



9 DAY IMMERSION

NLP Master Practitioner & Life Coach Program

Incl. NLP Master Practitioner, Weight Loss 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

Prerequisite to entering this course: NLP Practitioner with a reputable institute. In all training locations we offer a 16 day program based on which a student certifies as NLP Practitioner & Motivational Coach and NLP Master Practitioner & Life Coach.

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
- 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 2 Day Off

Day 3

- 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 4

- 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 5

- 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 6

- 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 7

- 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 8

- Metaprograms wrap up
- Emotional intelligence as a framework for NLP
- Emotional intelligence and NLP life coaching
- Understanding Emotional Intelligence – The emotional brain
- IQ 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

Day 9

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



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.

Program Acknowledgement and Copyright

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