

Stepping out of the play zone

We all know that effective communication is essential to the success of any relationship, including those in our projects and team-based endeavours. However, just because it is essential, our communication is not always guaranteed to work the way we hoped or intended.

Humans create patterns of behaviour for survival. We also create patterns of communication for survival. For example, social lubrication: 'how are you?'; 'fine and you?'

Sometimes we run these patterns even when we know they are not helpful and they do not have the desired effect. We can't seem to stop ourselves. In team-based scenarios, we may well be caught up in someone else's pattern – in a team there is ample opportunity for that to happen.

What do we do when we sense we are stuck in unhelpful patterns of communication, feeling we are not being heard or not getting the response we expect?

Communication patterns are sometimes referred to as 'games' and are not necessarily fun! Imagine if we could recognise when we are in a 'game' and stop, step outside the pattern, and choose to respond differently? If we could, then the game has to stop because we are no longer in-role, we've gone off script.

Then we give ourselves real choice about what we can do next.

We'll have a look at a common form of 'game', how to recognise when we've entered the play zone and - more to the point - what to do to get out of it.

Patty Everitt is a practising psychotherapist, Clinical Hypnotherapist, coach-therapist and NLP Master Practitioner. She also presents and coaches on public and corporate resilience programmes.

She has enjoyed a 30 year career as physicist, software engineer, quality manager and IT project manager within a diverse range of organisations including SMEs and multi-national corporations, across the nuclear, scientific and pharmaceutical sectors.

Alongside this very ordered and orderly path Patty developed a deep and abiding desire to notice what drives each of us to succeed, or not, in our ambitions.

This path has taken her, via coaching, into psychotherapy.



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6.00pm - 8.00pm | Tuesday 28 November 2017
Refreshments from 6.00pm | Lecture to commence at 6.30pm
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