How to get the most from this training
Rules for being Human
Learning Frames
What is NLP?
Outcomes
Frame setting
Magic of using outcomes
Rapport
Representational systems
Predicates
Submodalities work sheet
Anchoring
Present to desired state
New Behaviour generator
Dealing with difficult people
Simple Belief Change
Unified Field
Jungle Jim
Meta Model
Time and Time Lines
Logical Levels
S.C.O.R.E. A model for Change
Erickson and Hypnosis
Reframing
Sleight of Mouth
Metaphor
Leadership
The use of Language
Managing Change
Fundamentals of Leadership
Personal action commitments
Accelerated Personal Development
Metaphor Exercise 1
Metaphor Exercise 2
Meta-Programs
Skills of Anchoring
Collapse Anchors
Stacking and Chaining Anchors
Change History
V/K Dissociation
Six Step Reframe
Visual Squash
The Swish
Wishing to Wanting
Movie in the Mind
Circle of Excellence
What makes an experience compelling
You are a Learner
Finding Life’s Passion
Values and Principles
Developing a Vision
Aligning yourself with your mission
Utilizing a hero
Developing a plan
Rapid Rehearsal
Taking Action
Movie Reversal
Fast Phobia Cure
Modelling
TOTE
Implicit and Explicit Modelling
Multi Level Modelling
The beginning of the rest of your life
Support and Study groups
Use it or loose it!

This is an intensive training programme. We cover all the essential NLP elements. The needs and interests of the group help shape the training process. If you have a particular interest in certain aspects of NLP please make these interests known to us. We will be happy to discuss this with you before the course commences.