

1



Shirley Solis
NCXP Trainer
Founder, New Code Experience

Changing State



2


Video 3
Accessing High Performance States



3


What You've Learned So Far...

- ☒ What STATE is
- ☒ Why working on the **state** is more powerful than working on **behavior**
- ☒ Why we must generate a clean state with no historical past
- ☒ Powerful **high performance states** generated through New Code NLP

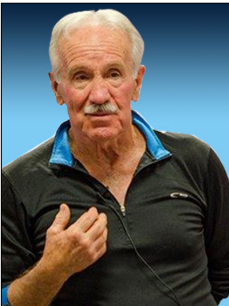


4

What changed **was not the problem,**
what changed **was your state!**




5



*"The problem is not
the problem.
The problem is the
state you are in when
facing the problem..."*


John Grinder



6

Accessing High Performance States

- ☒ New Code NLP embraces the idea that the mind and body are part of the same system
- ☒ When you generate a **High Performance State**, you elevate your level of thinking and ultimately you generate the ideal internal resources
- ☒ When you activate your **internal resources**, you suddenly have a series of new choices and opportunities lined up before you




7

Generating a High Performance State

The New Code NLP Games

- ✓Sanctuary
- ✓Breath of Life
- ✓Walk with X and Y
- ✓Peripheral Vision Ball Game
- ✓NASA




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8

Generating a High Performance State

The New Code NLP Games

- ✓Engaging the three primary senses - Visual, Auditory and Kinesthetic
- ✓Interacting with the left right brain hemispheres
- ✓Creating rhythm in the physiology
- ✓Engaging multiple activities at once
- ✓Increasing the level of complexity of the game
- ✓Inviting fun during the game





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9


The Chain of Excellence


Explains the correlation between our...

 Breathing

 State

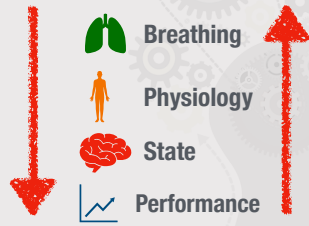
 Physiology

 Performance



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The Chain of Excellence



10

Unresourceful states usually have irregular breathing

11

Resourceful states usually have regular breathing

12

EXERCISE

- ☒ First, think of a situation that feels unresourceful. A situation where you are limited in options or don't feel empowered
- ☒ Now, **deepen your breathing**, making it regular
- ☒ Now, in a relaxed way **raise your chin and raise your chest**, while pushing your shoulders back (almost like a superman stand)



13

The Chain of Excellence

- ☒ Is very simple and VERY effective
- ☒ All you have to do is **shift your breathing** to experience a change in state
- ☒ Can easily be used for you to **shift to a high performance state**



14

The Chain of Excellence

Other uses in business...

- ☒ Speaking on stage or when entering a negotiation
- ☒ In coaching or therapeutic work with clients who are stuck
- ☒ In education to help students learn faster
- ☒ In sports to prepare athletes




15

16

QUICK RECAP

- ✓ In order to create fast transformations you must focus on the state vs. focusing on the behavior
- ✓ What state is and why the state must be a clean state that has no historical references
- ✓ You can create a high performance state using New Code NLP games and more specifically you learned to shift your state by shifting your breathing

Accessing High Performance States

17

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18



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Go To www.NewCodeExperience.com







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