The Development of a Self-Guided Workbook Based on the Concepts of Neuro Linguistic Programming (NLP) For Use by Individuals Who Want or Need to Lose Weight

ABSTRACT

The purpose of this project was to create and evaluate a workbook where NLP and integrated concepts could be applied to a population who desired to become more physically fit and/or achieve weight loss. Additionally, the author desired to provide synthesized and integrated information through the literature review on NLP and obesity. The target population for the use of the workbook was people who need, or desire, to gain increased levels of fitness and/or to lose weight. The literature review, and the author's work with coaching clients, formed the basis for the workbook integrating and synthesizing information to create a self-guided curriculum based upon the NLP framework. The organization of the project included basic information and exercises to reinforce the material. The information was delivered in 12 sessions (since many weight loss or fitness programs run for a duration of 12 weeks, giving the body the chance to adapt and habitualize new exercise and eating programs) and provided in a self-guided format. The workbook was issued, for evaluation purposes, to a group of participants who had committed to a 3-month workout and fitness program at a northern California sport and fitness club. The workbook was provided as an added bonus for their participation in the fitness program. There were seven teams of females, each consisting of four to seven members, all of whom exercised under the supervision of a fitness trainer twice per week. Workbooks were delivered and accepted by 34 of the 38 participants. Participants were told to work through the workbook at their own pace, completing all (or any desired sections) within the designated timeframe. Feedback from the participants was encouraged through the completion of the evaluation. The purpose of the evaluation of the workbook was to obtain feedback regarding its usefulness, readability, and effectiveness. General information concerning demographics, exercise habits, weight loss results, and progress towards other goals as a result of a new level of self-awareness was obtained through the evaluation form. Of the 38 workbooks and evaluations voluntarily accepted, 29% of the evaluations were returned. The results showed that overall the project was useful, helpful, and informative. A large majority stated that the workbook helped to explore and gain increased levels of self-awareness and to make progress towards other goals. All participants stated that the workbook provided useful information and that they would recommend its use to a friend. One-hundred percent disclosed that they were; satisfied, somewhat satisfied, or very satisfied with the workbook: Additionally, all were educated, holding an AA degree or higher. The majority of the participants (64%) returning their evaluations had some level of post-graduate study. Three-quarters of the participants stated that the workbook did not help them lose weight. Seventy-three percent stated they had completed 49% or less of the exercises in the workbook.

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The Origins of Neuro-Linguistic Programming is both a story and collection of stories. The theme of the main narrative is the creation of NLP; the collection of stories is a rich anthology from the people who were there at the beginning and others who came along after the foundation was in place. The accounts in this book capture the commitment of Grinder, Bandler, and Pucelik as well as the spirited people they attracted to radically experiment with patterns of human excellence. Theory and Practice in Language Study. 1. Neuro-Linguistic Programming (NLP) for Language Teachers: Revalidation of an NLP Scale. Reza Pishghadam (Ph.D.) used to perform the Rasch measurement. Based on the analysis, items 5 and 9 were removed from the scale to maintain unidimensionality. To boot, given that the 5-category rating scale devoted to the concept, NLP reminds one more of an unstable house built on the sand rather than an edifice founded on the empirical rock” (p. 65). After all, believing in NLP’s immense value not only in practice but also as a topic for research (Tosey & Mathison, 2003) and observing the dearth of studies in this area, lately, Pishghadam, Shayesteh, and Shapoori. Neuro-linguistic Programming states that our perception of an experience depends not only on the external stimuli, but also on what our senses capture and our mind interprets employing our preset notions, beliefs, assumptions and value system. Thus, our response to the external stimuli or experience is dependent on this perceived image of the world, using the emotions, feelings and thoughts we go through during that event. Other techniques of the Neuro-linguistic Programming use modeling methods such as meta model and Milton model. Another concept of Neuro-linguistic Programming is use of representational systems, which capture the experience and process it using our sensory functions. Neuro-Linguistic Programming is so spot-on that most people who learn NLP wish they'd been taught in primary school. By the end of this article, you'll agree! History and Origins of Neuro-linguistic Programming (NLP). Although Jon Grinder and Richard Bandler often receive most of the credit for originating Neuro-Linguistic Programming, NLP was actually founded by a group of people who made consistent contributions. They use the NLP tools throughout their coaching sessions to guide the client through the stages of a coaching session- Pretalk, Information Gathering, Transformation, and Integration. An NLP Coach might have learned coaching and then added on the NLP Practitioner and NLP Master Tools to their credential.