NLP Practitioner – Information Leaflet

ACHIEVE YOUR GREATNESS LTD
SCHOOL OF NLP

Why undertake the NLP Practitioner course?

Are you:

- Looking for some powerful mindset tools for personal growth and resilience?
- Wanting greater confidence in your communication and influence skills?
- Looking for techniques to reduce stress, anxiety, and overwhelm?
- Wanting to shift limiting beliefs and create empowering ones?
- Seeking a deeper understanding of how the mind works—and how to change it?
- Wanting the ability to support others in achieving real change?

If so and you are self-reflective, curious, open and ready to take action to put yourself back in the driving seat of your life, you already have all the resources you need to achieve your greatness. This amazingly transformational course will provide you with the tools to remove the barriers holding you back, choose your own future and become the best version of you.

The course is designed to give you an incredible learning and transformational experience with you at the heart. You will discover so much about yourself, become even more curious as to others' perspectives and be able to have better relationships with them.

By the end of the course, you will have some amazing new insights, tools and techniques to enable you to have a better quality of life. You will be able to manage your emotions more easily, have more choice over unwanted behaviours and have more empowering beliefs that will enable you to achieve your goals more easily and therefore, you will be able to have a more fulfilling life.

This course has been described as ‘learning a super power’ by a previous graduate and as another graduate observed; ‘it is like seeing life in 4D for the first time.’

Who is the course for?

If you have an interest in personal or professional development, or you are curious as to why you do what you do, how to move forward with greater ease and want to enjoy a better quality of life or to help others, then this is what our NLP Practitioner course will give you.

Your learning and transformation is at the heart of this programme… so if you want to learn in a safe space with support and encouragement, within a small class, are curious about performance psychology and applied neuroscience, to enable you to have a new perspective on life, then this course is for you.

What you will learn

Module 1

Get back in the driving seat of your life, manage your emotions, improve your communication and set exciting goals

You will learn how to:

- **Improve your relationships** by communicating powerfully with others in a way that avoids conflict (The NLP Communication Model)
- **Easily and effortlessly change your emotions** so that you always have the resources to deal with any situation (The Mercedes Model)
- **See the world through a new and intriguing lens** (The NLP Presuppositions)
- **Create great states** by tapping into resources such as confidence, happiness and calm whenever you choose (NLP Anchoring technique)
- **Put yourself in the driving seat of your own life** by identifying what you can influence and letting go of what you can't
- **Deepen your understanding of your thoughts and feelings** by understanding the role of the unconscious and conscious minds
- **Focus your attention on what you want** rather than what you don't want to increase success and create change (The Reticular Activating System)
- **Set super-charged and realistic goals** using Timeline and Well-formed Outcomes
- **Discover the power of language** to change your own state and to build rapport with others
- **Give feedback in a way that drives motivation and discover the positive intention behind behaviours,** to enable you to make change that really lasts
- **Build instant connection with others** by matching your body language, voice and language to their preferences (Rapport).

Module 2

Understand how you code your experiences, remove limiting beliefs and use the power of language for change

You will learn how to:

- **Identify how your brain codes experiences** using the 5 senses (Submodalities)
- **Create more empowering states and beliefs** (NLP Contrast Analysis and Mapping Across technique)
- **Become the best version of you** (NLP New Behaviour Generator)
- **Improve communication and outcomes** through Framing and Reframing
- **Make significant changes through the power of language** (Meta Model, Milton Model, Metaphor)
- **Find out how others achieve excellence** (NLP Modelling)
- **Discover the programs that create the structure of your personality** (NLP Meta Programs)
- **Change unhelpful behaviours or habits** (NLP Swish technique)
- **Resolve internal conflict to enable you to make better decisions** (NLP Visual Squash technique)

Module 3

Remove blocks, resolve conflicts, get rid of unwanted habits, understand others and become your best self

You will learn how to:

- **Create new options to replace unhelpful behaviours or habits** (6 Step Reframe)
- **Understand situations from alternative viewpoints** (NLP Perceptual Positions)
- **Prepare yourself for challenging situations** (Creating and Stacking Anchors)
- **Alter your response to unhelpful triggers** (Collapsing Anchors)
- **Step into your excellence** (NLP Circle of Excellence)
- **Remove phobias quickly and safely** (NLP Fast Phobia Cure)
- **Stop allowing past events to define you** (Timeline)
- On the final day of this module, you will complete a practical assessment, share your metaphors and have additional bonus session to resource your future

Accreditation

Our NLP Practitioner course is designed as a blended and supported online learning experience, offering flexibility to suit different learning styles while fully meeting the internationally recognised accreditation standards of the **American Board of NLP (ABNLP)**

The Course Structure

The course is delivered in three modules, combining pre-recorded sessions, live Zoom training days, and one written assignment to be completed throughout the programme.

Module One – NLP Diploma

- Pre-recorded training sessions to watch at your own pace
- **Three Live Zoom training days**

Module Two

- Additional pre-recorded training sessions
- **Three Live Zoom training days**

Module Three

- Final set of pre-recorded training content
- **Three Live Zoom training days**

Plus one final shorter day – where you will have an open book exam and a practical assessment.

Your Investment

The full course fee is **£2,195**, which includes everything you need:

- All live Zoom training days
- Access to all pre-recorded content
- Comprehensive course manual
- Copy of the book 'Who's Flying Your Plane? How to master the controls of your life'
- Assessment and ABNLP-accredited certification (£50 included in the price)
- **8 half-price coaching sessions** (£90 per session; normally £180)

Additional Information

- All live training days are delivered via Zoom.
- You'll need a free Zoom account and a stable internet connection.
- Sessions run from **9:30 to approximately 17:30 (UK time)**, with regular breaks throughout the day.
- Flexible **payment plans are available -** just get in touch to discuss what works best for you.

Certification

To be certified as an NLP Practitioner, you'll need to:

- Complete and pass the written exam
- Attend and participate in all the live training sessions
- Watch the pre-recorded training sessions
- Pass the practical assessment
- Demonstrate competence throughout the course

How to book

Booking is simple! A £250 deposit along with a completed booking form will secure your place. The remaining balance is then due one month before the course starts.

Once your booking form is received and accepted, you will be sent an invoice so you can easily make your deposit payment.

Please email me and I will send you the booking form;
emma.mcnally@achieveyourgreatness.co.uk

Size of group

To ensure you get the best learning experience, the trainee-to-trainer ratio is designed to provide plenty of support. For online sessions – there will be one trainer or assistant for every six participants.

Throughout the course, assistants will be available, and I'll be on hand during breaks and throughout the sessions if you ever need additional support.

The maximum class size is 20, allowing me to really get to know you and understand what you want from the course. This way, I can tailor examples and applications to suit your needs - whether that's in your workplace, personal life, or with family or clients.

I want to make sure this course is as valuable and relevant to you as possible, so if you have any specific areas of interest, feel free to share them with me.

What if I can't attend the whole course?

If you're looking to become a certified NLP Practitioner, attending all the sessions is essential. These sessions provide the insights and hands-on experience needed to fully understand and apply NLP effectively and to complete the course. That said, I completely understand that life happens! If you're unable to attend a session, there are flexible options available to help you stay on track:

- **Listen and Learn with Support** – You'll have access to the session audios, and you would need to book a one-to-one session with me for additional guidance. Each missed day would require approximately 2 hours of support at £100 per hour.
- **Focused One-To-One Catch-up** – A half-day one-to-one session can cover the key content you missed, using a ½-day ratio per missed day. This is also available at £100 per hour.

I'm here to support you in getting the most from your NLP journey, so please feel free to reach out if you'd like to discuss the best option for you!

How will I learn?

For every topic, you will firstly understand the benefits of learning the subject; why you may want to learn what I am going to be sharing with you.

You will then learn about the history, research, science, real life examples, and so on, before exploring the actual process.

Where applicable, there will be a demonstration of the process which will be followed by an opportunity for you to work with a partner as Practitioner and as a client.

Finally, you will have an opportunity to discuss your learning, ask any questions you may have and discover how you can apply what you have learnt in your own personal or professional situation.

For the pre-recorded sessions, you will have an opportunity during the live trainings to check your knowledge and ask any questions related to the content.

Will I need to study in my own time?

You will be sent a reading list in advance of the course and you are encouraged to read at least one of the books listed. In addition, it is advantageous for you to re-read the manual after each session and practice the subjects you have learnt, so as to really embed your learning.

You will be expected to review a series of pre-recorded training sessions in your own time for each module – these are a fundamental part of the course. There will also be an exam (open book) at the end of the course with a 70% pass rate.

There will be a practical assessment at the end of the course, therefore private study time will be required to ensure you are fully ready and at the required level to pass the course.

How will I be assessed?

To pass the NLP Practitioner course, you will be assessed throughout the whole course in terms of understanding, participation, contribution and application of the learning. It is at the discretion of the lead trainer as to whether you have met the expected level and they will give constructive feedback, should this be necessary.

In addition, there will be an exam on the final day of the course, along with a practical assessment.

If you are not yet at the level required by then, provided it will be beneficial to yourself and for the rest of the group, you can revisit a later course to deepen your understanding. You will receive a certificate of attendance for the course dates attended until you achieve the relevant level required for full certification.

What happens after the course?

The next level of study is the NLP Master Practitioner course.

In addition, on the third Wednesday evening of the month I run NLP Practice workshops, which you would be more than welcome to attend and I run quarterly NLP Supervision sessions, if you are using your NLP skills with clients.

Thoughts from previous attendees

I am thrilled every time I receive feedback, as I know that NLP is helping so many people to achieve greatness in their lives. If you would like to discover what other participants think, then you can read their reviews via Google My Business.

"The Practitioner Course is jam-packed with theory and time to create personal change whilst learning how to coach others. I was able to stop biting nails, reduce sugar intake,

and overcame a fear I had of frogs! All this just in the practice sessions. Plus I have grown in confidence and made friends."

"NLP is amazing and totally transformative but what makes the difference is what a fabulous trainer Emma is. She holds the space beautifully, is super knowledgeable about all things NLP and above all else, she makes it so much fun! If you're curious about NLP I thoroughly recommend having a chat with Emma. Learning NLP is like developing a superpower; it's an exceptional tool to add to my skill set and business."

Still not sure if this course is right for you?

Our recommendation is for you to 'dip your toe' into the NLP waters by watching the NLP Taster session – that way you can learn a bit more about NLP and meet me, your trainer. You can access the pre-recorded Taster session here: https://tally.so/r/mVYEGE

Cancellation Policy

If you need to cancel the course within 14 calendar days of booking, without giving any reason, you are entitled to a full refund of any money paid to date provided the course hasn't commenced.

If you decide to cancel after this 14 day period and the course hasn't commenced, then you will be issued a refund (excluding your £250 deposit) or you can transfer to another course for free.

If Achieve Your Greatness cancels or postpones the course, then you will be entitled to a full refund and I will give you as much notice as possible.

If Achieve Your Greatness requests that you leave the course for any reason, then a pro-rata refund will be provided once all learning materials have been returned.

What further support is there?

If you need further support, please contact me, Emma McNally in the first instance as to your needs and requirements.

You have 8 half-price coaching sessions as part of the NLP Practitioner course, so if something occurs within the duration of the course of a personal nature that you would prefer to work through on a one-to-one basis, then you can book one of these sessions. It is best to speak to me or one of my assistants as soon as possible, so a good solution can be found for you.

Money Back Guarantee

100% money back guarantee. If you book onto the NLP Practitioner course and are not entirely satisfied, you can request a full refund within the first full day of training. I will issue a full refund upon receipt of the return of all the learning materials.

Appeals Process?

In the first instance, please contact me, Emma McNally, Company Director and if for whatever reason you are not happy with my response, then you can contact ANLP – the Association of NLP, as they will consider your appeal and help to resolve any disputes that may arise.

About me… your NLP Trainer

A long time ago now, I was let into a secret – a secret that literally changed my life. That secret was NLP.

It is now my mission in life to spread this secret far and wide – to help you to live a happier and more fulfilled life. Whether you are an entrepreneur, a business owner, a manager, a parent, an educator, a health worker, a coach, somebody who wants to help others…or indeed just committed to getting back in the driving seat of your own life, I can help.

The way I run my business is like a family – once you have trained with us, you are one of us (if you choose to be!). You become part of a close-knit, supportive community who will become your cheerleaders!

I create a safe, supportive and fun space for you to discover who you REALLY are once all the "shoulds" and "musts" and "have tos" have been removed. I will support you to look deep inside yourself and ask yourself THAT question: what do I really want? And I will teach you the tools and techniques to get there.

Alongside my NLP training qualifications, I have over 30 years' business experience in the public and private sector, an MBA (Masters Degree in Business Administration) and an ILM Level 7 Certificate in Executive Coaching and Mentoring. That means that I approach my training with insight and strategy gleaned from multiple industries and disciplines. And that means that YOU can be sure that you are receiving professional training at the highest level.

Final thought

I am here to help you achieve your greatness. I'm so looking forward to meeting you and to share your journey of self-discovery.

If you have any questions or special requirements, please contact me either by email (emma.mcnally@achieveyourgreatness.co.uk) or via the phone 01245 658322.

Emma x