How to Choose an NLP Training Course

Choosing a NLP Practitioner Training course that’s right for you can seem difficult. There are many types of NLP training course and perhaps hundreds of training organisations. I hope the information here will help you make a more informed decision.

Obviously I would like you to train with Skills24 training but I believe that by supplying you with some simple facts, this will enable you to choose a training program that’s right for you. I have researched many websites for training information. We noticed it is frequently quite difficult to gain clear precise information. We have as far as possible designed our website to be free of deletions, distortions and generalisations. As you become more familiar with the world of NLP you will begin to understand why this is important. My intention is to make it clear, simple and easy to navigate. Please suggest any changes that you feel will be helpful.

[www.nlptrainingcourse.org.uk](http://www.nlptrainingcourse.org.uk)

[www.nlpcentral.co.uk](http://www.nlpcentral.co.uk)

**What is NLP (Neuro-Linguistic Programming)?**

Neuro-Linguistic Programming (NLP) was created and developed in the early 1970’s by Dr John Grinder a professional linguistic and University lecturer and Richard Bandler a computer science student and budding Gestalt therapist. Grinder and Bandler developed a process known as ‘modelling’ that enabled them to study and model three of the worlds most effective and innovative therapists.

Dr Milton Erickson the father of modern Clinical Hypnotherapy. Fritz Perls, the creator of Gestalt Therapy and Virginia Satir, the mother of modern day family therapy. They wanted to know what made these individuals outstanding in their field. They also wanted to learn these skills and then teach others how to reproduce these same skills. What is taught today, as NLP is the product of this original modelling process.

The experience of undertaking a professional NLP training course programme is a life changing one for many people. Its techniques offer significant advantages to people operating in a wide and diverse set of roles.

* Directors and executives
* Managers at all levels
* Supervisors
* Sales executives
* Administrators
* Technical staff and engineers
* Safety officers
* Customer facing roles
* Receptionists
* Trainers
* Human resource personnel
* Nurses
* Doctors
* Health care workers at all levels

**Why are you considering training as a NLP Practitioner?**

**Coaching & Life Coaching**

The reasons for undertaking an accredited NLP Practitioner Training Course can be wide and varied. Often the delegate wants to go on and use NLP in a wider coaching context. The skills one learns underpin many of the interventions used in professional coaching both in sport and business. Once one becomes a fully qualified Practitioner or Master Practitioner of NLP operating as a personal or business coach becomes a reality.

Coaching courses often focus on NLP as the key skill set and many highly regarded and successful coaches are NLP Practitioners. A few minutes spent researching ‘NLP coaching’ should provide you with all the information you need. If you are serious about coaching then completing a recognised NLP course is extremely important.

**NLP Therapy**

The use of Neuro-linguistic Programming in therapy is now widely established. Many therapists including Psychologists, Psychiatrists, Psychotherapists and Hypnotherapists now incorporate NLP into successful therapy practices. The use of NLP in therapy requires not only a thorough understanding of NLP processes but also the skills and knowledge required to understand how and when to apply these interventions. One can become a fully accredited NLP Psychotherapist.

The leading organisation in the United Kingdom is the NLPtCA of which I am proud to be a member. If you require more information on the NLPtCA you can contact them directly.

**Personal Development & Neuro-Linguistic Programming**

Neuro Linguistic Programming is a very powerful set of tools. It is believed to contain a well-defied and structured set of skills that can be indentified and developed quickly. This skill set is important in almost every aspect of ones life and therefore personal development.

Its use in business is widely recognised as it helps managers communicate more effectively and therefore develop business more speedily. Its use in Sales and Marketing, Customer Service Roles, Interviewing and Appraisals is now well established. In fact the importance of developing these skills frequently informs the structure of many management training and development programs. The discrete use of these skills is starting to define the professional manager.

**How long should the training be?**

You will be able to find training that lasts for 3 days, 7 days, 10 days and 20 days and perhaps everything in between. This can be extremely confusing for anyone considering N.L.P. (Neuro-linguistic Programming) for the first time. Clearly a training course that last for 20 days will cover more material than one that lasts 3 days.

Often training courses that last 3 days will only be offering an introduction to NLP or will be specialist courses on a particular aspect of NLP. This type of course can be excellent for individuals who are adding to existing NLP skills or to those looking for an introduction to NLP. Certainly a 3-day course would not be considered long enough to learn NLP at a level expected of a professional practitioner.

In the United Kingdom the 7 days NLP Practitioner Programme is very popular. Once again this can be a little confusing. Some training providers offer 7-day training but the course will also consist of N.L.P, Hypnotherapy and Time Line Therapy while other training providers only train N.L.P. It is thought that trying to teach three separate interventions means that on average less than 2.5 days are spent on each subject.

Clearly a ten-day training programme allows for more time to be spent on each topic and if NLP is being taught exclusively then the subject should be covered in more detail.

The twenty-day training does allow for a more detailed examination of the concepts and application of NLP but obviously cost a significant amount of money and time to complete. This is usually conducted over the course of twelve months and consists of one weekend each month with a break during the summer holidays. This is an excellent way of training if one can afford the time and money involved.

Here at NLP Central we provide a fully accredited NLP Practitioner course over 7 consecutive days. We believe that focusing on the key skills of NLP is important and our training follows a recognised format. We cover all the aspects of NLP including language patterns and the Milton and Meta models. **Please see our website for detailed information on our training content**

**Live Training or Distance Learning / Online Courses?**

NLP usually requires the student to attend “live” training. This means attending lectures along with fellow students. This provides the opportunity to see and experience some of the important NLP techniques and also have the opportunity to practice with fellow delegates. This is widely considered to be the most effective way of learning. Learning through observing and then doing!

Some training is offered via distance learning. This is where the student receives a training book, a few C.D.’s or MP3 downloads and a few days or weeks later a question paper. The student fills in the question paper and sends the paper back for marking. This is usually a cheaper option but does not meet many of the learning outcomes now thought important when learning a new skill.

When you attend a live training you have the opportunity to ask many questions, practice the techniques and also learn from fellow delegates. You are also able to give and receive feedback. This is also considered essential if you are to effectively use NLP in your future. Therefore a live training is accepted as the most effective form of training but costs in the region of £1500.00. This can be in excess of £6,000.00 in certain circumstances.

**Accreditation**

Its important to choose a correctly Accredited NLP Training Course. Unfortunately that is not a simple as it may first appear.

Almost all NLP Training organisations carry accreditation from various professional bodies. Unfortunately if you spend some time investigating some of these “professional bodies” you may notice that they are controlled or set up by the very people whose course they accredit. Surprisingly this is not illegal but it does raise the question as to why this is a good idea.

It would be wrong to imply that all of these organisations are acting incorrectly. The establishment of any regulatory process and professional accreditation must be initiated by someone willing to undertake such a difficult and onerous task. The profession owes a great debt of thanks to those who have taken steps to formalise the adoption of good practice in the use of NLP Training. Unfortunately some organisations see this as a way to side step external accreditation and you end up paying for a course that has not been developed correctly.

There are accreditation organisations that act with the highest intentions and do a superb job of regulation. We have a list of well regarded NLP organisations and accrediting bodies listed on the site. Please take time to study these criteria. You will notice we are members of many of these organisations and believe this is your guarantee of our good standing and professional training standards.

**What training and Coaching experience should your trainer have?**

This is again a very contentious issue. Surprisingly there are no formal qualifications necessary to set up a NLP training school or to run an NLP training course and often you will need to be very inquisitive to uncover exactly what relevant experience and training your trainer holds.

Sometimes you will find that they have superb qualifications and real training and NLP experience gained in a regulated profession but unfortunately this is frequently rare. If the information supplied by your prospective training organisation is lacking clarity then give them a call. Everyone correctly trained and experienced is always pleased to share that information. I have provided a link to my **Curriculum Vita**. If you have any questions regarding any of my qualifications then please contact me for clarification.

**Once your course is completed can you get professional insurance?**

This is vitally important. No therapist should work without professional indemnity insurance and all reputable training providers will insist that you have this type of cover. All reputable complimentary therapy clinics will insist you have this level of cover too.

**Is there support after training is completed?**

Check with your training company that they provide ongoing clinical supervision especially in the early months of independent practice. Continuing Professional Development (CPD) and Clinical Supervision is essential if you are to be seen as a worthy and professional practitioner. Many professional bodies now insist this form part of your ongoing training and make it mandatory for continued registration. It is often advisable to also attend courses not run by your initial training company, as this will afford a breadth and variety to your training experience.

 **Is your course good value for money?**

Is to too cheap or too expensive? NLP training (Neuro-linguistic Programming) can vary in price but surprisingly even when you compare like with like the difference can be many hundreds or even thousands of pounds. Before joining any NLP Training course Check the full cost of training as some training organisations charge extra for taking exams, marking exam papers or for providing telephone support. Often these hidden payments can make a significant difference to the final cost. Obviously cheap will not always mean good value.

**Is there opportunity to “upgrade” your training?**

Some training organisations that provide online or distance learning courses are not equipped to upgrade your training to meet expected changes in legislation or your individual training development. This could leave you out in the cold if the expected and widely welcomed tightening of training requirements is introduced. This can also apply to face-to-face training so again ask before you decide.

 **Questions you can ask the training provider?**

It may be worthwhile asking your potential training provider a few simple questions that may help you decide.

1. How long have they been a training organisation?
2. What training and clinical experience do they have?
3. How many courses have they run?
4. Does the trainer have a core profession?
5. Does your trainer continue to see private clients?
6. Ask about your trainers experience before working in NLP

Most professional bodies do not allow un-attributable endorsements or testimonials to be shown on websites or promotional material, as these are impossible to verify and easy to falsify. Some of our professional delegates prefer to not have their full details displayed on our website. All testimonials are available should you wish to see them and all are willing to talk to you personally about their experience as one of our delegates.

 **Does the training provider offer additional training?**

Organisations that can complement their NLP training by the provision of associated training can be a real bonus. If they do provide additional training check again that it meets all the above criteria

**10) What would you ask?**

If after reading through these questions you feel there is anything else that should be included please contact me by email. My intention here is to highlight areas where the potential student could be confused or find it difficult to decide. There are some excellent training providers operating within the United Kingdom and I hope this will encourage you to take time and choose a provider that meets your needs.

My advice is when in doubt you should ask your intended provider these questions. All reputable and confident providers will be delighted to spend time answering your concerns.

We believe we meet and exceed all of these guidelines. Please contact us at any time and we will do our best to answer all your questions openly and honestly.