

# Affordable Training NLP Practitioner Syllabus

Fifteen days of amazing insights and discoveries, learning and applying the pioneering tools and techniques of NLP.

## Module One:

### INTRODUCTION

History of NLP

NLP Modelling: The nature of the world, being human and subjective experience.

The Presuppositions of NLP

### SKILLS FOR UNDERSTANDING PERSUASION AND INFLUENCE

**Calibration:** Understand body language and the secret of a person's unconscious non verbal responses.

#### **Rapport:**

- Gain the ability to get onto a person's wavelength quickly and easily
- Pace and lead and Match and Mirror so that people unconsciously identify with you
- Understand a person's psycho-geography and Boundaries.
- Use your voice tone, volume, pitch and timbre to build rapid rapport
- Gracefully disagree with others while maintaining rapport

#### **Representational Systems:** The 5 senses

- Discover how our senses affect each representation system
- Learn how to identify and match representations for a deeper understanding
- Discover how a person is thinking
- How all of this applies to Life Coaching

#### **Sub-modalities:** For rapid change

- Understand the finer distinctions of how people think
- Discover how a person's internally structures their beliefs and how to change them
- Learn how to quickly and easily change unwanted feelings and behaviours

#### **Perceptual Positions:**

- Learn the three ways to review a particular experience from different perspectives
- Discover how a person sees hears and feels about that situation

- Understand a person's beliefs, values and capabilities in that context

### **Behavioural Frames:**

- Understand the 5 behavioural frames
- Discover how to identify the positive intension of a behaviour
- Learn how to create new possibilities

**Anchoring:** Run your own nervous system and get yourself and others into a more positive state.

- Learn how to use resource anchors to strengthen personal resources and access them whenever required
- Discover how to remove bad feelings from the past by collapsing anchors
- Use **Break State** to rapidly change a person's current frame of reference
- Create a "Circle of Excellence" & feel fantastic

**Language Patterns:** Use language to get to the heart of the matter and show the way to choice and transformation.

**Cartesian Logic/quantum Logic:** Questioning technique to test and understand the complexity, validity and content of a sentence.

**Chunking:** How to organise or break down an experience into larger or smaller pieces.

**The Meta Model:** The questioning techniques developed by John Grinder and Richard Bandler

- Learn the right question to get to the root of the problem
- Discover how to ask questions that get you the information needed with great speed and precision
- Gain the ability to challenge and overcome objections comfortably, identify a person's limitations, clarify meaning, and open up choice
- How to use the Meta Model for Life Coaching

**Milton Model:** The language of trance and persuasion (Milton Erickson M.D)

- Discover how to use the artfully vague language patterns
- Pace a person's experience
- Induce trance effortlessly
- Access unconscious resources
- Gain greater acceptance of your message
- Learn how to write great persuasive spin and speeches

**Logical levels technique:** For alignment of self

- Discover the 6 categories can be used to identify strengths and weaknesses

- Learn how to create change where problems exist
- How Logical Levels can be used for Life Coaching, Change Management, problem solving, solution checker, goal alignment

## Module 2 (Brief Outline)

**Virginia Satir Categories:** Understand the 5 main behavioural categories and become more flexible in your communication. Take back your Power and not be harmed verbally by others.

**Well Formed Outcome:** The key to attaining your goals and aspirations

- Discover how to set clear achievable goals
- Learn the right questions to ask for clarity and precision

**Fast effective powerful techniques for habit busting and emotional and behavioural change:**

- New Behaviour Generator
- SCORE
- Fast Phobia Cure
- Stuck State
- Swish
- Six Step Reframe

**TIMELINE:** A powerful and life changing technique

- Learn how to change the direction and location of the time line
- Discover the root cause of a problem
- Change personal history
- Release negative emotions such as anger, sadness, guilt, fear loss etc
- Limiting decisions such as "I Can't" and "I shouldn't"
- Accelerate your future

## Module 3

**PARTS:** The key to personal alignment and focus

Learn how to work with "parts" to settle internal conflict and gain approval and understanding.

**Metaphor:** Use metaphors to create choice and indirect change.

**Strategies:** The blue print to all our behaviours

- Understand how strategies are formed
- Discover how to model excellence using the T.O.T.E model
- Learn strategies for Spelling, Responding to criticism

**Life Coaching:** Used for goal setting and achievement

- How to use the linguistic and neurological features you have already learned
- Utilise the Wheel of Life technique
- Lots of practice to ensure competence

## Accreditation

With our NLP Practitioner course you get **three certificates** – Life Coaching, Hypnotherapy 1 and the fully accredited INLPTA NLP Practitioner certificate.

**“Don’t think about it just do it!  
It’s a life changing 15 days and worth every penny. Don’t knock it  
until you’ve tried it!”** Minesh Vaiwala (Life Coach)

**“Excellent \*\*\*\*\* I was blind and now I can see! I now have sight  
and vision x”** - Richard Greenfield

**“Go for it you’ll learn loads, have lots of fun and it’s great value”. -  
Sylvia Collins (GP)**

**“You may be eligible for up to 50% funding, please contact your local  
Chamber of Commerce for more details”**

Take the first step in changing your life by reserving your place on our  
**Affordable NLP Practitioner course, just CLICK here NOW!**  
We are waiting to be of assistance to you.