



A note for prospective members of The Academy from Michael Breen

So that you will gain the greatest possible benefit from our work together and to give me an idea of where we are heading, who I am dealing with and for us to have a baseline for comparison when we periodically review our journey together; I would like you to take some time – perhaps several periods of time – to think and reflect upon the questions below and then prepare a document for me to reference during our first private meeting.

Your candour and frankness will be necessary so that we don't waste time tippie-toeing around. I will know many things about you as we work together and I have probably heard it before (although I am occasionally surprised). Your private concerns will remain private. I value loyalty and discretion personally and I guard and extend that to those who enter my circle. Finally, the document will be seen by my eyes only and yours.

In terms of content ...

- 'what', 'how', 'for what purpose' and 'when' (if known) rather than 'why' (in other words, you can tell me about 'mummy taking the spoon away' when we are talking together);
- In terms of volume – more rather than less;
- Think expanded, annotated outline rather than a novel.
- Word processed rather than hand written (but this is not obligatory) – it needs to be clear or I will end up hallucinating things about you.
- At the top of the first page: your name address, telephone numbers and email address.

- It might be helpful to know a little about your situation, what you do for a living, are you married/cohabiting (we have to be sensitive to the feelings, needs and concerns of those we care about and whose lives we impact upon), do you have kids, pets, etc.

Educational experience, qualifications, trainings of various sort, etc. (for example, amongst 1001 other pieces of paper, I have a certificate from The British Society of Fight Directors, which means that I know how to pretend to hit people, how to pretend to be hit by other people and how to fall safely from a one story building into cardboard boxes. I also know how to handle various kinds of swords and daggers...) NLP background will be helpful.

Only tell me as much as you feel comfortable sharing.

Questions

1. What do you want me to help you to achieve over the coming year?

Think carefully and extensively about the outputs you would like to achieve. I can be of service to you in many areas and I am willing to assist you on many levels but you have to ask for it. The clearer and more specific you are in your request; the easier it will be to discuss the suitability of your requests and preliminarily decide on methods when we meet. And please...take the time to meta model your goals (if you know how) before we meet. Save us the time that we might otherwise waste from me asking, in the context of a request for help in “accelerating my development”:

- a. How would you know “accelerating your development” was happening?
- b. What kind of development are you talking about? Cancerous tumours? Give me a hint...
- c. How fast are you developing now? And how do you know?

d. What will “accelerating your development” do for you, get for you or give you?

e. [questions ad nauseum]

2. In relation to your life and plans give me an extensive list completing the following:

“I need to X ... or else Y (will/won’t happen).”

“I want to X ... so that Y.”

“I want to avoid (or don’t want) X ... because...”

3. What do you want to change in yourself/your life/your...?

4. What do you want to stay the same in yourself/your life/your...?

5. What do you want to just get better in yourself/your life/your...?

6. Write a list of your “skills inventory”

These are the things you are good at or things you have been told by others that you are good at.

7. Take an “interests inventory”

What are you interested in? What do you spend time on? What do you enjoy doing? What subjects/areas/topics do you keep coming back to?

8. Incompletes/partials/dreams/desires

What tasks or projects are incomplete in your life? What has been on your list for a long time? What things do you tell yourself “I really should do...?” What dreams have you harboured and said “Someday...”

9. **Give me a list of books that you love or that have influenced you or that you keep going back to.**
10. **Give me a list of your favourite albums, songs, pieces of music, bands, composers, etc.**
11. **If you have taken psychometric tests; tell me about your “types”, scores, profiles, etc.**

If you have not taken psychometric tests; heave a sigh of relief.

Please get your response to me at least one week before we meet for the first time, so that I have time to read, reflect, prepare and plot.

Thanks,

Michael