

Neuro Linguistic Practitioner Certification (Code: NLP)

Evolution-U Personal Empowerment Business Suite

5/7 days - Advanced



The Evolution-U Personal Empowerment Business Suite is a focused offer of engaging NLP based trainings, providing usable tools for measurable performance gains praised by our clients

Course Outline

Neuro Linguistic Programming (NLP) was developed in the 1970's by Richard Bandler and John Grinder, and has since grown into a methodology used by political and business leaders to communicate with influence. NLP is the most practical, results oriented technology available for detecting, understanding and taking control of our conscious and unconscious thinking and communicating with impact. A certified NLP practitioner is recognised globally as someone who has learned the principles, techniques and applications of NLP. Becoming an NLP practitioner is, for many people, the beginning of a life changing process resulting in more independence and clarity of thought often leading to new personal frontiers.

This NLP Practitioner certification training is approved by the American Board of Neuro Linguistic Programming (ABNLP) and follows the syllabus required for ABNLP certification.

Learning Objectives

By taking this course, participants will:

- Understand the principles of Neuro Linguistic Programming and how to explain it to others;
- Develop a deep understanding of the unconscious mind and how to work with it and benefit from NLP techniques;
- Learn to build rapport, the fundamental principle of all effective communication;
- Understand the meaning of eye patterns and how to use this knowledge in business and social contexts;
- Learn a series of linguistic techniques including hypnotic language patterns, reframing, the structured use of abstract vs. detailed speech, lateral thinking, and how to utilise metaphors;
- Observe, practice and become proficient in the four practitioner level intervention types of submodalities, anchoring, strategies and parts integration to the level that participants will be capable of administering the interventions to their own clients.

The certification training involves instructor led presentation and demonstration of all techniques before participants then practise the techniques in pairs, followed by in depth debriefing and Q&A sessions.

NOTE: The primary objective of this training is to teach participants to be Neuro Linguistic Programming practitioners, hence knowledge of how to apply the techniques is prioritised above being able to benefit from the interventions personally during the training.

This course is designed for up to 12 people. Pre-requisites: It is recommended but not mandatory that participants spend 50-60 hours completing the pre-study pack that is supplied upon registration. Level: Expert.

What is the 7 day Fast-Track option?

The 5 day option results in NLP Practitioner certification only and is the focus of this information sheet. The 7 day fast track option includes 3 additional certifications; Time Line Therapy Practitioner , Hypnotherapy Practitioner and NLP Coach. Each certification issued by Evolution-U is fully approved and recognised by the respective bodies being; the American Board of NLP, The Time Line Therapy™ Association, the American Board of Hypnotherapy and the American Board of NLP Coaching section. The NLP Coaching certification is an additional certification awarded as a result of having completed NLP Practitioner and Time Line Therapy training, since many of the techniques taught are highly relevant to coaching. This is not a coaching training however, and while coaching applications of the techniques taught will be discussed, it should be noted that this is not designed to be a coaching training.

Course Content

Day 1: The Foundations of NLP

Day 1 covers all the foundational content of NLP including the NLP Communication Model, Goals Settings, the Presuppositions of NLP, Prime Directives of the Unconscious Mind, developing Sensory Acuity, Building Rapport, Representational Systems and Eye Patterns.

Day 2: Intervention # 1 - Submodalities

Sub-modality work is the first NLP intervention taught at NLP Practitioner level and is covered during the morning and first afternoon session of day 2. The two key sub-modality interventions taught are "Like-Dislike Script" and 'Swish Patterns'. Submodalities give the NLP Practitioner a set of 'quick-fix' tools for helping people change unwanted beliefs, likes, habits and feelings without the need for lengthy therapy. Submodalities help give new perspective, altering the meaning we place on given things and events and can even help remove phobias.

Day 3: Intervention # 2 - Anchoring

The principles of anchoring were first documented by Russian psychologist Ivan Pavlov. What became known as 'behavioural' or 'Pavlovian' conditioning forms the basis of the second NLP intervention of anchoring. In NLP, anchoring is about state control; empowering the individual to have control over their emotions rather than be controlled by emotions. Three anchoring methods are taught; stacking anchors, chaining anchors and collapsing anchors, each with its own purpose and application.

Day 4: Intervention # 3 - Strategies

We all have strategies for everything we do in life; making decisions in business, choosing a partner, liking or disliking, stopping or starting, buying or selling. The NLP intervention of strategies is one of the most powerful tools available in NLP when used correctly, however it is also the most challenging practitioner tool to apply, so a full day is allocated to learning how to elicit and utilise strategies. A review of eye patterns and representational systems, the two components of strategy elicitation, is included in this session.

Day 5: Intervention # 4 - Parts Integration

Should I take the offer or should I stay? Should I set up my own business or stay in the safety of a regular job? Should I leave him/her or give it another year? These are typical life questions resulting from internal conflict which create incongruence, drain energy and result in stress. The process of parts integration is an approach to dealing with incongruence and internal conflict at an unconscious level. The morning and first afternoon session of day 5 is dedicated to the process of reframing and parts integration.

Linguistic Patterns

On each of days 2-4 after the core intervention is completed with sufficient demonstration, student practical sessions and Q&A, we introduce a series of NLP linguistic patterns. This content includes Linguistic Presuppositions, the Hierarchy of Ideas, Hypnotic Language Patterns, Metaphors, The Meta Model and Reframing. On days 1, 2 and 3 there will be approx. 30 minutes of homework set for presentation at the next day's training.

NLT Test Completion

Participants will receive a 40 question test upon enrolling for the NLP Practitioner Certification training. The test must be completed by the end of day 4 and submitted to the instructor. Many of the question answers are covered during the training and participants often work together to complete the test answers during the course. Test completion is a mandatory requirement for certification.

NOTE: This Neuro Linguistic Programming Practitioner Certification is accredited by the American Board of Neuro Linguistic Programming (ABNLP) however please note that ABNLP membership, required for use of the ABNLP logo, is not included in the course fee. A certificate from Evolution-U Limited, with the ABNLP logo present, will be received by all participants who successfully complete the training.

Who Should Take This Course

There is no typical profile for the NLP Practitioner. Business owners, senior management, coaches, HR executives, sales executives, recruiters and anyone looking to improve themselves are perfect candidates for NLP Practitioner certification. One observation however is that "big picture thinkers" rather than "detail seekers" tend to be more attracted to the discipline. We believe this is because NLP is an abstract discipline that does not give exact results, and big picture thinkers are more comfortable with abstract concepts. Anyone who would like to understand themselves better, improve their outlook and achieve their full potential can benefit from learning NLP and becoming a certified NLP Practitioner.

This training course is fully certified by Evolution-U

For more information & reservations please contact Jessica
jessica@evolution-u.com or call +852 9498 9067

www.evolution-u.com • www.linkedin.com/in/neilovray/

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