

NLP TRAINING INSTITUTE

Quality • Professionalism • Ethics in NLP

Journey to Excellence!

NLP Practitioner Certification Programme Brochure & Application Form – Winter/Spring 2020-2021

**Winter/Spring
2020/2021**

Programme Dates:

- Nov 6th/7th/8th
- Dec 4th/5th/6th
- Jan 8th/9th/10th
- Feb 6th/7th
- Mar 13th/14th

Location:

Glenroyal Hotel
Maynooth
Co. Kildare

NOTE:
NLP Diploma a
prerequisite for the
Practitioner
Certification

Other Courses

• mBIT Coach Certification

Location:

MI Campus (St Patrick's),
Thurles, Co Tipperary
&

Glenroyal Hotel
Maynooth
Co. Kildare

• Presenting Powerfully

Location:

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• Facilitating with Ease

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NLP – Neuro Linguistic Programming

Neuro Linguistic Programming is a powerful body of knowledge about how the human body/mind works. Learning through NLP allows us to discover for ourselves how our patterns of thinking affect our behaviour, our emotions, our feelings, our outcomes and our life experiences.

Applying the principles of NLP will enable you to access your physical, emotional, mental and spiritual resources, to create your own destiny.

During our training programme you will build on what you've learnt in the Diploma and add many tools & techniques to enhance your communication abilities, your understanding and influencing skills with others to achieve the results you want.

PROGRAMME SYLLABUS

Rapport – the key to successful and influential relationships

You will revisit how to:

- Establish instant connection and create rapport with others
- Read and use body language
- Elegantly disagree with someone while maintaining rapport
- Use your voice, body and words to create even deeper rapport with significant others in all areas of your life - personal, professional or social

Well formed Outcomes – the key to achieving your goals

- Re-Discover for yourself what it is that you really want
- Identify and eliminate any personal blocks to achieving your goals
- Set goals and make them achievable

Representational Systems:

How we use and process information through our senses

- Discover how we see, hear, and feel about the world around us
- Learn to speak someone's language, to connect and communicate
- Increase your awareness of what's really happening around you
- Observe eye movement patterns to understand how someone is thinking

Sub-modalities – the way we internally encode information

- Learn how you store your beliefs and how you can alter them
- Use sub-modalities to rapidly change unwanted feelings and behaviors
- Overcome procrastination, stress and other 'stuck' mental states
- Break unwanted habits, for yourself and others

Strategies – the unconscious process which creates our behaviours

- Discover your own decision-making processes
- Identify what internal strategies are unconsciously driving your behaviour
- Change your less useful strategies into more useful ones
- Identify another person's 'strategy'

Language Patterns – using your words with awareness and elegance

- Know the right question to ask to get to the root of a problem
- Negotiate with elegance and quickly gain agreement on opposing viewpoints
- Use language patterns to gain greater acceptance of your ideas
- Learn powerful conversational techniques to assist someone in clarifying their mind and emotions

"This course has fundamentally changed my approach to coaching. It has given me the skills, frameworks and most importantly, the state of mind that enables me to work far more effectively with my clients. Doing this course was one of the best decisions I have ever made."

**JS, Executive and
Personal Coach, Author &
Speaker**

'The knowledge and skills I have learned through the practitioner programme have resulted in a whole new path to success in meetings and negotiations'

MM, Business Mentor

'I achieved my outcomes, gained clarity in what I want to do in my business career. This is a course that everybody should be introduced to either in their professional or personal life'

MF, Psychotherapist

'I have discovered life changing tools, which can bring on incredible results, very quickly'

AM, Director

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"This has opened the door of opportunity in my personal and professional life"

EM, Customer Services Officer

"I now have the tools to clarify my outcomes and the resources to achieve them. The control to drive them and the awareness to appreciate them"

SL, Business Manager

"This course has given me what I expected and so much more, personally and professionally. Practically, I have found skills I never knew I had"

PS, Financial Services Company

"The course fully met the requirements of my personal, development needs – it is the most beneficial multi-skills course available"

JF, Director

Anchoring & States - the power and effect of associative conditioning

- Resource anchors - strengthen your personal resources and how to access them whenever you choose
- Collapsing anchors - remove negative and unhelpful feelings from past experiences
- Create anchors for states of confidence, motivation, clarity, satisfaction

Parts and Perspectives – the key to developing personal alignment

- Learn to develop creative solutions to resolve internal conflict
- Re-view and gain powerful insight into situations of inter-personal conflict
- Uncover the real intentions of your behaviour and emotions

Time Lines – Your internal time machine

- Explore the direction and location of your time line and its effect on your experience
- Learn how you organize events in your life in relation to time
- Use your timeline to resource yourself

States & Memory Re-Solution – Re-Solve, Change and move on...

- Create states of confidence, motivation, learning, clarity and openness
- Shift 'stuck' states such as procrastination, stress, fear and other un-useful states
- Disconnect the power of negative emotions on your everyday experiences
- Understand and apply the principles of change and generative learning

What happens during the training?

The training is delivered in modules to facilitate integration and applied learning. We use a lively variety of formats suited to all learning styles. These include whole group presentation by the trainer, small group exercises, large group exercise, demonstrations, pair and triad practice - practical skill-building work, and discussion.

To facilitate optimum learning and ensure quality supervised practice, we have a team of qualified assistants who provide individual support and guidance. Between modules there are skill-building and knowledge embedding assignments.

Official NLP Practitioner Certification

Certification is optional on this programme; however, certification demonstrates your skill as a communicator and your commitment to learning. The International NLP Trainers Association was set up in order to govern quality, ethics and professionalism within the field of NLP. Our certifications are designed to meet and deliver Trainings within the standards set up by INLPTa (www.inlpta.com). Your certification is also accepted by the UK Association of NLP (ANLP). You can access the resources of both organisations if you wish.

NLP Training Institute

The NLP Training Institute was established to provide INLPTA certified NLP training in Ireland. Providing open NLP training programmes, open training for personal and professional development, in-house tailored training programmes for organisations and one to one coaching for individuals, assisting you in making a difference in your life, one step at a time and amazing yourself!

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