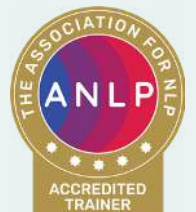




# NLP COACH

Cornwall UK

with  
Lizzi Larbalestier



# Advanced Communication Skills

This program consists of 2 modules

- Going Coastal's ANLP Certified NLP Diploma +
- Going Coastal's ICF aligned NLP Coach Certificate



You will learn and practice applying some core fundamentals of NLP before diving more deeply into analysing personal strategies and unlocking behaviour and language structures, bringing a wealth of change techniques.

*This is a Coaching program in and of itself. It also forms module one and two of the ANLP Certified Full Syllabus NLP Practitioner Course for those who wish to take their NLP training further into the world of Therapeutics.*

# NLP Coach Training is for:

- Entrepreneurs + Business Leaders
- Professional Coaches + Mentors
- Body Workers + Therapists
- Health Practitioners, GPs + Counsellors
- Trainers, Educators + People Helpers
- Environmental Campaigners + Consultants



*...Those whose role it is to enable others to deliver results...  
and... those who wish to take their own communication to the  
next level.*

# Discover, Explore, Embody, Practice

We 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 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.

MODULE 1

Navigating  
Subjective

Reality



# Discover, Explore, Embody, Practice

Now we enter the territory of deeper neurological structures, questioning our world views and social constructs. This is the domain of both orientation AND navigation.

Coaching with NLP we learn how to gain a greater sense of empowerment, developing exceptional emotional literacy.

A variety of NLP techniques address conditioned patterns of thought, language and habits of behaviour.

As a Coaching program, you will learn how to “skillfully” guide others through change, emphasising the development of the ability to “facilitate insight”.

Supported trainer-led and peer to peer Coaching and Feedback provide a foundation for new approaches to self and social awareness.

## MODULE 2

### Curating Your Truth



# Discover, Explore, Embody, Practice

- Build behavioural flexibility through an in depth understanding of Gestalt psychology, working with perceptual positions and practical “new behaviour generating techniques”.
- Discover and unlock the Meta Model language patterns for clearer communication (listen at a whole new level).
- Recognise complex personal strategies through observational modelling with clean questioning, logical levels, TOTE.
- Develop state choreography - through breath, trigger awareness, Satir stress mode awareness and anchoring techniques (COR, TTH)
- Promote behavioural choice - through advanced values elicitation and powerful motivation techniques
- Resolve inner conflict with parts negotiation (unconscious reframing and submodality work)

## MODULE 2

### Curating Your Truth



NLP is an  
APPLIED  
METHODOLOGY

... more than  
knowing... it is  
about  
becoming...



# NLP Coaches attending this program:

Elegantly integrate NLP models through their communication.

Seek deeper understanding of the structures underpinning all interaction.

Place emphasis on remaining fully present in the moment, finding and holding space for themselves and with others.

Apply detachment methods where helpful to process complex and negatively emotive topics.

Work and live in line with the attitudinal NLP presuppositions.

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.

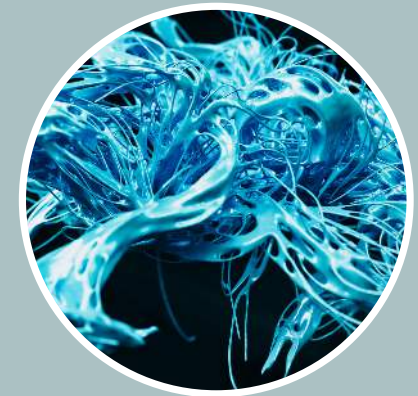
# Learning with Nature

As you might imagine here at the coast, water features heavily in training experiences...

As your trainer, I encourage you to truly connect with and be informed by the natural locations we learn within, and to acknowledge how nature can influence any change and decision process.

The 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 NLP skills

As ANLP Ambassador for Cornwall it is important to me that your NLP Training is informal yet of a high quality. We have a lot of fun on these programs, but do arrive ready to focus, reflect and learn.





# More Info and Next Steps

Further NLP overviews are available on the website. During your course, you will:

**D**iscover   **E**xplore   **E**mbody   **P**ractice

... ensuring you are ready to apply your NLP Skills confidently, competently, credibly and ethically within your field.

Please use the website “contact” form to book your place or ask more questions and I look forward to welcoming you on this course soon!

[www.goingcoastal.blue](http://www.goingcoastal.blue)

