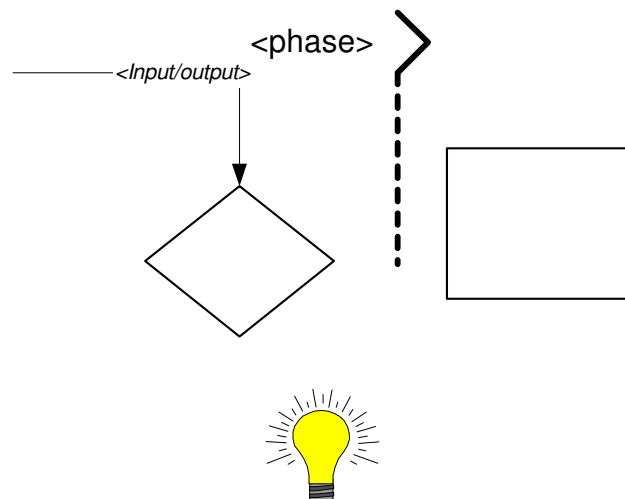


# CMCG



**NLP A Systemic Approach to life the universe and everything.**

## **PATTERNS FOR CHANGE**



Refs The art of Systems thinking Joseph O'Connor Ian Mc Dermott isbn  
0-7225-3442-6

Systems Thinking and Learning Stephen G Haines MRL Ltd

Heart of the Mind Connirae and Steve Andreas isbn 0-911226-31-1

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## **An NLP Systems Strategy**

To understand any system requires think at different levels once the problem is identified one needs to review the events surrounding the issue, the patterns of behaviour, relationships between these. The mental models that sustain the problem need to be challenged. A systems model can then be built to identify the intervention which would have the greatest leverage.

### **The Process**

1. Ask the person to say what the problem is, this process is best for problems that have been around for a while and repeat.
2. Check ecology around exploring this
3. Get a description of the problem, the 5 Whys may be useful here to explore possible causes..
4. What are the events that sustain the problem? List or map these and note time scales.
5. What are the patterns of behaviour that sustain the problem? List or map these
6. What are the links and connections? What systems patterns i.e. feedback loops at play here?
7. What would be the difference that would make the difference? Develop intervention options
8. Test the one that seems most appropriate, future pace, how will the result be evidenced?

#### **Problem**

#### **Intervention**

#### **Events & Patterns**

#### **Links & Connection**