



SLi Toolkit



Identity → Positional Behaviour

Perceptual Positions	Visualisation	Reflective Log	Role Model
Johari's Window			

Identity → Personal Power

Visualisation	Perceptual Positions	Be – Do – Have	Submodalities
Fractionation	Reflective Log	360 Assessment	Anchoring
Museum of Old Beliefs	Reframing	Inner Critic	What motivates me?
Meta Language (Deletion)	Meta Language (Distortion)	Meta Language (Generalisation)	Appreciative Inquiry
Personal Commercial	Modal Operators and Rules	Kinaesthetic Transderivational Search	Kinosomatic Modelling
Vision Board	Affirmations	Johari's Window	

Identity → Belief

Visualisation	Be – Do – Have	Belief Audit	Dilts' Out-Framing Beliefs
Submodalities	Reframing (EPs)	Fractionation	Anchoring
Vision Board	Affirmations	Museum of Old Beliefs	Inner Critic
Prioritising Beliefs	Limiting Beliefs	Meta Language (Deletion)	Meta Language (Distortion)
Meta Language (Generalisation)	Appreciative Inquiry	Personal Commercial	Modal Operators and Rules
Johari's Window			

Role → Responsibilities

Perceptual Positions	Team Mapping	Belbin	Control Map
Critical Friend			

Role → Expectations

Perceptual Positions	Control Map	Reflective Log	Outcome Alignment
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Role → Boundaries

Perceptual Positions	Visualisation	Boundary Mapping	Comfort Zone
Circle of Confidence	3-Stage Ab Reaction Log		

Attitude → Think

Visualisation	Be – Do – Have	Submodalities	Disney Strategy
Quadrant Analysis	P = P – I	Chunking (Step Up/Down)	Reflective Log
Meditation	Mindfulness	Tai Chi	Reflective Thinking Routine
Lateral Thinking	Concept Fan	De Bono's 6 Thinking Hats	Brainstorming
Brainswarming	Decision Matrix	5 Whys	Root Cause Analysis
Reframing	Inner Critic	Well Formed Outcome	Meta Language (Deletion)
Meta Language (Distortion)	Meta Language (Generalisation)	Appreciative Inquiry	Shut Down → Possibility
Modal Operators (Necessity & Possibility)	Input Preference (Chafee)	Dennison Laterality Repatterning	

Attitude → Say

Reframing (3Ps)	Mirroring & Matching (General)	Mirroring & Matching (Language)	Metaprograms
Reflective Log	Milton Language	Reframing	Inner Critic
Feedback	Articulate 5Cs	Meta Language (Deletion)	Meta Language (Distortion)
Meta Language (Generalisation)	4Ps (Adapted DISC)	Shut Down → Possibility	LSDI Crescendio Torres
Sensory Language	Modal Operators (Necessity & Possibility)	Input Preference (Chafee)	

Attitude → Do

Perceptual Positions	Quadrant Analysis	P = P – I	Chunking (Step Up/Down)
Reflective Log	Role Model	Anchoring	Feedback
Action Learning	Mastermind Group	Crucible Event	ABC Daily Planner
Well Formed Outcome	Appreciative Inquiry	Goal Setting (4Ds)	Metaphors (Hand/Arm)
Movement Metaphors	Johari's Window		

Agility → Intuition

Sensory Acuity	SWOT Analysis	Stream of Consciousness	Blind Reading
Go – No Go	Reflective Log	Dilts' Outframing Beliefs	Meditation
Applied Kinesiology	Appreciative Inquiry	Mindfulness	Crucible Event
Dennison Laterality Repatterning			

Agility → Resilience

Visualisation	Reframing (3Ps)	Control Map	Learner Question Thinking
Fractionation	Kinaesthetic Shift (Chairs)	Anchoring	Kinosomatic Modelling
Holmes & Rahe Stress Scale	Stress Audit	Kinaesthetic Transderivational Search	Dennison Laterality Repatterning
Brainstorming	Affirmations	Stress Management	

Agility → Flexibility

Visualisation	Submodalities	Disney Strategy	Dilts' Outframing Beliefs
Alphabet Edit	Mirroring & Matching	Reframing	Circle of Confidence
Metaprograms	Fractionation	Anchoring	Association Disassociation
Kinosomatic Modelling	Shut Down → Possibility	Kinaesthetic Transderivational Search	What if?
Dennison Laterality Repatterning	Kilman TKI Instrument		

Fairness → Integrity

Spin Your Values	Say No	Value Alignment	Integrity Audit
Quadrant Analysis	Dilts' Neurological Levels of Change		

Fairness → Empathy

Perceptual Positions	Mirror & Match (General)	Mirror & Match (Language)	Milton Language
Rapport			

Fairness → Accountability

Perceptual Positions	Control Map	Say No	Accountability Poster
Victim Mindset Log	Strategic Planning	Accountability Self-Assessment	3-Stage Ab Reaction Log

Conflict → Anticipation

Visualisation	Submodalities	Disney Strategy	Quadrant Analysis
Alphabet Edit	Chunking	What if?	Well Formed Outcome
Scenario Planning	Appreciative Inquiry	Change Mapping	Stress Management
Dennison Laterality Repatterning	Holmes & Rahe Stress Scale		

Conflict → Influence

Perceptual Positions	Control Map	Metaprograms	Yes Sets
Milton Language	Mirroring & Matching (Language)	Rapport	Influencing Strategies
Build & Push	Meta Language (Deletion)	Meta Language (Distortion)	Meta Language (Generalisation)
3S – Resistance	4Ps (Adapted DISC)	Shut Down → Possibility	

Conflict → Compromise

Perceptual Positions	Control Map	Disney Strategy	What if?
Yes Sets	Say No	Association Disassociation	Rapport
Kilmann (TKI) Instrument			