



# Enhanced NLP Practitioner Certification Guide



**ABOVE BEYOND**  
NLP Training • Coaching

## **Open your mind to a new perspective**

Certified by the American Board of Neuro Linguistic Programming, the American Board of Hypnosis and the Time Line Therapy™ Association.

Are you ready to embark on an inspiring journey of personal growth, of learning, self discovery and expansion in thinking and behaviour that will change your life?

## Welcome

You are reading this because you have something in mind you want to achieve. It could be professional or personal, either way you would like to make positive changes that enable you to be, do or have more; to become the best you possibly can be.

NLP is a way of thinking, of communication and successful behaviour that is applicable to all aspects of our lives. It's an extremely effective way of expanding skills and enhancing personal satisfaction and enjoyment of life.

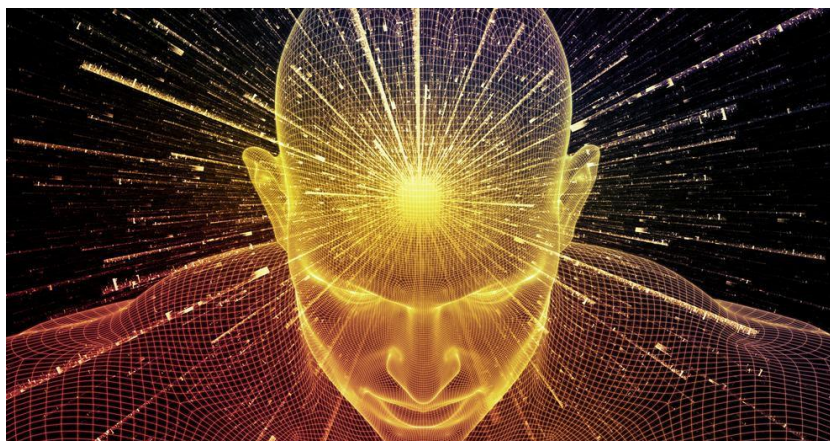
## Professional development

NLP is extremely adaptable and flexible. It enables us to work with people in a wholly individual way, to accelerate change and achieve more effective longer lasting results. NLP enhances and expands the skills of:

- CEO's, Directors, Managers, Sales and HR professionals
- Business owners and entrepreneurs
- Coaches - Executive and business, Sports and PTs, Health and wellness Relationship and other therapists
- Educators
- Medical professionals.

## Personal development

NLP brings about immense personal growth and change. People attend who want to stop unwanted habits or behaviours, to remove negative thinking patterns, limiting beliefs or internal conflicts that keep them stuck and unhappy. Others are looking to heal relationships or increase their self confidence and self worth to increase their success. Some people want to get rid of phobia's or obsessive behaviours. Whatever the reasons, participants leave with surprising outcomes and greatly increased personal capability.



## What is NLP

- A model of applied psychology that can bring about powerful personal and business change.
- A set of techniques developed by observing and modelling excellent and effective behaviour and then replicating it.
- A highly practical approach to realising and reaching our human potential.
- A curiosity about how we construct our thinking and our reality to produce behaviour.
- A users manual for the mind.

## 10 Reasons to train with AboveBeyond

1. 4 Certifications - highly practical applied psychology and advance thinking and behaviour.
2. Small group trainings to ensure one to one attention.
3. Immersive and intensive format - giving you the tools to take your professional and personal life to a whole new level.
4. Attention to detail in design and delivery.
5. Individual support, guidance and attention from start to finish and beyond.
6. Highly interactive - learn the techniques with accuracy and build your confidence.
7. Opportunity to refresh your learning in the future for free (venue/refreshment costs excepted).
8. Certified trainers committed to your success with your full commitment in return.
9. Flexible payment plans - making NLP accessible to as many people as possible.
10. Participant empowered to take charge of their learning, thinking and life.
11. Further training opportunities to continue learning.



# The Course Format

## Pre-course preparation - distance learning

You will receive a course manual, 2 books and a set of recordings to start your learning journey. These will introduce the major concepts of NLP. There's a worksheet to complete as you go, to help you increase understanding and prime you for deeper learning at the live training. You do the preparation at your own speed and we are on hand for support should you want it.

## Face to face training

8 days of highly practical, inspirational face to face training. Here the fun really begins as your learning is intensified. You will have plenty of opportunity to practice in a safe and supportive environment and work through some of your own challenges too. You will increase your confidence to feel assured in your ability to bring about positive changes and use the techniques both with yourself and others too.

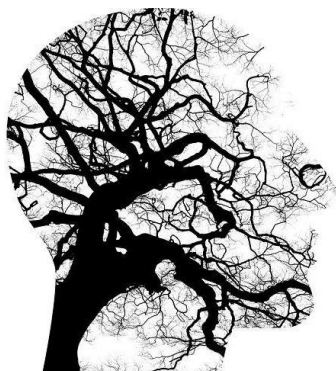
# Course Content

## The foundations of NLP

- Understanding how the mind works..
- Removing limiting and creating empowering beliefs
- Taking charge of your emotional state and feelings.

## What's going on inside

- Exploring how we represent the world internally using the five senses and how these representations can influence behaviour.
- Identify how people represent their world, so you can adapt your communication accordingly to increase engagement and understanding.
- Understanding how eye movements show information about how someone is thinking.



## **Goal setting**

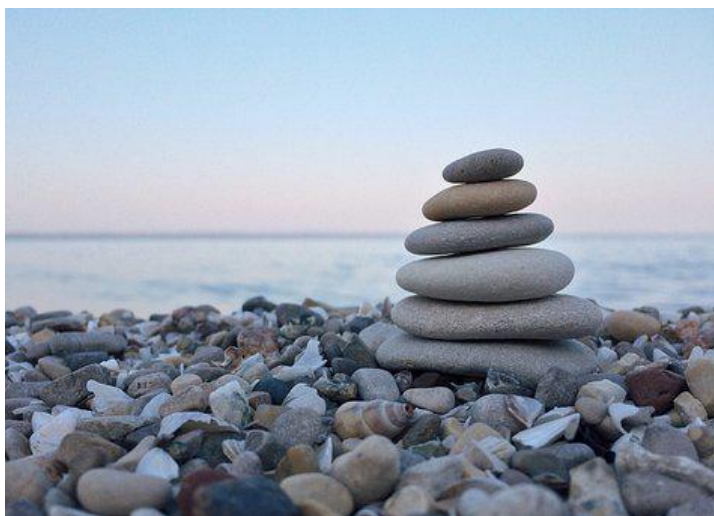
- Creating incredibly compelling goals.
- Techniques to support achieving outcomes and goals.

## **Effective Communication**

- Building rapport to create instant and deep connection with others.
- Increase your sensitivity to notice the nuances in communication.
- How to use spoken language, tone and body language to achieve positive engagement with anyone.
- Identify your own communication style and how to adapt it.
- How to listen between the lines to get what's not being said.

## **Mastering Language**

- Recognise how words mean different things to different people.
- Learn precise and abstract language patterns.
- Questioning techniques that reveal the root of an issue.
- Enhanced conversational skills - get your message understood and accepted the way you intend it.
- Ways to influence, negotiate and disagree elegantly and effectively.



## **Explore the Building Blocks of Thinking - Submodalities**

- Control and actively use the language of the mind in a positive way.
- Change unhelpful behaviours or emotional responses that happen in specific contexts - irritation, loss of confidence, impatience, stop eating certain foods or drinks.
- How to modify disempowering beliefs.
- Remove phobia's and the results of past traumatic experience quickly and easily.

## **Controlling your state - Anchoring**

- How to take control of a state and feeling in any situation.
- How to feel resourceful and conserve energy levels under pressure to maintain health and wellness.
- Removing minor negative states or behaviours and replace with positive ones.
- A process to get from a stuck state to moving again.

## **Remove internal conflicts - Parts Integration**

- Remove internal conflicts that keep people stuck.
- Increase mental alignment to be able to make decisions more easily.
- Have greater energy and inner calm.

## **Strategies and our behaviour**

- What strategies are and how to utilise them.
- How to elicit and use a decision making strategy.
- How to sell effectively with integrity.
- Deep love and attraction strategies
- Spelling and learning strategies.



## **Time Line Therapy®/Creating Your Future®**

A fully immersive and intensive training so you can build your confidence in this powerful process and be ready to use it with clients too.

- The concepts of Time Line Therapy®
- How to teach a client about the Time Line Therapy® process.
- Releasing negative emotions, limiting decisions and anxiety
- Clean language for developing learnings.
- Ways to overcome challenges a client might have during the process.
- Goal setting and embedding.
- Documentation and structuring a complete session.



## **NLP Coach Certification**

This training is mapped to the ICF Standards.

- What is Coaching?
- Being a successful NLP Coach.
- The coaching process for working successfully with clients.
- Documentation.
- ABNLP Coaching Standards and Ethics.

## **Hypnosis Practitioner Training**

This wonderfully immersive training builds confidence in your ability to bring about change using hypnosis. Rounding off the Enhanced Practitioner course, you will leave feeling relaxed and complete.

- The origins and misconceptions of hypnosis
- Client preparation work to gain trust and belief in the hypnotic process.
- Eriksonian permissive induction techniques.
- Creating and delivering a personalised induction.
- Practise creating a complete hypnotic intervention.
- Using deepening techniques to move your client to the ideal state.
- Developing your physiology and voice as a Hypnotherapist.
- Working with a pendulum
- Ethics and regulation of the profession.



## **Next training dates**

Thursday 5<sup>th</sup> - Sunday 8<sup>th</sup> February and Thursday 26<sup>th</sup> - Sunday 1<sup>st</sup> March 2020.

4 certifications - NLP Practitioner, NLP Coach, Time Line Therapy™

Practitioner and Hypnosis Practitioner.

It's also possible to do the first 4 days for NLP Practitioner Certification only.

## **Investment**

Enhanced NLP Practitioner £1995. £500 deposit\*

NLP Practitioner only £1195. £350 deposit\*

\*Non refundable - for cost of materials and administration.

## **Early Bird**

Book before December 2019 and receive a 1.5 hour complimentary NLP coaching session.

## **To book your place**

Phone: 0792 3367545

Email: [info@abovebeyondcoaching.co.uk](mailto:info@abovebeyondcoaching.co.uk)

We very much look forward to welcoming you on this unique training very soon. Limited spaces available. Early booking advised in order to allow plenty of time for preparation.

