



## Course Content

### Day 1: The Foundations of NLP

Day 1 covers all the foundational content of NLP including the NLP Communication Model, Goals Settings, the Presuppositions of NLP, Prime Directives of the Unconscious Mind, developing Sensory Acuity, Building Rapport, Representational Systems and Eye Patterns. Day 1 is the only day that

### Day 2: Intervention # 1 - Submodalities

Sub-modality work is the first NLP intervention taught at NLP Practitioner level and is covered during the morning and first afternoon session of day 2. The two key sub-modality interventions taught are "Like-Dislike Script" and "Swish Patterns". Submodalities give the NLP Practitioner a set of 'quick-fix' tools for helping people change unwanted beliefs, likes, habits and feelings without the need for lengthy therapy. Submodalities help give new perspective, altering the meaning we place on given things and events and can even help remove phobias.

### Day 3: Intervention # 2 - Anchoring

The principles of anchoring were first documented by Russian psychologist Ivan Pavlov. What became known as 'behavioural' or 'Pavlovian' conditioning form the basis of the second NLP intervention of anchoring. In NLP, anchoring is about state control; empowering the individual to have control over their emotions rather than be controlled by emotions. Three anchoring methods are taught; stacking anchors, chaining anchors and collapsing anchors, each with it's own purpose and application.

### Day 4: Intervention # 3 - Strategies

We all have strategies for everything we do in life; making decision of business, choosing a partner, liking or disliking, stopping or starting, buying or selling. The NLP intervention of strategies is one of the most powerful tools available in NLP when used correctly, however it is also the most challenging practitioner tool to apply, so a full 4 is allocated to learning how to elicit and utilise strategies. A review of eye patterns and representational systems, the two components of strategy elicitation is included in this session.

### Day 5: Intervention # 4 - Parts Integration

Should I take the offer or should I stay? Should I set up my own business or stay in the safety of a regular job? Should I leave him/her or give it another year? These are typical life questions resulting from internal conflict which create incongruence, drain energy and result in stress. The process of parts integration is an approach to dealing with incongruence and internal conflict at an unconscious level. The morning and first afternoon session of day 5 is dedicated to the process of reframing and parts integration.

### Linguistic Patterns

On each of days 2-4 after the core intervention is completed with sufficient demonstration, student practical sessions and Q&A, a series of NLP linguistic patterns are introduced. This content includes Linguistic Presuppositions, the Hierarchy of Ideas, Hypnotic Language Patterns, Metaphors, The Meta Model and Reframing. On days 1, 2 and 3 there will be approx. 30 minutes of homework set for presentation at the next days training.

### NLT Test Completion

Participants will receive a 40 question test upon enrolling for the NLP Practitioner Certification training. The test must be completed by the end of day 4 and submitted to the instructor. Many of the question answers are covered during the training and participants often work together to complete the test answers during the course. Test completion is a mandatory requirement for certification.

**NOTE:** This Neuro Linguistic Programming Practitioner Certification is accredited by the American Board of Neuro Linguistic Programming (ABNLP) however please note that ABNLP membership, required for use of the ABNLP logo, is not included in the course fee. A certificate from Evolution-U Limited, with the ABNLP logo present, will be received by all participants who successfully complete the training.

## Who Should Take This Course

There is no typical profile for the NLP Practitioner. Business owners, senior management, coaches, HR executives, sales executives, recruiters and anyone looking to improve themselves are perfect candidates for NLP Practitioner certification. One observation however is that "big picture thinkers" rather than "detail seekers" tend to more attracted to the discipline. We believe this is because NLP is an abstract discipline that does not give exact results, and big picture thinkers are more comfortable with abstract concepts. Anyone who would like to understand themselves better, improve their outlook and achieve their full potential can benefit from learning NLP and becoming a certified NLP Practitioner.

**This training course is fully certified by Evolution-U**

**For more information & reservations please contact Jessica  
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