

TODI – La Lingua La Vita

“Oltre il linguaggio” - 18 July & 2 August 2012

The “**Oltre il linguaggio**” course has grown out of the extensive experience of our teachers dating back to 1988. It revolves around NLP (Neuro-linguistic Programming) techniques and is mainly based on Robert Mandel’s ISEP (International Self Esteem Project). Robert, an American rebirther and writer, has been active in the field of personal growth for over thirty years. The program we have created at La Lingua La Vita is made up of nine steps comprising an inner journey in which the language student is both traveller and observer. We follow a path of growth and personal exploration, developing self esteem while improving language abilities. Our program allows students to confront long-standing, emotional blockages which can interfere with expressing oneself in a foreign language. As a consequence, students find they learn more quickly and feel more relaxed when they use the language they are studying.

1. Acceptance:

The students face the fears and obstacles which they perceive to be hindering their progress in a foreign language.

2. Tolerance:

Learning a foreign language means opening up to a new world; more specifically it involves a reappraisal of the way we express ourselves, perceive our surroundings and view reality.

3. Healing past wounds:

Learning to let go of negative experiences from the past. Recognizing negative thought patterns deriving from people and events that we have let influence us (parents, teachers, superiors, books, television etc.) and transforming them.

4. Supporting others:

The more we help others, the more rich and fluid our own learning experience becomes. Supporting others in the way that is best for them, not in the way that we think is best. Developing listening and passive learning skills.

5. Creating a positive self image:

Using the creative power of thought to influence and transform our perception of reality. Discovering our personal lie (the most negative thought we hold about ourselves) and transforming it into positive affirmations and thoughts.

6. Recognizing others:

The more we speak the language of recognition, the easier it becomes to move forward in life, work and relationships. Understanding our reliance on disapproval and learning to turn it around so we see others in a positive light.

7. Connecting with the Universal Mind:

By using a variety of methods, including active breathing, meditation and guided visualizations, the student feels part of a whole and learns to draw on the infinite knowledge of the collective unconscious which is already present inside them and to recall memories.

8. Connecting with the Universal present in others:

Learning to recognize non-verbal cues when we talk to others. Learning the language of signals to develop a form of communication that goes beyond the mental.

9. Humility:

Learning a language is a never-ending process and thinking otherwise means limiting ourselves and missing out on new experiences, new realities and new worlds.

- A basic grasp of Italian would be helpful.

- The course lasts two weeks and takes place on the following dates: July 12 and August 2.

- The course is made up of 40 hours of lessons from Monday to Friday, from 9.00 to 13.00.

Prices:

Course + half board accommodation with a family € 1.100

Course + independent apartment € 1.000

Course + shared apartment € 900

Enrolment fee: € 50

Information:

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