

Tune Up For Success

You will have experienced our tune up process when you have trained with us. If you have not, or would like a refresher for how to balance your right and left brain, be relaxed and wash away any niggling problems that can ruin concentration and productivity.

7 Step Tune up

1. **Check your state** – mental, physical, internal dialog and bring to mind any current issues
2. **Drink** – at least ½ glass of water (repeat this any time you detect thirst during the process)
3. **Brain Buttons** – make a V with the index finger, middle finger and thumb of one hand. Place it on your collarbone, on each side of your sternum. Slide the V down until you find the two soft spots that lie between your collar bone and top rib. Place your other hand over your belly button. Massage the spots under your collarbone gently and after one minute switch hands and repeat
4. **Cross Crawl** – stand up and slowly raise your left leg while moving your right arm across your body to touch your left knee and vice versa, continue for at least two minutes
5. **Hook up one** – Cross legs at ankles and put both arms out in front of you palms facing each other with the thumbs pointing up. Turn your hands so that the palms face out, and the thumbs point down, and then cross one hand over the other so that the thumbs still point down with the palms facing each other and intertwine your fingers, drop your hand into your lap or fold them up under your chin. Breathe in through nose with tongue lightly resting on the roof of the mouth just behind your teeth and out through your mouth. Relax in this position for at least two minutes
6. **Hook up two** – Gently spread your fingers and with palms facing touch and hold your finger tips together, at the same time put your feet flat on floor. Breathe in through nose with tongue lightly resting on the roof of the mouth just behind your teeth and out through your mouth. Relax in this position for at least 2 minutes
7. **Check your state** - How do you feel now? Relaxed and ready to go?

Use this before you start work, whenever you want to be more creative, as a way to relieve stress, in order to access a learning state and much more. The more often you do this, the better you feel – how simple. Do tell us how you get on and what differences you notice when you balance your right and left brain hemispheres.

What other participants say about Evolution NLP:

“I use many of the techniques I learned with Evolution Training on the NLP Practitioner directly with staff in formal coaching sessions, and have found this invaluable in supporting their development, and giving me a wide range of tools to address issues on a number of levels. ”

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