

CURRICULUM

Mag(net)ic® Feelings

Future Skills I

Foundation of the id´Kompass® Practitioner

Developed by Yvonne van Dyck

The mag(net)ic® feelings form the poles of the id´Kompass®.

1. Positioning

Mag(net)ic® Feelings – Essential Future Skills I is the two-day foundation module of the id´Kompass® Practitioner. The mag(net)ic® feelings form the poles of the id´Kompass® and establish the basis for inner orientation, emotional differentiation, self-regulation and conscious future design.

2. PURPOSE – Aim and Benefits

People respond not only to external events, but to their inner representation. Inner images, bodily sensations, voices and conversations influence how a situation is experienced, evaluated and answered.

The training goes beneath the verbal surface of emotion. Participants learn not only to name that they feel something, but to notice how they internally create and maintain that state.

Mag(net)ic® feelings are not divided into good and bad feelings. All feelings are equally valid and fulfil different purposes:

- Wegweiser feelings can attract, orient and support development.
- Weg!Weiser feelings can indicate boundaries, danger, incongruence or a necessary change of course.
- Positively mixed feelings can disperse energy or soften necessary clarity.
- Negatively mixed feelings can maintain familiar tracks, but may also serve as guardrails and developmental signals.

Participants develop the ability to create a conscious space between trigger and reaction. They learn to distinguish perception from interpretation, use bodily signals, interrupt automatic patterns and influence inner states ecologically.

The past is not denied, but it is not allowed to remain the only template for the future. A desired future is represented concretely, sensory-specifically and in relation to action. Inner reality, external reality and the Greater Idea are checked for congruence.

The overarching PURPOSE is to strengthen people in consciously perceiving their inner reality, using mag(net)ic® feelings as differentiated signals of orientation, and shaping their decisions, communication and development with personal responsibility.

3. Target Group and Framework

The training is designed for people who wish to strengthen self-awareness, self-leadership, communication and personal effectiveness. It is particularly suitable for trainers, coaches, mentors, leaders, entrepreneurs, consultants, educators and participants of the id´Kompass® Practitioner.

Duration: 2 training days

Recommended scope: 16 clock hours

Practical work: at least 50 per cent

Prerequisites: no prior NLP or coaching knowledge required

4. Learning Outcomes and Core Competencies

After completing the training, participants are able to:

- perceive inner images, sensations, voices and conversations with greater precision;
- distinguish external event, inner representation, interpretation, feeling and impulse to act;
- recognise Wegweiser, Weg!Weiser and mixed feelings;
- map a current state with the mag(net)ic® Feelings Grid;
- acknowledge the purpose of a feeling without prematurely judging or removing it;
- influence inner states through images, self-talk, attention, breathing and posture;
- design a desired future concretely and congruently;
- support rapport with themselves and others;
- facilitate a basic mag(net)ic® Feelings process respectfully;
- apply the method ethically, ecologically and within their own professional competence.

5. Training Content

The id´ and Personal Orientation

Strengths, dedication, aliveness, recurring obstacles, the most pressing question, and old and new identity stories.

Inner Reality

What we think about and how we think about it; inner images, voices, conversations, sensations and their interactions.

The mag(net)ic® Feelings Grid

Four experiential quadrants, inner conversations about myself and others, intensity, congruence and individual deep structure.

Four Forms of Mag(net)ic Orientation

Wegweiser, Weg!Weiser, positively mixed and negatively mixed feelings and their different purposes.

Body, Brain and Learning

Body awareness, emotional activation, amygdala-hippocampus interaction, threat responses, neuroplasticity, sleep and body maps of emotion.

Navigation and Future Design

Spatial anchors, Walk through your mag(net)ic® feelings, trance, Future Pace, ecology check and Design your id´.

Rapport and commUNication

Verbal, non-verbal and vocal communication, congruence, projection, empathy and transfer to relationships, leadership, coaching and customer conversations.

6. Dramaturgy of the Two Days

Day 1: How You Create Your Inner Reality

- Arrival, framework and personal orientation
- Strengths, obstacles and the most pressing question
- Perception is not reality
- Inner images, conversations and sensations
- Introduction to the mag(net)ic® Feelings Grid
- Wegweiser, Weg!Weiser and mixed feelings
- Body awareness and the O-Ring as a phenomenological exercise
- Four quadrants as spatial anchors
- Personal integration and everyday transfer

Day 2: How You Navigate with Your mag(net)ic® Feelings

- Brain, body, emotion and learning

- Past, present and imagined future
- mag(net)ic® feelings behind words and statements
- Walk through your mag(net)ic® feelings
- Guided inner exploration and trance
- Design your id´
- Rapport, impact and transfer
- Future Pace, ecology check and completion

7. Core Exercises

- Three greatest obstacles and the most pressing question
- Strengths and dedication interview
- Old story - new story
- Unconscious thermostat and What if?
- mag(net)ic® Snapshot
- O-Ring awareness exercise
- Four quadrants as spatial anchors
- Feelings behind statements
- Walk through your mag(net)ic® feelings
- Guided intensification and anchoring
- Design your id´
- Personal transfer and Future Pace

8. Competency Assessment

For a competency-based certificate, the following are recommended:

- ongoing observation during partner and triad work;
- a brief practical mag(net)ic® Feelings demonstration;
- a short written reflection on the model, personal learning and boundaries of application.

Assessment criteria include respectful framing, non-judgemental questions, correct use of the Grid, distinction between perception and interpretation, ecology, congruence and clean completion.

9. Ethics and Boundaries

- Respect the subjective reality and autonomy of others.
- Do not define another person's feelings or derive diagnoses from the Grid.
- Respect stop signals, confidentiality and professional limits.
- Treat feelings as information, not as infallible instructions.
- Present O-Ring, resonance demonstrations, trance and philosophical examples transparently and not as diagnostic or scientific proof.

10. Recommended Certificate Title

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The designation „**We evolve World – Future Skills 1 – mag(net)ic® feelings**“ should only be used after explicit formal recognition has been granted.