



# Chimp Management Syllabus of Self-Development Courses 2016

## Chimp Management

*Helping people get the best out of themselves and others.*

Our mind is a remarkable machine that represents our greatest asset and our biggest liability. This machine is what inspires us to pursue our dreams and goals, and yet at the same time it can sabotage, hijack or interfere with our plans. Our series of courses and workshops is designed to help you recognise, understand and then implement strategies to enable you to get the best out of yourself and those around you.

If you're new to the Chimp Model, we provide a guided programme of self development, through our Foundation course, Self Development courses and Masterclasses.

We provide a maintenance programme through our Discussion groups and Seminars.

If you want to look at a specific area of self-development, we also offer stand-alone courses on particular areas.



**Foundation Course:** *The ideal start to your journey of self-development.*

**Next Steps Courses:** *The recommended next steps in your journey.*

**Masterclasses:** *Further developing your emotional skills.*

**Discussion Groups and Seminars:** *Maintaining your emotional skills.*

**Stand-alone Courses:** *Health & Well-Being and Real World courses. No prior knowledge of the Chimp Model required.*

On the next page you'll find a self-assessment questionnaire to help you gauge which course(s) might be most suitable for you.

# Course Suitability Assessment

This assessment is designed to help you establish the most suitable course(s) for you.



Question	Yes	No	Not sure
I understand what the chimp represents			
I understand the differences between the chimp and the human			
I understand what the computer does			
I rehearse and reflect on the extent to which I manage my chimp daily			
I can recognise when my chimp engages in fight, flight or freeze			
I know my chimp in terms of which are its most prominent drives			
I know my chimp in terms of its dominant ways of thinking			
I know what nurturing my chimp means and I can give examples of how I'm doing this			
I know how to exercise my chimp			
I know how to box my chimp and I know what my 'Grade A hits' are			
I know how to use distraction to manage my chimp			
I know how to use rewards to manage my chimp.			
I have a clear understanding of the rules of my mind as a machine			

If you answered...

**Mostly No or Not Sure:** The **Foundation Course** would be the best place for you to start. You could also attend the **Stand-alone Health and Well-being** and **Real-World courses**, as these require no prior knowledge.

**Mostly Yes:** The **Self Development Courses** and **Discussion Groups** and **Seminars** would be most suitable for you. You could also attend the stand-alone **Health and Well-being** and **Real-World courses**.

**All Yes, plus an active Stone of Life in daily use:** You may be best suited to our **Discussion Groups** and **Masterclasses**.

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*The ideal start to your  
journey of self-development.*

Understanding Your Mind & Emotions	Required Prior Knowledge
<p>This course will explore the manner in which your mind works in greater detail through the lens of the Chimp Model. It will help you to discover and release the real you. We will look at why we often seem to lack discipline and willpower and occasionally sabotage our own relationships and success. Understanding your mind through the Chimp Model will increase the probability of turning this around.</p> <p>It is anticipated that by the end of the course you will have a better understanding of your own mind, the way it works and have some practical plans to start getting the best out of yourself.</p>	Nil

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*The recommended next steps in your journey.*

New Beliefs, Behaviours & Emotions	Required prior knowledge
<p>Do you have unhelpful thoughts, beliefs and behaviours about yourself, others and the world in which you live? The first part of this workshop is designed to help you to discover your own unhelpful behaviours, beliefs and thoughts. It is then designed to help you remove them and replace them with constructive and helpful alternatives that can radically change your life. It builds on the foundation course.</p> <p>It is anticipated that by the end of this workshop you will have in place plans for implementing new behaviours and beliefs that will lead to better management of your emotional thinking and improved quality of life.</p>	<p>Attendance on the Foundation course or completion of the self-assessment.</p>
<p><b>The Stone of Life</b></p> <p>The Stone of Life offers the ultimate stabiliser in managing your unhelpful emotions, thoughts and behaviours. It is the foundation stone for a happy, successful and fulfilling life. This workshop builds on the Foundation course and the New Beliefs and Behaviours workshop provides the opportunity to stand back, reflect under guidance and learn how to create and implement your Stone of Life in a practical and realistic way.</p> <p>It is anticipated that by the end of this workshop you will have developed and tested a first draft of your Stone of Life. You will have a deeper understanding of your values and what it means to live by them, together with practical plans for bringing reality checks and perspective to your day-to-day living.</p>	<p>Attendance on the Foundation course or completion of the self-assessment.</p>
<p><b>Understanding Others</b></p> <p>Do you sometimes find yourself getting frustrated with personal or professional relationships? Would you like to be able to help people around you get the best out of themselves?</p> <p>This workshop builds on the previous ones in this series and will help you discover how your choice of thoughts and behaviours can positively or negatively affect your relationships with those around you. It will help you develop skills for getting the best out of others.</p> <p>It is anticipated that by the end of this workshop you will gain a clear understanding of how you can optimise your current relationships and develop practical plans for nurturing present and future relationships.</p>	<p>Attendance on the Foundation course or completion of the self-assessment.</p>



Continued...

Improving Communication	Required prior knowledge
<p>This workshop builds on the previous ones in this series and explores the fundamental principles of effective communication through the Chimp Model, helping you to become more aware of the importance of verbal and non-verbal communication. Communicating the right things, in the right way, with the right agenda to the right person can dramatically improve your effectiveness.</p> <p>It is anticipated that by the end of this workshop you will develop ways of improving your communication skills and assertiveness; ultimately helping you to convey your message in a more effective manner and positively affecting those around you.</p>	<p>Attendance on the Foundation course or completion of the self-assessment.</p>
NSC5: Managing Stress	
<p>It is well known that prolonged stress can lead to adverse physical and psychological discomfort. Understanding and dealing with the root causes of stress in a positive manner can minimize the effects of future stress while helping you to flourish, ultimately helping you to live the life that you want to lead.</p> <p>This workshop builds on the previous ones in this series and explores why we experience stress, how individuals physically and mentally react and respond to it. Importantly, it will help you to develop practical strategies to deal with stress.</p> <p>It is anticipated that by the end of this workshop you will have a better understanding of the purpose of stress and how it might affect you. Moreover, that you will have practical plans for managing it and preventing it in the future.</p>	<p>Attendance on the Foundation course or completion of the self-assessment.</p>

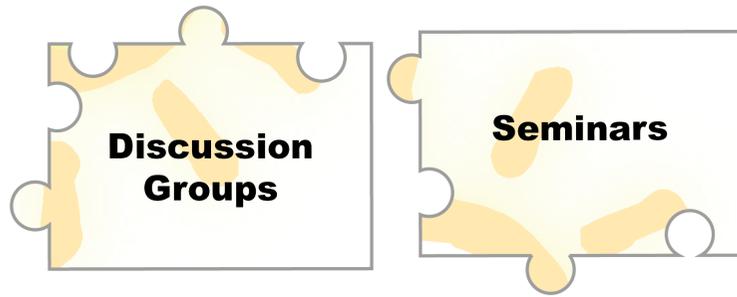
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*Further developing your emotional skills*

<b>Planning for Success (Weekend Retreat)</b>	<b>Required prior knowledge</b>
<p>What does success look like to you? What does it look like to your Chimp? This weekend retreat will take you on a journey to discover what you really want in life and how to get there. This weekend retreat will help you to explore the requirements of personal excellence and put yourself through your very own commitment screen. Build your own 'dream machine' to lay the foundation stones that will provide the platform from which to succeed.</p> <p>It is anticipated that by the end of this course you will have a deeper understanding of what success really means to you. Furthermore, that you will learn practical strategies that you can apply immediately to improve the probability of success in your life.</p>	<p>By appointment. This is a specialist retreat. Approval from a Chimp Management Mentor must accompany your application.</p>
<b>Planning for Happiness (Weekend Retreat)</b>	
<p>What do we really mean by the term happiness? Can we be happy all of the time? What makes you and your chimp happy? This weekend retreat will investigate the two main stabilising forces of security and confidence that can provide the springboard to happiness. The course will help you to explore the difference between your 'having' and 'being' and to establish your own 'happiness approach' and 'happiness list' before finally putting in place your very own happiness promoters.</p> <p>It is anticipated that by the end of this course you will have a greater understanding about what happiness means to you and that you will have practical strategies that you can implement immediately so that you can enrich the quality of your life.</p>	<p>By appointment. This is a specialist retreat. Approval from a Chimp Management Mentor must accompany your application.</p>

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*Maintaining your emotional skills.*

Discussion Group	Required prior knowledge
<p>These monthly one-hour discussion groups will enable you to remain committed to improving your quality of life through on-going engagement with the ground-breaking mind-management model. You will be able to share experiences with other like-minded individuals through guided facilitation from one of our Psychological Skills Mentors.</p>	<p>Attendance on the Foundation course or a previous Chimp Management workshops or an existing or past 1:1 client.</p>

Spring/Autumn Seminars	Required prior knowledge
<p>We aim to run two full-day conferences a year to focus on application of a particular aspect of the model. Spring 2016 (7<sup>th</sup> May) will focus on the role of the Computer.</p>	<p>Working knowledge of the chimp model</p>

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*Health & Well-Being and Real World courses.  
No prior knowledge of the Chimp Model  
required.*

Improving Your Eating Habits	Required prior knowledge
<p>Are you happy with your eating habits? Would you like to eat more healthily? Would you like to manage your relationship with food better? This workshop will provide a brief introduction to the Chimp Management Model, through which you will be able to understand, explore and redefine your own relationship with food.</p> <p>It is anticipated that this workshop you will help you discover the reasons for your current eating habits and enable you to develop practical ways for better managing them in the future, ultimately helping you towards living the life that you want to lead.</p>	<p>Nil</p>
<p><b>Improving Your Sleep</b></p> <p>Getting a good night's sleep can make a huge difference to your day. Make it habitual and it can make a huge difference to your quality of life. This workshop will provide a brief introduction to the Chimp Management Model, through which the purpose and process of sleep will be taught. You will also be helped to develop practical plans for developing effective sleeping habits in the future.</p> <p>It is anticipated that by the end of this workshop you will have a better understanding of the nature and purpose of sleep, together with strategies for improving the quality of your sleep and practical plans for implementing those strategies.</p>	<p>Nil</p>
<p><b>Managing Stress</b></p> <p>It is well known that prolonged stress can lead to adverse physical and psychological discomfort. Understanding and dealing and with the root causes of stress in a positive manner can minimize the effects of future stress while helping you to flourish, ultimately helping you to live the life that you want to lead.</p> <p>This workshop explores why we experience stress, how individuals physically and mentally react and respond to it. Importantly, it will help you to develop practical strategies to deal with stress.</p> <p>It is anticipated that by the end of this workshop you will you will have a better understanding of the purpose of stress and how it might affect you. Moreover, that you will have practical plans for managing it and preventing it in the future.</p>	<p>Nil</p>



*Continued...*

Preparing for Performance	Required prior knowledge
<p>Attending an interview? Presenting a talk? Competing against others? Facing a difficult conversation? Do you find any of these or other circumstances anxiety inducing or stressful? Would you like to better manage your thoughts and feelings to deliver the best performance you can?</p> <p>It is anticipated that by the end of this workshop you will have a better understanding of how and why your mind might sabotage your opportunities and will provide practical steps for giving yourself the best chance of delivering the performance you want.</p>	<p>Nil</p>
Living with Teenagers	
<p>Are you an adult wanting to understand the teenagers you live with? Are you a teenager wanting to understand the adults you live with? Would you like to develop a better understanding of each other? This workshop, based on the latest research and simplified through the Chimp Model, is designed educate you in the differences between the adult and teenage brain.</p> <p>It is anticipated that at the end of this course you will create, test and refine practical strategies for developing effective relationships between adults and teenagers.</p>	<p>Nil</p>
Managing Procrastination	
<p>‘Never put off until tomorrow what you can do today’ – easier said than done! Reasons why we do can be wide and varied. Through the lens of the Chimp model this workshop will help you explore the fundamental reasons why you may procrastinate. It will help you to examine what is really going on in your mind and will help you develop strategies for getting the important things done.</p> <p>It is anticipated that by the end of this course you will have developed a deeper understanding of why you procrastinate and that you will be able to design and apply practical working strategies to manage procrastinating behaviour.</p>	<p>Nil</p>

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