



16 DAY IMMERSION

NLP Master Practitioner & Life Coach Program

Incl. NLP Practitioner, NLP Master Practitioner, Master Weight Loss Coach, Motivational Coach, Social & Emotional Intelligence Coach, Life Coach

Class times: 9 - 9.30 AM to 5 - 6.15 PM
The last day of class ends between 3 - 5 PM

Frequent breaks are given and a 1 - 1.5 hour lunch

The training room is open during the evening time for additional practice (optional.) These sessions may become mandatory for challenged students in order to certify.



COURSE CONTENTS

The following is the Global NLP Training course outline and tentative schedule. All of the detailed contents in this document will be covered during the course. The actual schedule is subject to change depending on the specific needs of the students, to assure the highest quality training possible, to promote maximum retention, and to maintain student energy levels, as well as the interest of each group.

All Global NLP Training immersion programs have been designed under the premise that the brain can only learn when it is having fun, the mind is kept engaged, the body is comfortable and energized. We work with highly skilled trainers, with a good sense of humor, whom aim to keep you riveted and engaged into a life changing learning experience. This training is experiential in nature, where coaching and NLP is learned by doing and actively applying the techniques on yourself as well as others.

Day 1

- Class introductions
- Class Coaching
- What is NLP
- Experiencing NLP

- Introduction association / dissociation from negative emotions
- Introduction to re-coding the mind and changing thoughts
- Technique for increasing learning, memory, information retention
- NLP Model of communication: sensory experience, coding, emotions, representations, behavior
- Levels of learning – understanding how the brain learns
- Components of experience – emotion, body, mind
- History and origins of NLP
- Introduction to the Milton Model

Day 2

- Class coaching
- Presuppositions of NLP and coaching – basic rules, beliefs and understanding
- Sensory acuity – discovery and enhancement of visual, auditory, kinesthetic preferences
- Congruence vs Incongruence – paying attention to internal & external signals
- Rapport – developing powerful connections with others
- Rapport – persuade others to trust you
- Mirroring and matching – non-verbal communication to build rapport
- Pacing and leading – leading people in other (better) directions

- Psychogeography – meaning and psychology of spatial gesturing, deliberate pointing and gesturing
- Using psychogeography in creating rapport
- Milton Erickson techniques and influencing speed of brain patterns to do NLP (continued.)
- Motivational coaching overview

Day 3

- Class coaching
- Representational systems and predicates – using language for rapport
- Representational systems and predicates – language to persuade, inspire, increase understanding
- Chunking – using high level and low level communication
- Introduction to language patterns / metaphor
- Creating stories through metaphor / language patterns
- 4 Tuple – making stories and experiences more real
- Introduction to state elicitation
- Perceptual positions – looking at situations from different perspectives
- Perceptual positions – self, other, observer positions
- Utilizing perceptual positions in coaching
- New behavior generator – creating new behaviors, changing negative to positive emotions
- Milton Erickson techniques and influencing speed of brain patterns to do NLP continued
- Motivational coaching overview continued

Day 4

- Class coaching
- State elicitation - creating and managing emotional states of others
- Anchoring - learning to press other peoples and your own buttons
- Understanding stimulus and response
- Circle of Excellence – coaching technique to generate a feeling of excellence and being highly capable
- Circles of Positive Emotion – coaching technique to generate any positive emotion
- Motivational coaching overview continued Class coaching

- Integrating anchors – turning a negative emotion about a specific situation into a positive emotion
- Changing personal history – changing emotions of a past troublesome experience
- Milton Erickson techniques and influencing speed of brain patterns to do NLP (continued.)
- Motivational coaching overview continued

Day 5

- Looking through the eyes of love - creating self and appreciation for self
- Metamodel – Information we delete, distort, generalize
- Deep structure vs surface structure – Information we give/conscious vs don't give/unconscious.
- Metamodel – Uncover information that is not given
- Metamodel – Uncover unconscious problems
- Metamodel – Understand what is really the problem
- Metamodel – Understand when there is and isn't a problem
- Metamodel – Turning something that is perceived as a problem, in to a non-problem or solution
- Metamodel – Using questioning to resolve problems, negative emotion, and being “stuck.”
- Well Formed Outcomes - Defining goals
- Well Formed Outcomes – Setting goals
- Well Formed Outcomes – Making unacceptable goals acceptable
- Well Formed Outcomes – Making unachievable goals achievable
- Well Formed Outcomes – Making the goal a reality
- Eye Accessing – Reveal thought processes of others through the eyes
- Eye Accessing – Questioning
- Milton Erickson techniques and influencing speed of brain patterns to do NLP continued
- Motivational coaching overview continued

Day 6

- Class coaching
- TOTE – Eye Accessing to uncover faulty thinking strategies
- TOTE – Eye Accessing uncover thinking strategies that work

- Strategies for learning, spelling, deciding, buying, selling, losing weight
- Strategies general
- Milton Erickson techniques / inducing relaxation to perform NLP
- Milton Model – Language patterns to inspire
- Milton Model – Language patterns to influence
- Milton Model – Language patterns to persuade
- Milton Model – Language patterns to purposely create confusion in the brain
- Milton Model – Language patterns to generate new possibilities, solutions, and ideas
- Milton Model – Language patterns to reduce brain frequency and induce a state of relaxation
- Ericksonian techniques and influencing speed of brain patterns to do NLP
- Submodalities – Subjective experience and coding of the brain
- Submodalities – How mind affects emotion
- Submodalities – Learning how to run your own mind and emotions
- Submodalities – Coaching others to run their own mind and emotions
- Motivational coaching overview continued

Day 7

- Class Coaching
- Mapping across – Changing coding of the brain to turn negative emotions in to positive
- Mapping across – Unresourceful states to resourceful states
- Fear vs phobia – Understanding fears and phobias
- Resolving fears – Overriding fear with neutral or positive emotion
- Fast phobia cure – Neutralizing emotions to resolve phobias
- Trauma relief procedure – Neutralizing emotions to relief trauma
- SWISH – Changing habits and automated responses
- SWISH – Swapping one mental construct for another
- SWISH – Resolving habits like: nail biting, smoking, addiction, etc.
- SWISH for motivation
- Parts work introduction & pattern and change work
- Working with beliefs

- Milton Erickson language patterns in submodalities
- Motivational coaching overview
- Course summary
- Certification & wrap-up

Day 8

- Class introductions
- Class coaching
- NLP criteria introduction – Values based coaching, drivers for motivation and goals
- Coaching with values, beliefs and attitudes
- Values formation
- Eliciting values
- Using values to gain clarity, and direction
- Values and persuasion
- Values and weight loss
- NLP Modeling – Replicating excellence, skills, and strategies
- Group NLP modeling project
- Modeling project outcomes: Teaching excellence, skills, and strategies
- Weight loss & life coaching overview

Day 9 Day Off

Day 10

- Advanced submodalities – Coding of the brain causing emotional shifts
- Detailed exploration of the coding of your brain
- Eliciting submodalities for weight loss coaching
- Shame pattern – Technique resolve deep rooted shame
- Grief pattern – Technique to resolve grief
- Grief pattern – Technique to prepare for pending loss of a loved one
- Changing beliefs pattern – Technique to change limiting beliefs
- Introduction to designing your own NLP patterns
- Weight loss & life coaching overview
- Milton Erickson techniques for advanced submodalities
- Metamodel techniques revisited

Day 11

- Class coaching
- NLP timeline coaching – Creating past, present and future
- Using Milton model language and timelines
- The major techniques of timeline coaching
- Creating achievable goals on a timeline
- Eliciting NLP timelines- Understanding various timeline configurations and structures
- Technique for resolving anxiety
- Technique for changing negative emotions
- Technique for changing limiting decisions
- Technique to disconnect and eliminate negative emotion while preserving positive learnings
- Weight loss & life coaching overview

Day 12

- Root cause discovery – Discovering unconscious root causes in someone's past
- Discovering Significant Emotional Events - Techniques to resolve root cause problems
- Changing the location of a timeline
- Timelines and weight management
- Design your own coaching intervention using all of NLP
- Design your own own coaching intervention using NLP & timelines
- How to create custom design & coaching patterns

Day 13

- Design your own own coaching intervention using NLP & timelines continued
- Class coaching
- Steps in releasing symptoms
- Health & healing factors
- Running NLP patterns on a timeline
- NLP timeline coaching for weight loss
- Parts integration – technique to resolve inner conflicts
- Using parts in weight loss coaching
- Core change work – technique to achieve a core transformation

- Using core change work for weight loss coaching
- Milton language pattern practice

Day 14

- Core change work NLP continued
- NLP change work
- NLP for weight loss & motivation
- Personality and NLP Coaching
- Personality and NLP Coaching
- Personality types NLP Meta Programs + the MBTI® assessment tool
- People reading skills – extraversion and introversion
- People reading skills – intuition and sensing
- People reading skills – thinking and feeling
- People reading skills – judging and perceiving
- NLP metaprograms – Criteria
- NLP metaprograms – Pro-active vs. re-active behavior
- NLP metaprograms – Towards and away motivation
- NLP metaprograms – Motivation filter, internal and external reference
- NLP metaprograms – sameness vs. difference
- NLP metaprograms – Self vs. others
- NLP metaprograms – What convinces another person
- NLP metaprograms – Rules
- NLP metaprograms – Stress response
- NLP metaprograms – Options vs. procedure
- NLP metaprograms – Chunking, general vs. specific
- NLP metaprograms – Independence, proximity, cooperative behavior
- NLP metaprograms – Person and objects
- Language and metaprograms
- Using NLP metaprograms in weight loss coaching
- Presenting information to different personality types and metaprogramming
- Influencing and persuading different personality types and metaprogramming
- Educating different personality types and metaprogramming
- Personality type, metaprograms and stress
- Personality type, metaprograms and weight loss coaching

Day 15

Metaprograms wrap up
Emotional intelligence as a framework for NLP
Emotional intelligence and NLP life coaching
Understanding Emotional Intelligence – The emotional brain
EQ versus EQ
Applied NLP & EQ: Working with fear, rage, passion, joy
Applied NLP & EQ: Emotional habits
Applied NLP & EQ: Personal and social competence
Applied NLP & EQ: Dealing with emotions
Applied NLP & EQ: Dealing with the ego
Channeling emotions, moods and behaviors
The fifteen core elements of Emotional Intelligence
Applied NLP and EQ: career success
Applied NLP and EQ: health
Applied NLP and EQ: relationships
Applied NLP and EQ: education
EQ based coaching exercises and techniques
NLP life coaching and weight loss coaching with EQ

- Setting up a successful coaching business
- How to get clients
- NLP organizations
- Coaching and life coaching organizations
- Life / NLP coaching phase 1: First session, setting expectation, gather information, wheel of life,
- taking care of immediate problems, establishing coach - client relationship, dealing with
 - practical arrangements, getting commitment, dealing with the immediate issue
- Life / NLP coaching phase 2: What is the problem, design intervention, deliver intervention
- Life / NLP coaching phase 3: Goals, beliefs, and values
- Life / NLP coaching phase 4: Resources
- Life coaching phase 5: Evaluating habits
- Life / NLP coaching phase 6: Tasks
- Life / NLP coaching phase 7: Test, future pace, ongoing support, how to create lasting change
- NLP and weight loss
- Weight loss coaching phases
- Weight loss and NLP interventions
- Weight loss strategies
- Weight loss – useful factors
- NLP Milton Model & metaphor
- Coaching through metaphor
- Personalizing Therapeutic metaphor
- Inspiring through metaphor
- Certification and wrap-up



Day 16

Class coaching
Legalities and ethics of using NLP
Legalities and ethics of coaching

GLOBAL NLP TRAINING NEW ROADMAP

We are excited to present our new roadmap starting Fall 2011! For years, students have been asking for more training, creating a global community, offering video's, more techniques, forms....we are now answering the call!

Global NLP Training Mobile Roadmap

We are proud to present our new Mobile Roadmap starting in Fall 2011, with the launch of our brand new website, which can be more easily accessed through mobile devices.

Fall 2011 we will launch an iPHONE and iPAD application:

- Connect to Global NLP enthusiasts around the world
- Easily access content: video's, audio's, coaching forms, e-books etc.
- Latest Global NLP Training news.
- And much more.

Free or discounted iPAD incentive program

To support our technology driven roadmap, students whom take our full 16 day training inside the United States are eligible unique offer.

Students flying in to the city of training in the USA: can choose between our existing free flight program or an iPAD2.*

Local students: will be able to purchase an iPAD through Global NLP Training at a reduced rate of \$350 USD.*

*Notes:

1. This offer is not available in our European trainings, the free flight program will remain in place.
2. This offer is only available to students whom have submitted full payment 15 days before the course start date.
3. The iPAD can only be delivered to a US address after your training. UPS shipping is free of charge, the student takes full responsibility for safe handling & receipt.
4. This offer is not available to students whom trained with us prior to September 2011.

Exclusive Media Content

Global NLP Training will start offering media content:

- Video
- Audio
- Coaching forms & ebooks
- Marketing & NLP practice graphics

Video & audio:

- Subscription based video & audio content on a monthly basis at a discounted rate.
- On-line short seminar video-on-demand for post-course training at discounted rate.
- Free exclusive content

Post-course Support

Bi-monthly question& answer conference call (will be made available for download.)

The trainers remain available for general questions through our Facebook fan page & iPAD/iPhone application. Private (business) coaching + one-one-one training package at a reduced rate.

Experienced coaches and students are part of our online Global community on Facebook & iPAD/iPHONE application.

Daily twitter based NLP practice & blog.

Former Student & Trainers Meet-Up

- Amsterdam: bi-monthly meet-up*
- Miami: 3 times a year meet-up*
- Los Angeles: 2 times a year meet-up*
- Bi-monthly conference call based meet-up (available for download.)

*Global NLP Master Practitioners only.

Re-taking Class & Traineeships

Students are allowed to re-take their class provided there is availability at a charge of \$300/€300 per NLP Practitioner or NLP Maser Practitioner course. Students whom have taken our full training are allowed to apply for a paid traineeship to assist during training.

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