochure About
the
Skills Of Communication
"SOC"**

**"NXChange"
Program**

"Mental Wellness" is a subject just like English, history, geography, and Algebra are subjects!

N stands for the word internal.

X stands for external.

Change involves the application of the newest technology of “*how*” to move from the **X** to the **N** modes of new conclusions and new behaviors.

Normally there is one 3 hour class per week and a few hours of outside class preparation (home work).

During the first 10 years SOC was presenting courses, the average person in the classes was 29 years of age, had more than 16 years education, and was well established in a professional career.

The program has previously been accredited for both undergraduate and graduate credit at the University of Oregon, Oregon State University, Portland State University, University of Washington, Washington State University, Seattle Pacific University, and numerous community colleges in both states.

Attending this program breaks up the hum-drum of always going out to eat or to see a movie.

S.O.C.

the

”**EQUAL
VALUE**”

Organization

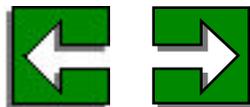
Skills Of Communication

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The **NXChange** Program is for people who wish to increase the **QUALITY** of their lives.

The program improves your personal leadership skills and the way you relate in the business world. You become more *effective* and *valuable* to the company. Your chances for promotion are increased.

The more you learn the more satisfied you become with your own self. You *set new and challenging life goals* that you know you will achieve.

The relationship you have with that significant other person,.. and your children,.. takes on a new and *fulfilling* meaning. The pains of the relationship are replaced with joyful moments together. You naturally discipline the children appropriately

Learning the subject of Mental Fitness” equips us with knowledge and skills that make the word counseling obsolete - the same as learning word processing equips us with knowledge and skills so that we no longer use typewriters.