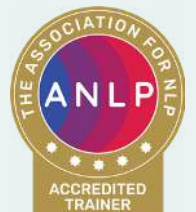


NLP PRACTITIONER

Cornwall UK



with
Lizzi Larbalestier



Advanced Communication Skills

This program consists of 3 modules

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



You will learn and practice NLP to an internationally recognised professional standard in the fields of NLP Coaching and NLP Therapy.

NLP Practitioner 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.

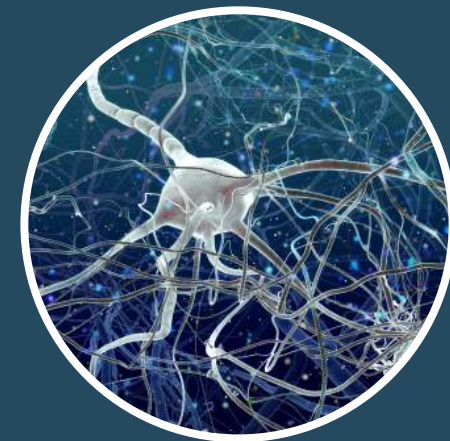
Questioning conditioned thinking, conflicting perspectives and patterns of behaviour we adopt and embody a curious mind-state to find different frames of reference.

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. This is the domain of both orientation AND navigation.

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

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

As a Coaching program, we emphasis the development of the ability to facilitate insight. You will learn how to “skillfully” guide others through change!

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

MODULE 2

Curating Your Truth



Discover, Explore, Embody, Practice

- Build behavioural flexibility through an in depth understanding of Gestalt perceptual positions and practical “new behaviour generator” techniques
- Discover the Meta Model language patterns for clearer communication (listen at a whole new level).
- Recognise complex 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 more...

MODULE 2

Curating Your Truth



Discover, Explore, Embody, Practice

Much more than a consolidation, we have so a lot still to learn and explore.

Our attention turns further into the world of beliefs and more advanced state-management techniques working with ever more complex patterns.

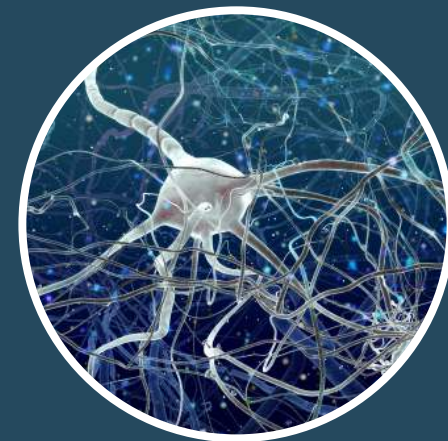
As NLP Practitioners we journey into time, space and energy, taking brand new frames of reference to rewire our reality.

Discover Milton Model Language Patterns and develop fluency with the somatic language of metaphor, working with and without client content.

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

MODULE 3

Embodying
Your
Insight



Discover, Explore, Embody, Practice

- Learn how to skilfully elicit reframes - working with verbal aikido
- Identify and leverage the value of artful vagueness and hypnosis through the skilled application of Milton Model language patterns
- Create sub-modality shifts with somatic therapeutic techniques such as phobia resolution, to dramatically shift embodied experiences
- Explore Belief re-imprinting - Changing Personal History with the help of timelines for deeply conditioned patterns and trauma release
- Practice creative and therapeutic change models including Disney and the SCORE
- Align your life with the future me and back track timeline exercises
- and more... plus:
- Final assessment, certification processes and celebrations!

MODULE 3

Embodying Your Insight



NLP is an
APPLIED
METHODOLOGY

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



NLP Professionals attending this program:

Elegantly integrate and embody 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 activities and approaches 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.

Are equipped to work safely in a therapeutic domain aligned to ANLP professional ethics and codes of conduct.

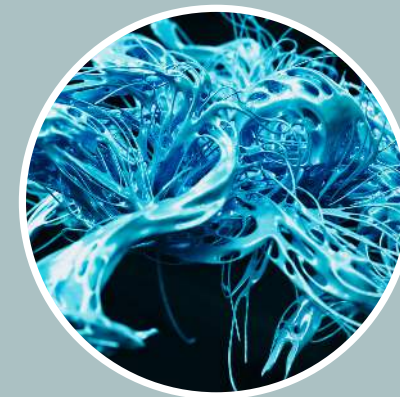
Confidently apply your skills

Whilst this program is completed in 3 modules, this is a SINGLE professional qualification.

Some courses offer several bonus certificates and everyone trains NLP differently... For clarity... a full syllabus NLP Practitioner Course includes:

- Working with TimeLines (time line therapy)
- Gestalt (perceptual positions work)
- Hypnotic Language (core elements of hypnotherapy)
- Clean Questioning (and working content free)

In terms of your NLP credibility it is my aim that your skills are validated through your actions rather than the quantity of certificates you hold.

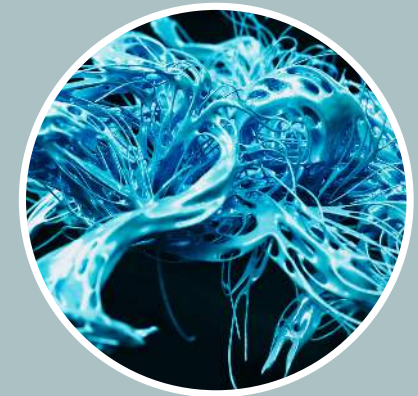


Confidently apply your skills

Your NLP Practitioner development on this program is supported throughout with observation and targeted feedback and your Professional NLP Practitioner Certification is thoroughly and fairly assessed.

As ANLP Ambassador for Cornwall it is important to me that your NLP Training is informal yet high quality enabling you to practice with confidence.

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



How to book

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.

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

Successful completion of your NLP Practitioner enables you to join ANLP as a professional member and enjoy all the benefits this brings including networking with peers and promoting your professional services.

www.goingcoastal.blue

