



HIDDEN RESOURCES PRACTITIONER SYLLABUS

The entire 20 day syllabus (which is required for certification by the International NLP Trainers Association) will be covered during the training. However, it may be necessary to change the order in which the topics are presented.

MODULES 1 & 2 (Diploma) are the foundation for the rest of the course, taking a look at how NLP developed. The 'presuppositions of NLP' are discussed - these form a useful and empowering set of assumptions to use when studying human behaviour. During these four days we also look at the important 'legs' of NLP, some principles which are essential to develop in order to become effective facilitators of change in ourselves and others.

One of the most essential things, if we are to achieve our goals, is to have a clear and thorough perception of what, specifically, we want to achieve. NLP provides a very clear and powerful framework for clarifying goals and this weekend you will discover how to use it as a tool, which will prove invaluable as you progress through the course. The weekend finishes with discovering the various levels at which people communicate - and experiencing how this can be used in practical and profound ways for the benefit of ourselves and others.

You will also enjoy an immensely practical and usually hilarious day which includes discovering amazing amounts of distinctions in non-verbal communication and how we can learn to read the small, unconscious, changes in someone - we tend to label this as 'intuition' but it's just being able to observe and utilise these changes in others. This heightened awareness is expanded upon as we move into the realm of 'rapport' - what it is, how do we get it . . . and how can we use it to become more effective in meeting our needs?

The fourth day moves you into the realm of *how* rather than *what* people are thinking, and how this is reflected in their language and physiology - participants develop their flexibility in adapting their own language. How people are accessing information can be 'read' by observing small eye movements and this can be useful in all manner of ways, from simply giving insights into what is happening in someone's mind, to improving communications, loosening limiting beliefs, 'defusing' bad memories and installing new choices of behaviour.

MODULE 3 is largely, in NLP jargon, about 'anchoring' . . . which simply means accessing those inner resources we all have - such as confidence, determination and calmness - and linking them to times in your life when you could really use them! You will learn a variety of ways of using anchors in all aspects of life, from the more professional uses (such as public speaking and giving presentations) to social uses (how would it be if you could instantly turn on exhilaration, amusement, or any other pleasurable feeling . . . then turn it up still further!) and even therapeutic (such as fixing a phobia rapidly and painlessly).

MODULE 4 - NLP began with the study of some special people who were each brilliant in different ways, with the intention of eliciting exactly what it was they were doing that made them so effective. In this module, you too discover the building blocks of behaviour - what has to happen - and in what order - for a behaviour to happen . . . giving immense insights and lots of practical ways of designing and 'installing' new behaviours and skills such as motivation.

MODULE 5 goes right to the roots of NLP and you experience some of what the originators discovered about the unique language patterns of Milton Erickson and Virginia Satir. These remarkably effective communicators used language in apparently totally different ways - one 'artfully vague' and the other very specific. During this module you will experience both of these which combine to provide incredibly powerful tools for effective communication and bringing about change.



MODULE 6 introduces you to the world of creativity and helps you explore different models to enhance your creative skills, including Robert Dilt's Disney Model. A sequential approach to the different stages of the creative process takes you through the Creative, Critical and Realisation stages, enabling you to generate deliverable new ideas.

MODULE 7 is a magical weekend where you will explore 'timelines' - how you 'file' your experiences and how you can use this to respectfully deal with recurring patterns of negative emotions, how you can become more resourceful now by dealing with past events in quite startling and innovative ways and how you can plan forward with increased confidence. You will then explore metaphors and learn how to use them to help people get the changes in their life that they want.

MODULE 8 begins with discovering how you 'bar code' your thoughts - and how this bar coding affects how you feel about memories, situations, yourself . . . the list is endless. Once you have discovered how to elicit these unique 'bar codings' you will then learn how to apply this practically in useful ways such as installing confidence, motivation etc; dealing with the negative effects of traumatic experiences (the famous NLP Trauma Cure!); tackling habits and removing limiting beliefs. Also, during this model, you will discover a gentle and effective way of becoming more resourceful in those situations where you don't get on with another person, and improving relationships where you already do get on well!

MODULE 9 begins with new ways of perceiving events - resulting in new choices in how you respond. If you believe that there is only one possible meaning to an event or interaction, then it's likely that you may be limited in your choice of how to feel or act. 'Reframing' linguistically helps open up new possibilities and choices for yourself and others.

The course content is completed by learning how to deal with unwanted behaviours and internal conflicts (have you ever found yourself saying one thing, then doing the opposite!) by utilising and integrating parts of us which often appear to sabotage our aims.

INTEGRATION - Over these 2 days you will be delighted to discover how much you have learned and are using automatically. You will be presented with a clear and logical model of how to design and carry out a piece of change-work and have the opportunity to do just that with a partner - knowing that we are around for support and advice should you need it. You will discover how easy it is to use what you have learned and apply it also in lots of little ways.

One of our participants wrote, about integration, *"thank you for one of the most magical times of my life"*. These 2 days are when all you have learned is consolidated and you finally realise how far you have come and how you can put together everything you have learned to make a real difference for yourself and those you work with.

"The course has been brilliant. I've really enjoyed it. The trainers are stars. They are highly skilled & incredibly knowledgeable. What is more they are keen to share their immense bank of knowledge & experience with others. They have great empathy & rapport with all members of the group. I would thoroughly recommend this life changing experience."

"Any attempt to fully verbalise the many benefits (both personal & professional) of attending the NLP Practitioner & Master Practitioner courses can never fully do it justice. The depth of learning has been profound. Any attempt to undertake this level of change in a shorter time period would not have been possible for me. Each learning required time, space and practice to allow it to fully embed before the next layer could be added. Myself, my family, my colleagues and my patients all have reason to be grateful for my enhanced skills of communication and understanding."