

Modelling - an Overview

The process of eliciting the sequence of ideas and behaviour that enables someone to accomplish a particular result or task.

Modelling is the methodology at the heart of NLP. If NLP is the study of excellence, modelling is the methodology that allows us to make explicit the behavioural patterns of excellence.

Modelling focuses on the 'how' of human excellence. How does the 'peak performer' behave and think and feel? What do they do that is different from people who are less successful? What is the difference that makes the difference? By using our mind and body in the same way as a peak performer, we can increase the quality of our actions and our results.

Modelling is a very natural process. As toddlers and children we unconsciously learnt to be expert modellers, learning many complex skills. As adults we can apply the same processes in a conscious way, by asking the key question

"If I had to stand in for you, what would I have to do to think, behave and feel like you?"

The three phases of the modelling process

1. Eliciting the process

The first phase of modelling involves eliciting the behaviours and mental processes of excellence, by exploring :-

- **what** the model does - the behaviour and physiology
- **why** the model does it - the supporting beliefs and assumptions
- **how** the model does it - the internal thinking strategies

The **what** you get from direct observations. The **why** and the **how** you explore by asking questions.

2. Streamlining the Model

Systematically taking out elements of the models behaviour to see what makes a difference and refine the model.

3. Designing the Teaching

Developing a way to teach the model to others.