

Weekend Content NLP Highland Practitioner Course

Please note content may change

Weekend 1

- Origins of NLP
- NLP operating beliefs
- NLP Communications Model
- Origins of NLP
- Sensory Terms and Model of the World
- Representation systems
- Language styles (inc. own)
- Eye accessing cues
- Rapport with physical matching, language matching
- Model of the world (re language use, NB feedback,) (Be open to the notion that it's possible to listen to another person while suspending all emotional response in order to give them good attention, feedback, and to be able to give yourself feedback about your own response.)
- Introduction to sub-modalities
- Circle of Excellence
- Logical Levels
- Logical Level alignment
- Giving and receiving feedback
- Well-formed outcome – with rapport (physical)

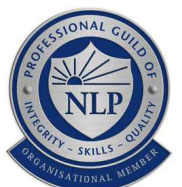
Individual feedback session with trainer

Weekend 2

- Reviewing
- More Rapport
- First anchoring skills
- Change Processes
 - Perceptual Positions
 - Simple Belief Change
 - Change Personal History
- Wishing to Wanting
- Meta Model (Precision Language)



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Weekend 3

- Unconscious Incompetence, Conscious Incompetence etc.
- Time
- Changing the sub-modalities for a future event
- Meta Model 2
- Meta Programs
 - applications in personal life and uses in business
- More Rapport
- Stacking anchors
- Well-formed Outcome (incorporating learnings so far)
- Mini - Assessment

Individual feedback session with trainer

Weekend 4

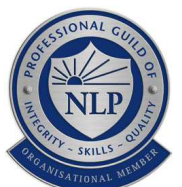
- Visual Squash
- Meta Programs
- Strategies
- Your approachable side
- Timeline
- Multi-level modelling (Logical Levels)
- Metaphor Belief Change
- Making Language shifts
- Modelling Skills and strategies
- Magical Spelling

Weekend 5

- T.O.T.E.
- Swish
- Modelling as skill transfer
- Sensory acuity modelling
- Implicit and Explicit modelling
- More work on strategies
- Milton Model and Language patterns
- Setting up your own hypnotic script
- The use of hypnotic language for sleep, stress relief, coping with pain
- The use of Milton language in business and life in general
- Positive Intentions (Six Step Reframe)



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Weekend 6

- VAK Dissociation
- Chaining Anchors
- Sleight of Mouth
- Metaphor
- Simple reframing
- Time
- Chunking
- Blind Spots

Learners requested to start thinking about practise they might require for the assessment exercises in weekends 8 and 9

2nd "mini assessment"

Individual feedback session with trainer

Weekend 7

- Meta mirror
- The TEA Model
- Clarifying your life calling
- How to linguistically form an Empowering Belief
- Exploring your own internal dialogue
- Decision Making
- Pre-assessment weekend, opportunity to run through change processes and well-formed outcome

Weekend 8

- The Evolution of Human Values System
- Graves' Value Systems
- Life Purpose Values
- Life Purpose Process
- Discovering your own creativity
- S.C.O.R.E
- Pre-assessment weekend, opportunity to run through change processes and well-formed outcome, plus 3 exercises of the type that will be given on the last weekend as part the assessment.

Weekend 9

Assessment weekend

3 Interactive exercises, change processes, well formed outcome

Feedback given at end of 2nd day

Each day time and opportunity to get into a good and resourceful state for the day



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