

1



Shirley Solis
NCXP Trainer
Founder, New Code Experience

The Unconscious Mind



2




The Unconscious Mind Training



3

In This Course You Will Learn...

- ☒ Why New Code NLP emphasizes the importance of creating a **High Performance Team** through the communication between the conscious and the unconscious mind
- ☒ The **responsibilities and functions** of your conscious and unconscious mind
- ☒ How to establish **direct communication** with the unconscious mind to understand its basic signals



4

Video 1


Creating a High Performance Team



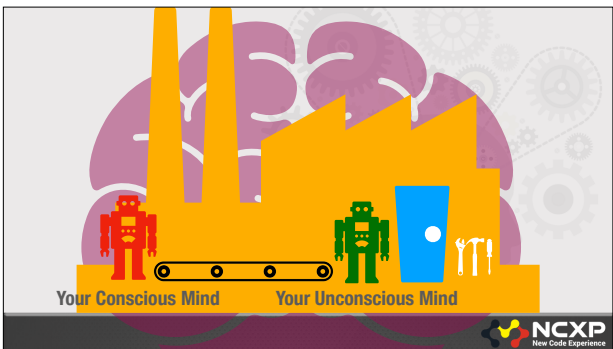
5


In This Video You Will Learn...

- ☒ Why New Code NLP emphasizes the importance of creating a **High Performance Team** between the conscious and the unconscious mind.
- ☒ How to **increase communication** between your conscious and your unconscious mind
- ☒ Why by generating a High Performance Team you will **lower your resistance** to taking action



6





7

Your Conscious Mind...

- ☒ Is the mind you are aware of
- ☒ It is the mind you use to understand what is happening now
- ☒ Your conscious mind processes 7-9 pieces of information at one time
- ☒ Helps you understand your achievements and helps you make conscious decisions



8

Your Conscious Mind...

- ☒ Manages your rational mental processes
- ☒ It is significant because from it stems the power of conscious choice
- ☒ It is the mind you are most familiar with



9

Your Unconscious Mind...

- ☒ Is the one that hosts 95% of your thoughts, emotions, feelings, resources and possibilities
- ☒ It is in charge of operating your life functions, i.e. Controlling heart rate, liver functions, breathing, homeostasis, etc
- ☒ It is responsible for your skills carried out in unconscious competence



Your Unconscious Mind...

- ✓ Receives million bits of information at one time and **filters what it believes the conscious mind needs** for any given situation
- ✓ It is the one you are least familiarized with
- ✓ When you become familiarized with it and use it to your advantage **you create a high performance team** between your conscious and your unconscious mind



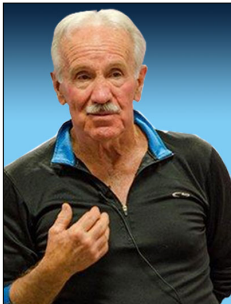
10

Your Unconscious Mind...

- ✓ Then you can generate **less resistance** when taking action, **more congruence and alignment** in your behavior and **greater ecology** for your life
- ✓ When you create a high performance team between your conscious and your unconscious mind, **you create the possibility to match your intention**



11




John Grinder

"When there is congruence, charisma develops and when you have charisma, you enter into a State of Grace and that is where great leaders live"



12

This is **Leadership 5.0**. The leadership of today,
for today




13

QUICK RECAP

- ☒ Your **conscious mind** is the mind you are aware of and your **unconscious mind** is the mind that manages 95% of all your activities.
- ☒ When you increase communication between your conscious and your unconscious mind **you can generate a high performance team**
- ☒ When you generate a high performance team, you **remove the resistance towards taking action, you increase congruence and ecology**

Creating a High Performance Team



14



Shirley Solis
NCXP Trainer
Founder, New Code Experience

The Unconscious Mind

VIDEO 1



15
