

GoingCoastalBLUE

ARE YOU AHEAD OF THE CURVE?

NLP PRACTITIONER TRAINING

Cornwall



Recognised ANLP Professional CPD...

WHO IS IT FOR?

- Professional Coaches and Mentors
- Body Workers and Therapists
- Entrepreneurs and Business Leaders
- Health Practitioners, GPs and Counsellors
- Trainers, Educators, People Helpers
- Environmental Campaigners
- ... and all those who enable others to produce results and wish to expand their communication skills.

ADVANCED COMMUNICATION

This is a “professional ANLP certified development” programme... That said all NLP Courses support individual development - navigating career and life transitions, providing a range of tools, techniques and experiences for personal and professional growth.

A three-module programme aimed at taking your NLP development to a level - where you can confidently and ethically incorporate NLP into your professional field.



Confidently Apply Your Skills

We will have lots of fun on this programme - however... this is not a course for you if you simply want a certificate to add to your portfolio... arrive ready to fully show up, to be warmly challenged, to contribute and question deeply...

Our courses stand out because your communication evolves as a result of attending... rather than you being able to say "I've done NLP" (whatever that means). Knowledge about something (including NLP) is just a first step in having skill with it - I want you to deeply embody your new cognition.

As ANLP Ambassador for Cornwall it is important to me that your NLP Training is professional and robust enabling you to confidently, credibly and ethically practice your skills. It matters less how many books you have read on NLP, from zero to 100 everyone is invited to arrive and explore with a learner's mind.

Your SINGLE qualification is a Full NLP Practitioner Certification... Some courses offer several bonus certificates... So for clarity... A full syllabus NLP Practitioner Course already includes working with TimeLine, Gestalt, Hypnotic Language, Clean Questioning... In terms of your NLP credibility it is our aim that your skills are validated through your actions - not the number of certificates you hold.

TERMINOLOGY

Neuro:
the brain/ our
senses

Linguistic:
the way we code
our experiences

Programming:
our conditioned
patterns of thought
and behaviour



What Will You Learn... pt 1

Navigating Subjective Reality - during this module we will begin to discover and explore some structures that underpin our worldly interpretation.

We lift the lid on a treasure trove of NLP ideas and models and begin to gain greater fluidity in terms of the way we each relate to and interact with ourselves, others and the world around us.

Questioning conditioned thinking, conflicting perspectives and patterns of behaviour we adopt and embody a curious mind-state to find different frames of reference.

We start making connections between our beliefs and values and the way we are living our lives, acknowledging the intersections between thought and emotion - asking what is important and questioning what is true.

Introducing new tools and frameworks there is emphasis upon practicing using these techniques - applying them to your real life scenarios.

"Ideas are just as real as the neurons they inhabit."

Jason Silva



What Will You Learn... pt 2

Curating Your Truth - during module two we now get into really deep neurological structures, really questioning how we know what we know to be true and gaining greater empowerment of our thoughts, habits and emotions.

Coaching and therapeutic exercises address conditioned patterns and we emphasise the development of abilities to facilitate insight with peers - guiding others through change!

- Build behavioural flexibility through perceptual positions and new behaviour generator techniques
- Discover the Meta Model Language Patterns for clearer communication
- Recognise strategies through basic modelling using clean questioning, logical levels and TOTE
- Develop state choreography - through breath, trigger awareness, Satir stress mode awareness and anchoring techniques (COR, TTH)
- Promote behavioural choice - through values elicitation, values system recognition and motivation techniques
- Resolve inner conflict with parts negotiation (Un-conscious reframing)

"Science is organized knowledge..."

Wisdom is organized life."

Emmanuel Kant

NLP is both Art and Science



What Will You Learn... pt 3

Embody Your Insight - module three is much more than a consolidation, we have so much more still to learn and explore. Our attention turns even further into the world of beliefs and more advanced state-management techniques. We discover the somatic language of metaphor, working with and without client content.

This phase of the developmental journey aims to deeply integrate NLP skills and attitudes, fostering intuitive flexibility underpinned by a robust NLP knowledge.

- Elicit Reframes - verbal aikido (including reconnecting with Pt Neg)
- Identify the value of artful vagueness with the Milton Model Language Patterns
- Create sub-modalities shifts with Swish and Fast Phobia cure techniques
- Explore Belief re-imprinting - Changing Personal History with the help of timelines
- Learn and practice coaching models including Disney and the SCORE
- Align your life with the future me and back track timeline exercises
- Final assessment, certification processes and celebrations!

"We can judge our progress by the courage of our questions and the depth of our answers, our willingness to embrace what is true rather than what feels good."

Carl Sagan



Going Coastal NLP Practitioners...

Supported peer
to peer
coaching and
feedback
provide a
foundation for
new habits of
self and social
communication

- Weave NLP models through their communication, enabling deeper understanding of the structures underpinning interaction
- Place emphasis on remaining fully present in the moment holding space for themselves and with others
- Use detachment activities and approaches where helpful to process complex and negatively emotive topics
- Work and live in line with the attitudinal presuppositions of NLP
- Express an authentic version of their identity through the behaviours they exhibit
- Align their actions with their own moral code addressing criteria and ecological conflicts
- Connect with the environment for shared guardianship of the planet
- Develop an even more questioning and reflective mind-state for continual learning



A more in depth overview of NLP is available on the goingcoastal.blue website, here you will learn more about the field of NLP and you can visit the "About Us" link to meet your Trainer: Lizzi LARBALÉSTIER.

The training will go DEEP... and as a result you will...

Discover...

Explore...

Embody...

Practice...

... ensuring sure your are ready to apply your NLP Skills confidently and competently within your field.

If you are already prepared to join our next course - book your place on our next programme now...

Discover, Explore, Embody, Practice

Connection and ecology are fundamental to all Going Coastal CPD Programmes and so this course will incorporate applied environmental psychology to facilitate your learning and encourage healthy systemic choices ongoing.

As you might imagine here at the coast, water features heavily in our training experience... We encourage attendees, through conscious integration of neuro-conservation methodology, to truly connect with and leverage the attributes of natural locations within their change and decision process. Our Training location has access to the beach and Cornish coast path with plenty of break out space for you to create the perfect environment for practicing your new NLP skills.

Optional activities include: Surfing, Free-diving and Coastal-yoga. All activities are designed to extend your learning and tailored to make links and connections in line with the course syllabus, so we invite you to fully participate where possible... At the same time we run a challenge-by-choice model which emphasises - "lack of coercion" and "towards motivated inclusivity".

"Experience is a fleeting dance that happens in the space where thoughts, feelings and location intersect"

Lizzi
Larbalestier.



How to Book...

Are you ready to Dive In?

Our next NLP Practitioner will be held on the Cornish North Coast, promoting deeply embodied cognition and access to fluid insight.

To attend module two and three you must have completed an NLP Diploma with Going Coastal Blue... or an equivalent Certified NLP Diploma.

Please email or use the website contact us form to ask more questions, arrange a phone conversation regarding the course, or to request a booking form.

We look forward to welcoming you on an NLP course soon!



email: lizzi@goingcoastal.blue
web: www.goingcoastal.blue

Successful completion of our Going Coastal Blue ANLP Certified NLP Courses offer...

...a one off...

...three months free associate membership of ANLP!

