

# Congruence in Your Career

Acting and Being on Purpose

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29<sup>th</sup> October 2019

WELCOME ☺

Please focus your mind, what do you **intend** to explore...?  
Choose your topic...what brought you here to **discover**...



WHAT IF...?

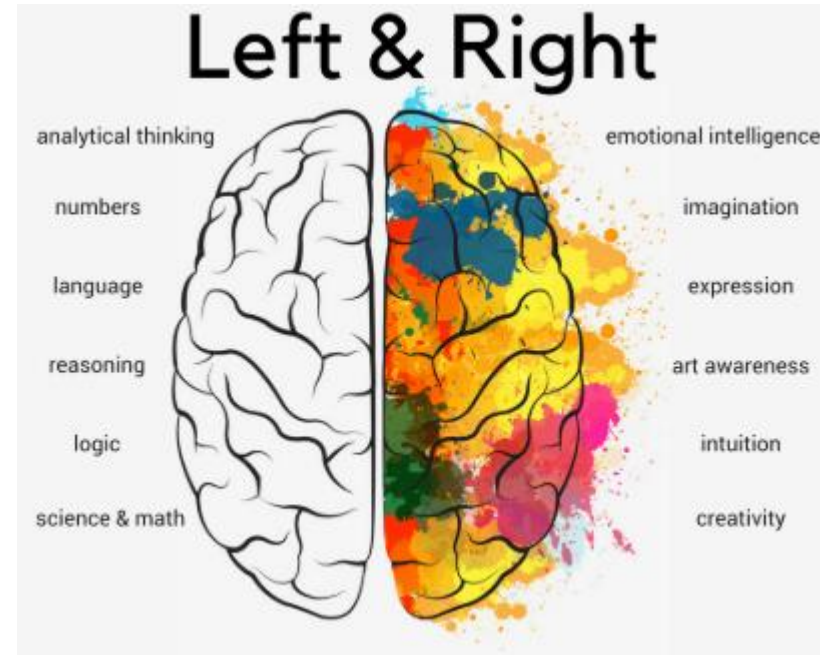
# The Brain



## The conscious

Language  
Speech, reading, writing  
Logic  
Reasoning  
Computing  
Sequential  
Time awareness  
Etc.

The external world



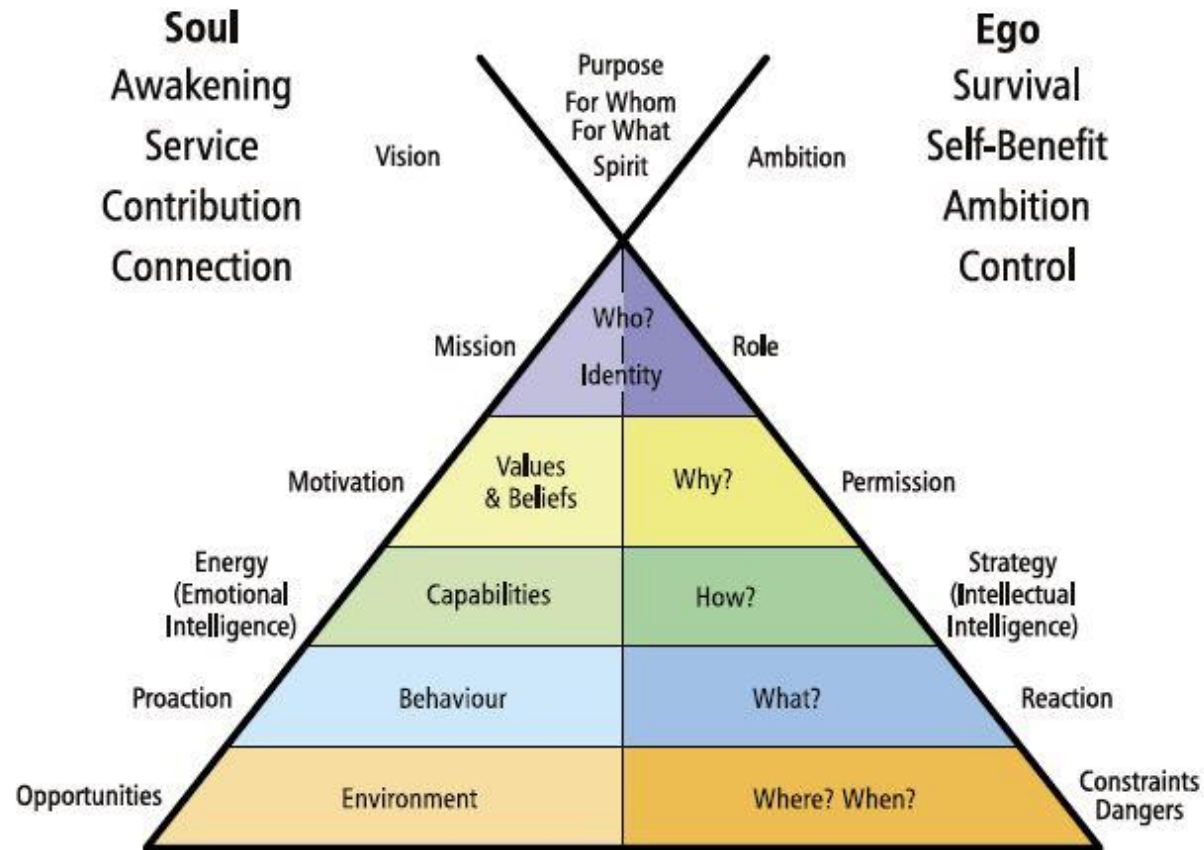
## The unconscious

Always present  
Changeless  
Timeless  
Values  
Beliefs  
Connection  
Feeling  
Spatial awareness  
Etc.

The internal world

And the master is... **THE UNCONSCIOUS.** The conscious mind delivers...

# Robert Dilts – Neurological Levels



# Any questions? Thoughts to share?



# Thank You For Your Time

If you would like to follow up with any questions, please feel free to contact me

via email: [katalin.marton@cosector.com](mailto:katalin.marton@cosector.com)

To learn more about NLP, please find the Association for NLP website [HERE](#)

# Appendix - Questions to Consider

## Environment

- Where are you when you engage in this area of your life? Where else?
- What do you see and what do you hear?
- Who else is there with you?
- Who is no longer there?

## Behaviour

- What do you do when you engage in this area of your life?
- What activities do you engage in?
- If someone was watching you on a video, what would they see you do, what they hear you say?



# Appendix - Questions to Consider

## Capabilities and Skills

- What capabilities do you tap into in this area of your life?
- What skills do you put into practice?
- What areas of expertise do you draw on?

## Values and Beliefs

- What's important about this area of your life?
- Why does it matter?
- What is most important about it?
- What is true about this area of your life?
- What would be the most important thing for someone you love to know about it?

# Appendix - Questions to Consider

## Identity

- Who are you when you engage in this area of your life?
- Who are you when you do the things you do?
- Who are you at your best, when you engage in this area of your life?
- Who are you at your worst when you engage in this area of your life?

## Connection

...Take as long as you like to cultivate a deep sense of connection to the best and highest thing you can imagine...or re-calling and re-living the sensory experience of connection from a past memory or event...this is about the **state of connection**...let your intuition serve you...what did you see, hear and feel...