

Course Curriculum

NLP Foundations



"NLP may be the most powerful vehicle for change in existence..."

Modern Psychology

NLP is a must have tool if you are working with creating ecological change for yourself and others.

Course Description

NLP Foundations / Essential NLP

Pre-requisite: None

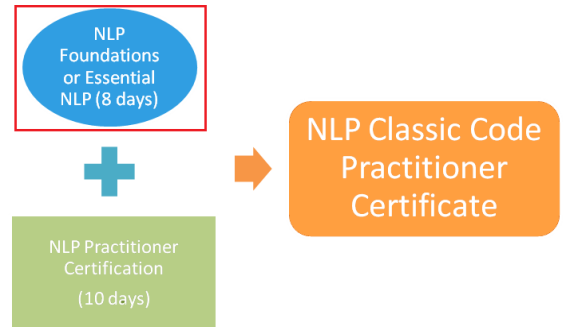
Normal duration: **8 days** (usually 2 sets of 4 days)

By attending this course you will gain a solid NLP working foundation and tools while experiencing great insights. NLP Foundations will have you building better relationships, improving communication at work and at home, and the tools to start develop your capabilities. The grounding for self

application which is built during this course is fundamental to learning to work with others in a useful and ecological way. Far more than an introduction, you will learn in depth the practical aspects of NLP and integrate them confidently in all aspects of your professional and personal life.

NLP Foundations is the first 8 days of the [NLP Practitioner Certification](#) program and many who start here continue to complete NLP Practitioner training.

This course is delivered in 2 groups of 4 days and you can progress to complete the ITA NLP Classic Code Practitioner Certification course at a later date. Our course integrates New Code foundations and Classic Code NLP patterns as well as new distinctions from the Co-creator of NLP. This means you will learn the core NLP patterns originally developed as well as all the newest material.



NLP Foundations / Essential NLP Course Outline

The NLP Foundation Building Blocks

- *Epistemology of NLP* — understanding how we create our internal world
- *Rapport building* — establish relationships at any level
- *Calibration* — read your clients non-verbal behaviour, recognise congruence/non-congruence
- *Representational systems* — the way we structure information in our mind
- *State* — develop the ability to work within states and how to change them easily and create optimal performance.
- *Time* — recognise how you and others process time and what that means
- *Chain of Excellence* - essential to maintain peak performance and to replicate talents using NLP

Language and Influence

- *The Meta Model* — the language patterns of precision
- *The Milton Model* — the patterns of language that get your message across so easily often bypassing the conscious objections of the listener.
- *Logical Level/Logical Types* - how we structure thoughts and ensure clarity
- *Metaphors* grounding to stimulate the unconscious to improve the richness of communication and to assist creative solutions from those around you.

Foundational Change Processes

- *Anchoring* (foundational) processes for building resources and re-accessing states
- *Sub-modalities* - for changing the structure of our experience
- *Time Line* - Personal time-line work
- *Creating resources* - to enhance our capabilities
- *Perceptual Positions* and *Triple Descriptions* to gain maximum perspective
- *Reframing* - the pattern to create powerful change
- *Intention* - understanding and utilising intentions to deal with inconsistencies in the people's life
- *Parts integration* - to create alignment and balance
- *Negotiation between parts* and other negotiation patterns

"NLP is an attitude which is an insatiable curiosity about human beings with a methodology that leaves behind it a trail of techniques."

Richard Bandler (co-creator of NLP)

There are two themes of training that weave their way through the NLP Foundations course:

Emotional Intelligence

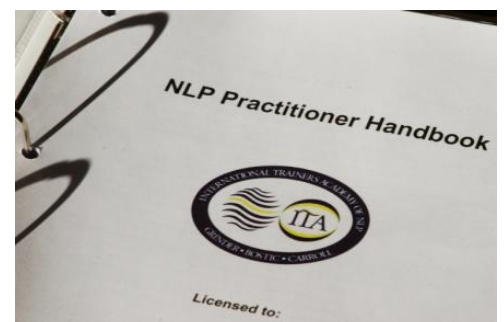
The grounding we cover in this course establishes and/or enhances your "Emotional Intelligence". The aim is to assist you to create a strong connection with your self, elevate your self-awareness and provide tools and self-management skills.

Communicating with Precision and Effectiveness

We focus on the enhancement of your communication skills with many practical techniques. With a healthy frame of taking responsibility for our own words and listening, we can improve the level engagement with those around us. One of the frames we use is the NLP Presupposition: *"The meaning of the communication is not simply what you intend, but also the response you get"*. This enables you to connect more meaningfully with others, impart and share with clarity and eliminate many of the barriers to effective communication. This course provides the basis for ways NLP can enhance our communication skills specifically with others and in doing so enhance the quality of your lives.

"(NLP) offers the potential for making changes without the usual agony that accompanies these phenomena...Thus it affords the opportunity to gain flexibility, creativity and greater freedom of action than most of us now know..."

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