

THE NLP PRACTITIONER COURSE CURRICULUM

WHY BECOME A NLP PRACTITIONER?

The truth is this differs for each person. Here are a number of typical reasons:

- Eradicate problems & emotions that hold you back...
- Make more of your life and find your true purpose...
- Build compelling relationships...
- Create feelings of lasting and powerful confidence...
- Communicate more effectively with others to sell, manage, negotiate, heal, lead and inspire...
- Gain new, world-class skills...



WHAT WILL I LEARN?

We cover every aspect of the **NLP Practitioner certification** including:

- Well Formed Outcomes – Learn how to create compelling, successful goals every time
- Representational Systems – Learn how to understand yourself and others
- Submodalities – Learn how to use your brain's programming language
- Language Patterns – Change your world through the words you use
- Anchoring & State Management – Change the way you feel anytime you like
- Strategies – Change your behaviours and unwanted habits
- Personal Integration – Resolve internal conflict and gain congruence and understanding
- Time Empowerment Techniques – Learn how to release emotions from the past
- Beliefs – Learn how to change limiting beliefs and create empowering beliefs
- Phobia Model – Eradicate phobias in yourself and others
- Learning Strategies – Learn how to teach, coach and lead others

At its core, NLP is a modelling science which explores the structure of excellence. Some of the by-products of that modelling over the years has been a trail of highly useful tools.

After learning these tools, NLP Practitioner students have consistently enquired 'Which NLP tool should I use when?'

That's why we have designed a simple to follow 3 pillar system which offers new practitioners a framework to build their confidence to use their new life-changing tools.

Overview of the 3 Pillar system:

STEP 1. GET THE ULTIMATE MENTAL SPRING CLEAN



Have you ever got really curious to the structure behind why you sometimes do (and sometimes don't) achieve things in your life? Much of what we do is based on how we represent the past on an unconscious level. The PAST has a HUGE part to play in how you are experiencing day to day life and can certainly influence how you move forward. If you are reacting in an undesirable way, or are consistently not achieving the goals you want, then we can bet our combined 40 years of work with clients, that it is your past this is holding you back. What we really want to do is to ensure that it's only our very best baggage from the past that stays with us – the really good looking Louis Vuitton bags! The old heavy and unwanted baggage needs to go. Therefore, when working to improve our lives, our first step is about learning how to release negative emotions such as Anger, Sadness, Fear and Guilt from the past – these emotions served a purpose in the past, but we no longer require inappropriate or unwarranted amounts of negative emotions today. Seriously, can you even imagine what starts to feel possible when you let go of fear? Even if you're not there yet, let us tell you that until you learn how to let go of that old **** and those old limiting beliefs – nothing great can happen, and that's why great coaches know how to create a Mental Spring Clean and sort out the past.

STEP 2. THE POWER OF NOW

The next step when working towards profound and lasting change is to really understand and work with what is happening real time. This includes our state, how we feel, and also the words that we use. Do the words we use create opportunities or boundaries? How do you work with someone to gently uncover what their words are hiding and journey with them to a place of choice and opportunity? Escape from the idea that the way we feel is somehow “controlled outside of ourselves” and become the driver of how you feel moment to moment.



STEP 3. DESIGN YOUR FUTURE

Time and time again we have seen coaches attempting to start here. Hoping that somehow the allure of an amazing future will be enough to drag their clients forward and force a change, and we wish it was that simple... But.... It is only when the old drain of the past is gone, and we have a new capability to really control how we feel, that we are really ready to start designing a compelling and exciting future. This is when things get really fun!

CERTIFICATION

This is a certified training. Your NLP Practitioner training certificate is fully accredited by NLP Master Trainers, Toby&Kate McCartney Training and the AIP (Association for Integrative Psychology).