

COURSE OUTLINE

Neuro-Linguistic Programming (NLP) is the most practical, results oriented technology of detecting, understanding and getting in control of our conscious and unconscious thinking and **work together in the way they were designed**. We will show you how to use this with self and others — individually and as a coach.

Just think of this program as a **powerful instruction manual for the mind** to learn how to run your own brain! Be the end of the course you will be able to apply the new learning and skills you have acquired as a certified practitioner and coach to whatever field of work you are in.

The Basis of NLP

The outcome of NLP techniques and processes is not to gain awareness and find out “why”, rather to facilitate change and focus on **what** works not why it works.

When we understand **how** we create and maintain our inner thoughts and feelings, we can **change** them to ones that are more useful.

Understand and apply principles of achieving your goals used by all successful goal setters and goal getters.

1. NLP Practitioner Certification:

CHOICES

Be a powerful State Controller!

You can be in charge of your internal emotional condition rather than an unwanted response to an external or internal trigger.

- **You will learn:** *to be able to quickly elicit alternate, more useful and resourceful states whenever you want.*

What would it be like to be unstoppable?!

- **Yes, you will learn:** *how to evolve procrastination into motivation.*

There is a *strategy* for everything we do in life - a *sequence of mental steps* we use to generate our outcomes and experiences. We remember, learn, decide, solve problems and motivate ourselves with these steps.

You will learn how to map these sequences to:

- *duplicate someone else's to get a desired result.*
- *to interrupt an ineffective one to get a different result.*

LINKS

Imagine developing your ability to see other's point of view and get them to understand yours, making any form of communication easier. Did you know there are many effective ways to relate to others in a way that creates trust and understanding?

You will learn:

- *to instantly be able to switch onto mutual understanding with anyone you choose.*
- *an Increase of your awareness to body-language and how to use unconscious body postures so that people unconsciously associate positively with you.*
- *identify how to use your voice tonality appropriately and effectively.*
- *increase your sensory acuity – being able to read others by observing minute sensory shifts.*

Successful interactions depend largely on our ability to establish and maintain rapport. We actually make most business decisions based on rapport rather than technical merit. You are more likely to buy from, agree with or support someone you can relate to rather than someone you can't!

TRANSFORMER

Have you thought about what the smallest building blocks of our thoughts could be? You could think of these as our 'barcodes of your reality'. This coding in our thinking effects meaning and changes how we react.

You will learn:

- *how we code our memory of sensory experience using these building blocks.*
- *how to change these 'barcodes' can give us control over our internal experience.*
- *how to shift and rearrange the 'barcodes' in the mind you can quickly. change unproductive states and behaviours and install choices for a new way of life.*
- *how to add flexibility to your thinking.*

When we change the coding in our thinking we change the meaning...

When the meaning changes our state changes....

When our state changes our responses change.

Rewiring the brain is easy by integrating aspects (the different parts) of a person that are in conflict. The more 'parts', caused by **indecision and inner conflict**, means less progress.

- **You will learn:** *the skill of dissolving the separation of these parts to get clarity and move forward.*

Imagine being able to tap into a new identity....the “you” for whom the current challenge wouldn’t be a problem!

ENGAGEMENT

We have internal senses where we can ‘re-present’ what we experience on the outside on our internal mental screen. Our 5 senses are represented internally in the nervous system and we all have different preferences in how we use these senses to process information.

You will learn:

- *how to understand the ‘wavelengths’ of other people and be able to present your message in a way they understand.*
- *how to read what people are accessing internally from moment to moment.*
- *the concept of eye body language and how it indicates particular kinds of thinking. Learn how to increase creativity, flexibility and learning with this awareness.*

Language has generative force that can create new possibilities.

You will learn:

- *how to influence and question using language structures.*
- *be able to create new meanings for problems and objections naturally and elegantly.*
- *to creatively take people on a journey with language and assist them to change in a non-threatening, indirect and entertaining way.*
- *how to allow people to shift their perspective and unlock old ways of thinking that do not work.*

By simply being able to detect and match language patterns people feel more understood, increasing their responsiveness and results.

2. Time Line Therapy® Practitioner Certification Training:

Be a Time-Lord!

We all have a strategy for dealing with and representing time. How do we know if we are imagining what we are doing in the future or had done something in the past?

Your own personal timeline is the way you represent the sequence of memories. Working with the TimeLine enables you to uncover and release unconscious limitations that were decided in the past and recode painful experiences or emotions.

Learn a unique way to see, hear and feel a brighter and more compelling future that creates an irresistible **magnet** for you to move towards.

This is a Powerful technique to use with any form of goal setting and future creations.

3. Certification as a Hypnotherapist:

Learn more quickly and accurately and have more control of yourself and your life with instant benefits.

Speed up the process of developing yourself as a human being by learning how to facilitate a subtle shift in consciousness to access and update the 'software' of your mind while still thinking consciously.

This natural focussing of attention called Hypnosis is one of nature's greatest learning tools.....that's right.

4. Certification as an NLP Coach:

Coaching brings out the best in people.

Stimulating individuality, coaching allows for clients to decide for themselves the best approach in solving their problems and ultimately how to proceed in their personal development.

Stand out as a coach / **be the go-to person who creates change**, elicits, selects, trains, asks meaningful questions, inspires, creates insight, explains, tasks, evokes, challenges, stimulates, supports and encourages client's self expression.

PRESENCE

When you study with us you will be able to use your Power Of Presence in:

- Leadership
- Business and Personal Coaching
- All Modes of Business including Sales and Communication
- Learning and Educational Coaching
- Creating Change and Growth on a Personal Level
- Wellness and Relationship Coaching

When you graduate with us there may be the opportunity to be given paid clients for you to:

- get hands on professional experience straight away
- utilize your new learnings
- witness the results of newly acquired skills
- value yourself
- step into your business mindset in the Personal Development & Coaching arena
- evolve your **Unconscious Confidence**

How much transformation can you stand?!

