

NLP Practitioner Course



Programme Overview

The *catalyst NLP* Certified Practitioner Programme consists of around 100h training in all aspects of the NLP Practitioner level syllabus plus projects to further embed skills. Training hours are delivered in a modular format in three day blocks with each day running from 9am and finishing no later than 5pm. Within this there is opportunity to benefit from one to one coaching where appropriate and peer group coaching support.

Module one provides an introduction to NLP. Modules two to five revisit some of the first module elements in greater depth and building understanding of a much wider range of NLP theories and methodology, plus development of ability and confidence in applying a broad selection of NLP techniques and processes.

Practitioner certification requires learners to demonstrate a well developed ability to adopt the principles of NLP and elegance in applying NLP in a wide range of contexts. Depending on each individual's area of expertise and interest these could include... business, sport, coaching, therapy, personal change etc. Having worked in all these areas, I can offer insights into practical applications and benefits of applying NLP. Assessment is conducted throughout the programme with opportunity for ongoing peer and trainer feedback.

Cost

The cost for this programme is £1875 per person.

Location

The course is run in Perranporth on the stunning North Coast of Cornwall, providing opportunity for a range of outdoor work. The programme will also include optional activities to put your newly acquired NLP skills into practice including surfing and yoga.

Dates – Spring / Summer 2012

Module 1	(3 days)	30th March – 1 st April 2012
Module 2	(3 days)	4 th May – 6 th May 2012
Module 3	(3 days)	1 st June – 3 rd June 2012
Module 4	(3 days)	6 th July – 8 th July 2012
Module 5	(3 days)	3 rd August – 5 th August 2012



I look forward to welcoming you to the world of NLP. If you have any queries regarding any of the programmes offered by *catalyst NLP*, or for a booking form to reserve your place on the 2012 intake please contact me as follows...

Tel: 07980 352510

Email: Lizzi@catalystNLP.co.uk

Lizzi Larbaestier



Module one – NLP Immersion - 3 days

This can be attended as a standalone module delivered in a three day block, offering a foundation for many aspects of the practitioner course (including some aspects of the master practitioner syllabus). Learners will gain awareness and understanding of a number of NLP principles and methodologies together with developing the ability to apply basic NLP skills.

- NLP History and Background
- Intro Rapport and Sensory Acuity
- Intro Representational Systems
- Intro Logical Levels
- Intro Language Patterns
- Intro to States
- Intro Communication Structures
- Intro Values and Motivation
- Intro Well Formed Outcomes

Module two – 3 days

- Sensory acuity development – integration of process and content awareness
- Building behavioural flexibility to include... perceptual positions, new behaviour generator and Disney techniques
- Recognising and responding to Satir modes
- Behavioural choice – values elicitation and belief patterns
- Linguistic flexibility through representational systems and the 4 Mat

Module three – 3 days

- The Meta model
- Strategies - basic modelling using logical levels and TOTE
- The Milton model

Module four – 3 days

- State management – breathing attention, anchors and trigger awareness
- Timeline treasure hunt (stacking anchors) and circle of resources
- Sub-modalities shift – Swish and Fast Phobia cure techniques
- Beliefs re-imprinting – Change Personal History timeline exercise

Module five – 3 days

- Frames to include sundry frames
- Reframing to include the parts negotiation technique
- Goals and coaching – basic skills
- Coaching models to include SCORE and TGROW
- Values work - Future me timeline exercise
- Final assessment and certification

This programme (and elements within it) can be adapted and delivered as an in-house solution and some businesses / organisations may find this a more accessible and cost effective approach. A further breakdown of the course is available via email. Please contact Lizzi@catalystnlp.co.uk...

