

Quest for Success Ltd



Proudly welcomes you to ...

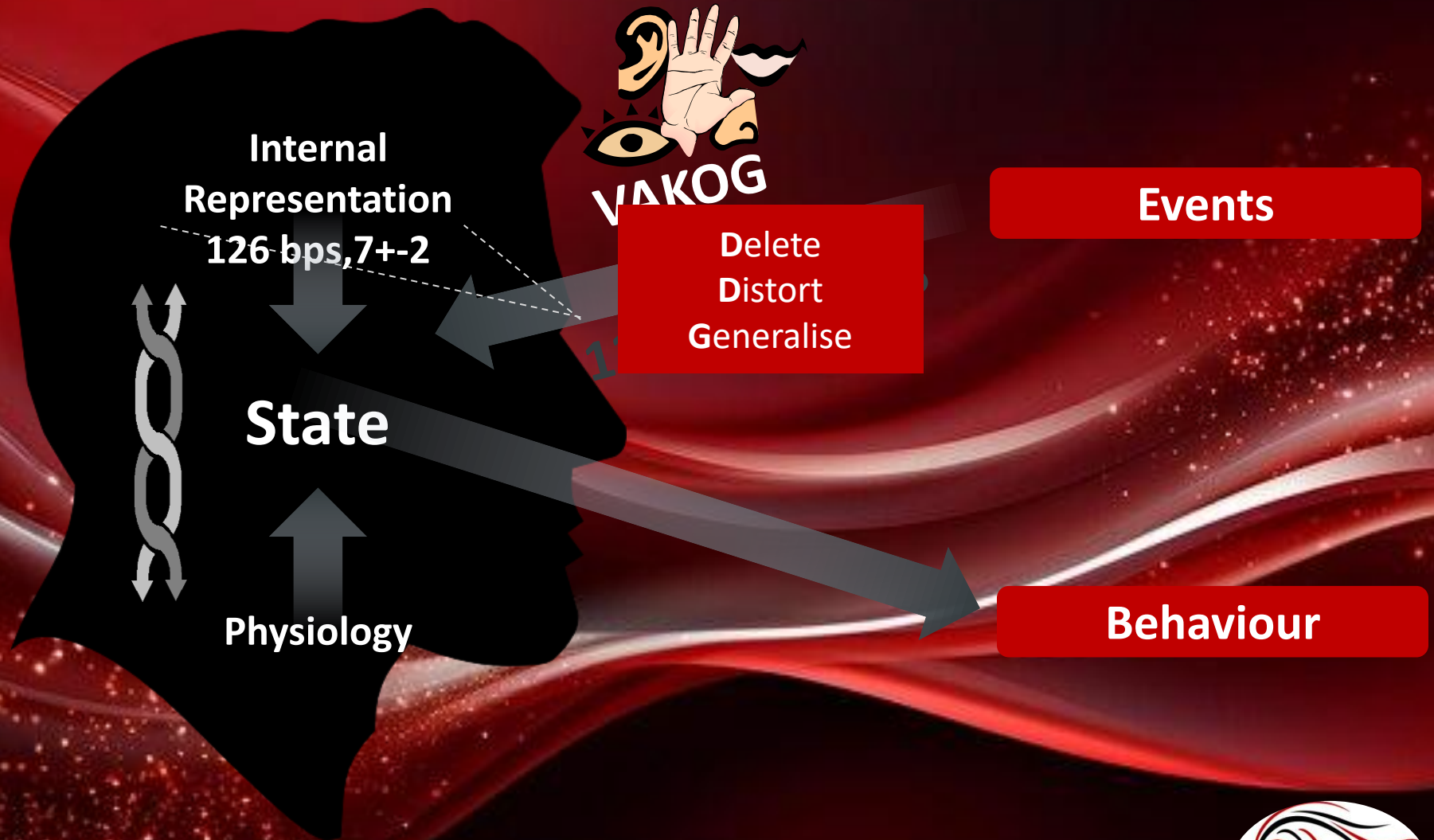
The Illusion of Time

Presented by Christine Dawson – Master Trainer of NLP & Hypnosis

Exploring Time

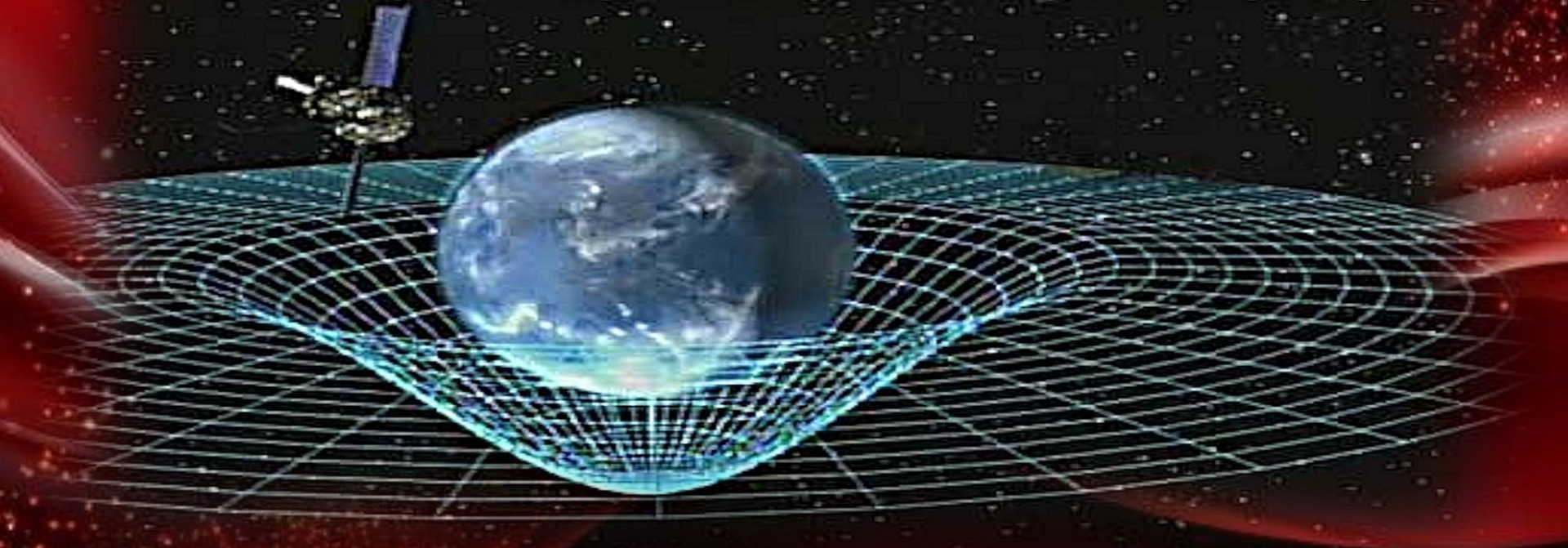


NLP Model of Communication

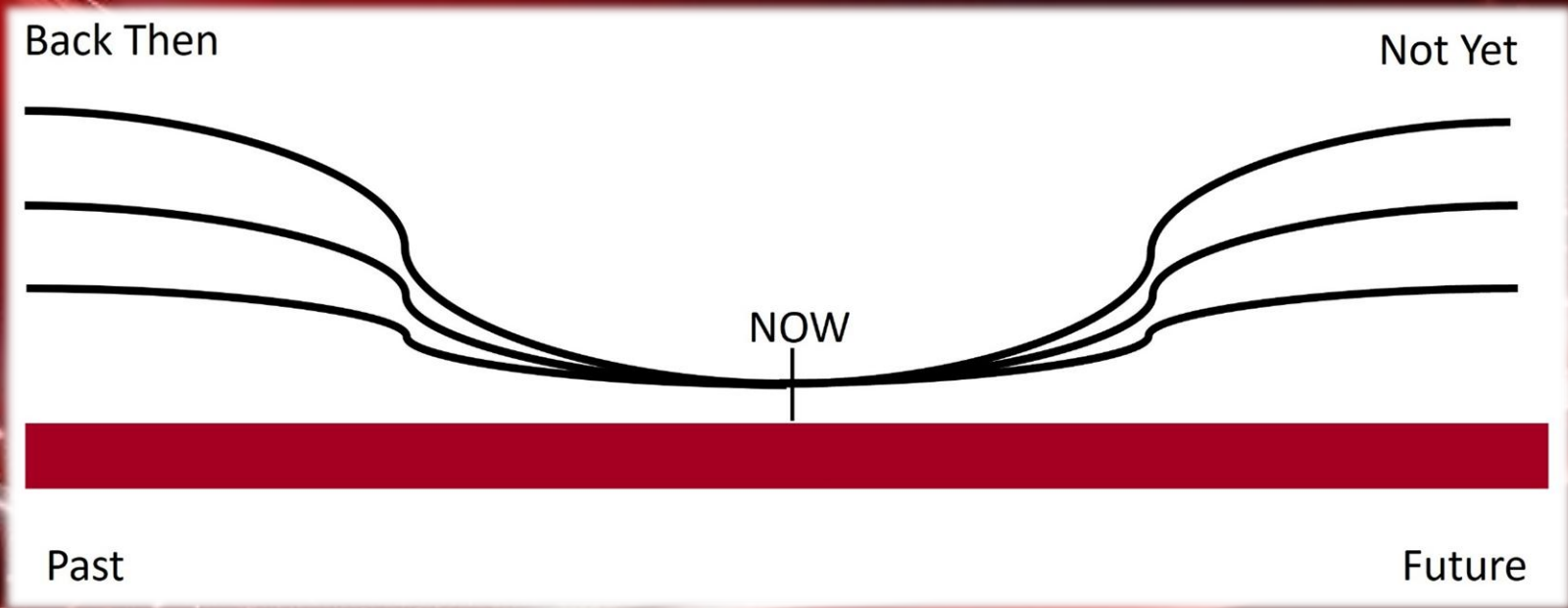


Reflections On Time In Coaching

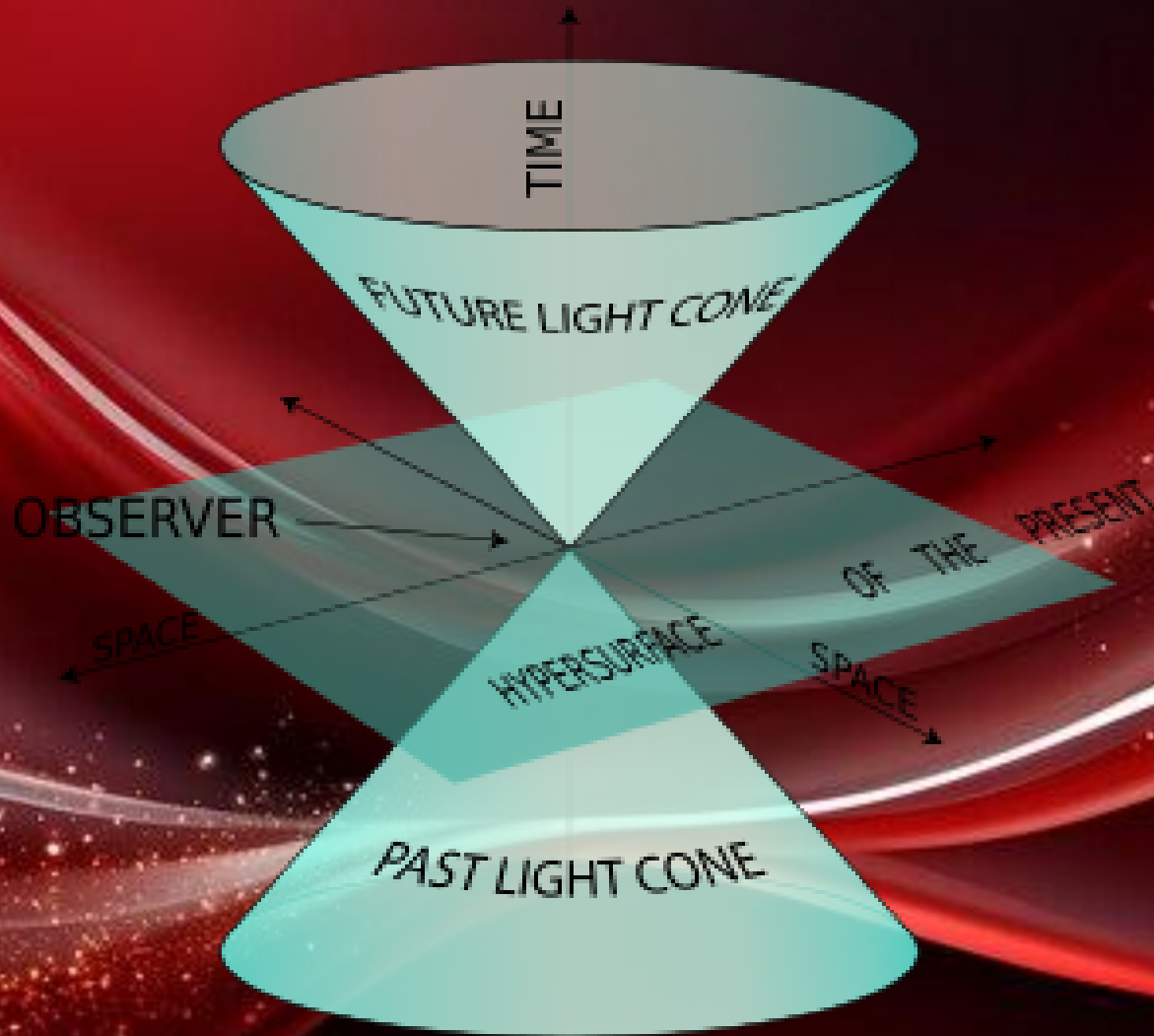
- Reframing
- Metaphysical Illusion
- Quantum Physics



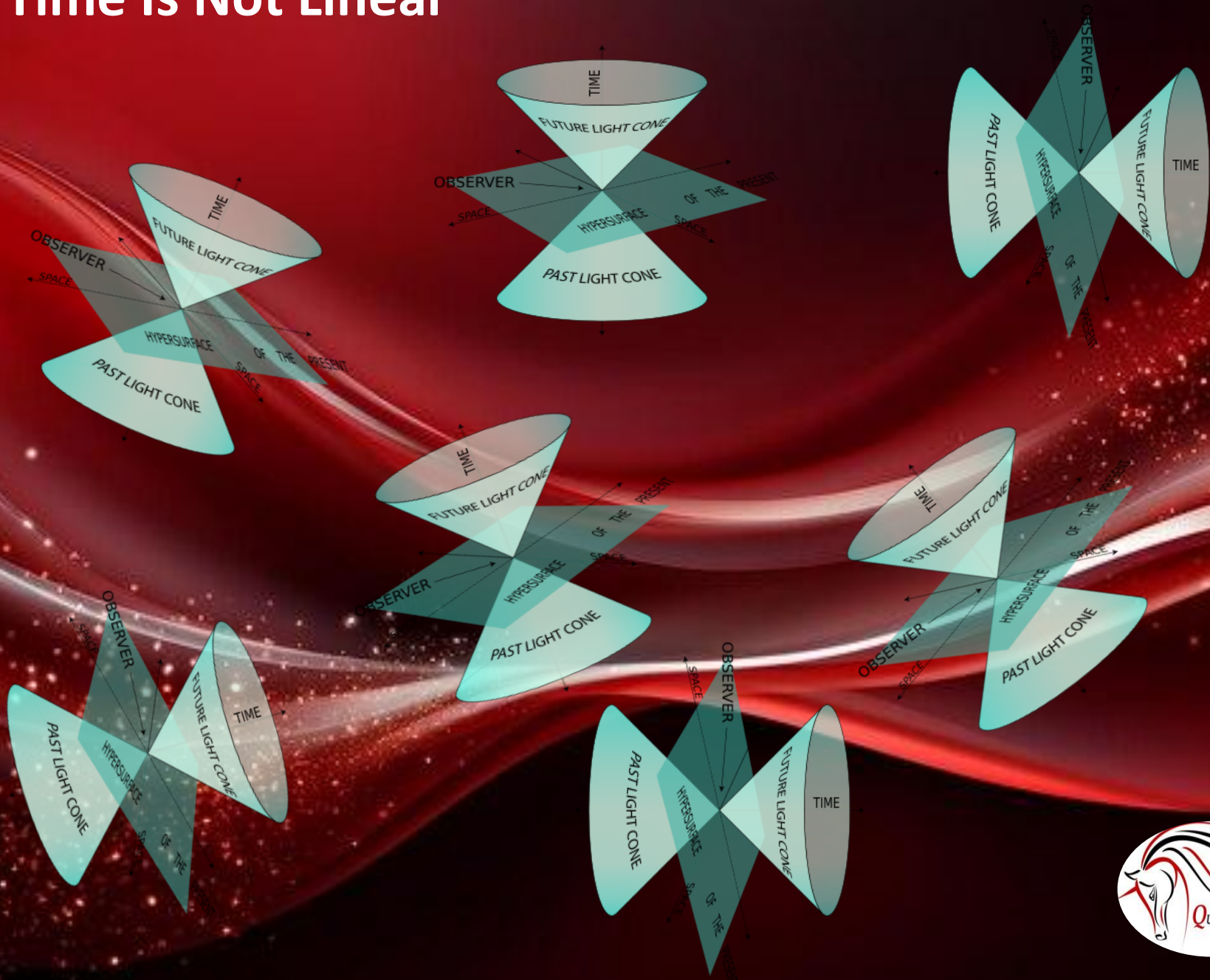
How Does Time 'Look'?



The Light Cone



Time Is Not Linear



The Evolution of Time

- Indo-European root – Dai.
- Divisions of days and hours.
- Sundials, hourglasses, water clocks in the Ancient world.
- 14th Century – Mechanical Clocks.
- 19th Century – telegraph and trains.
- 1883 – World divided into time zones.
- Time is standard within each zone.



Time As A Measurement Of Change

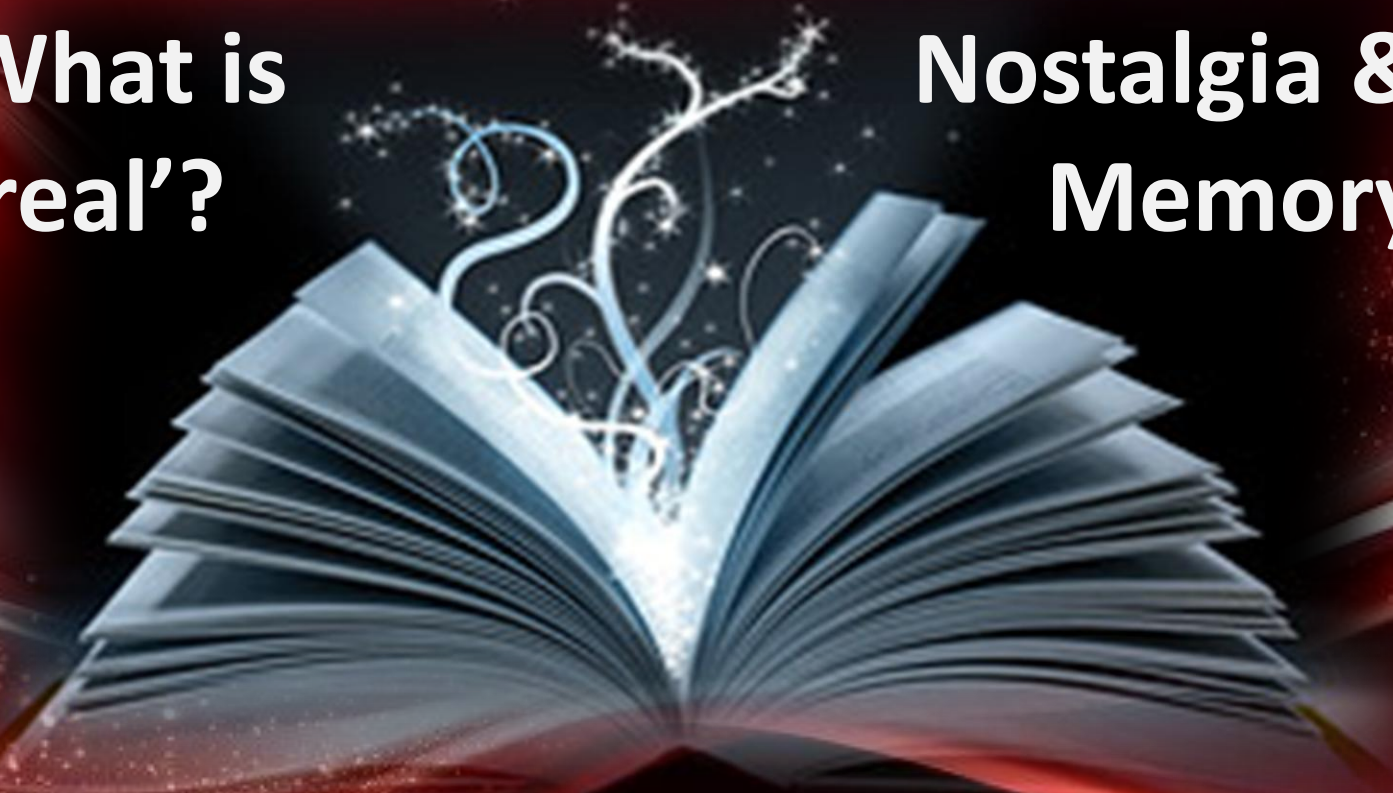
- Aristotle – What is Time?
- Time is a measurement of change.
- The world is made of events, not things.
- Change, not permanence.
- Not of being, of becoming.
- Things persist in time, events have limited duration.
- Events are spatially and temporally delimited.



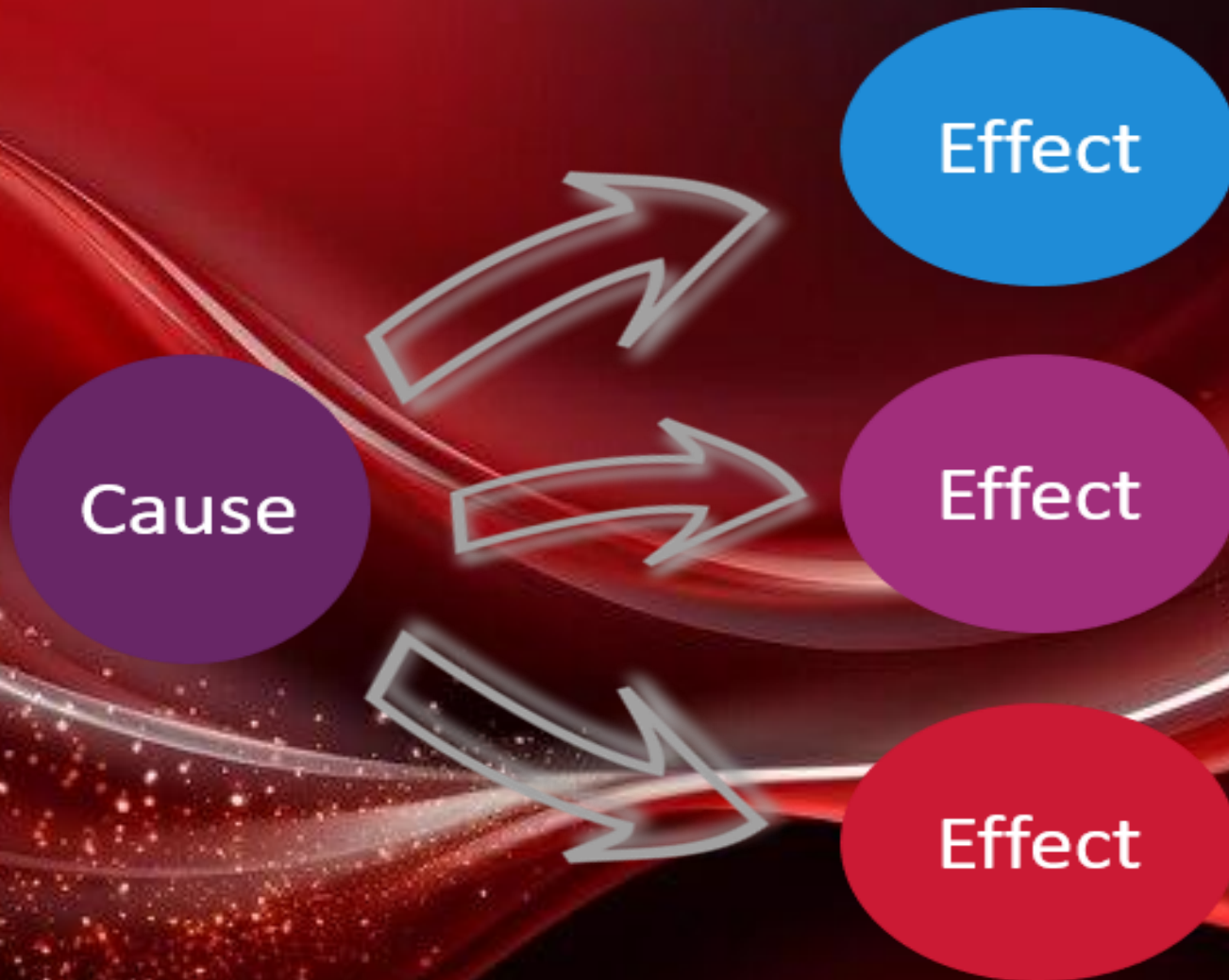
The Language Of Time

What is
'real'?

Nostalgia &
Memory



Exploring Causality



Identity Created By Time

We are histories of ourselves.

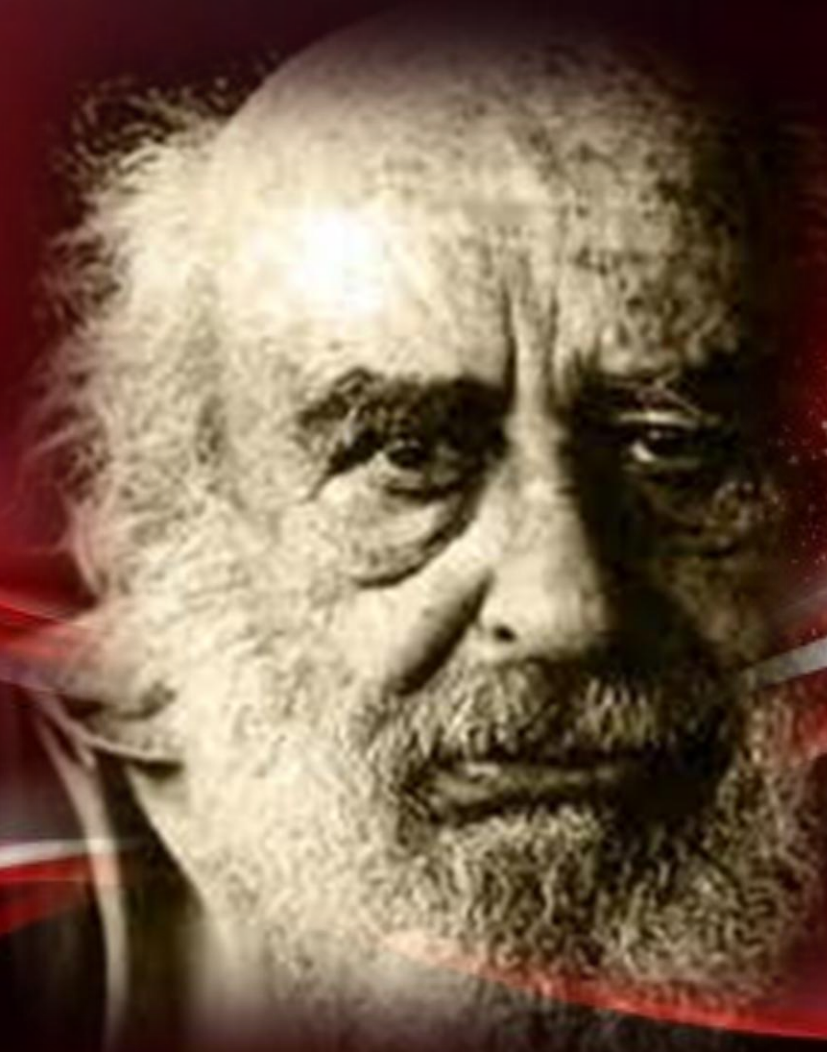
We are what we see and have seen, reflected back to us by others.

To understand ourselves means to reflect on time and to understand time we need to reflect on ourselves.



The Five Layers of Psyche – Fritz Perls

1. Cliché
2. Role-Playing
3. Impasse
4. Implosive
5. Explosion



What Now?

1. Improving utilisation of time.
2. Time is flexible and you can utilise it.
3. Alleviate anxiety and increase focus.
4. Challenge how time influences behaviour.
5. A construct you can navigate.



Your Thoughts & Ideas – Discussion time!



www.qfscoaching.com

