

NLP Practitioner – Information Leaflet



Why undertake the NLP Practitioner course?

- **Are you done with your negative self-talk, lack of confidence and unhelpful beliefs?**
- **Are you ready to take control of your life and create the future that YOU want?**
- **Do you want the skills and tools to help others do the same?**

If 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 – The Diploma Course

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

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)

Module 3

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

You will learn how to:

- **Change unhelpful behaviours or habits** (NLP Swish technique, 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)
- **Resolve internal conflict to enable you to make better decisions** (NLP Visual Squash technique)
- **Stop allowing past events to define you** (Timelines)
- **Resource your future** (Timelines)
- **Model how others achieve excellence and become excellent yourself**
- On the final day of this module, you will complete the open book exam and practical assessment.

Accreditation, Course Dates and Your investment

Our NLP Practitioner course is 11 days in total and includes the NLP Taster and NLP Diploma course. It is accredited by the ABNLP (American Board of NLP) which is internationally recognised.

Please see website for the next course dates and early bird offers:

<https://www.achieveyourgreatness.co.uk/nlp-practitioner-1>

Your investment is £1,995 which is an all-in price and includes:

- Your NLP Taster session (2 hours via Zoom)
- Your NLP Diploma course (1/2 day via Zoom plus 3 whole days)
- Your NLP Practitioner course (an additional 7 days)
- Your course manual
- Assessment and Certification which is accredited by the ABNLP and certifies you to work with clients
- 8 half price coaching sessions (£75 per hour, normally £150)
- You choose whether to study in person at Writtle University College or via Zoom (click for [Zoom guidelines](#).)
- Access to the audios from the course for your own use

You are responsible for getting to and from the course plus any accommodation, refreshments etc. that you may need during the course. Tea and coffee will however be provided when training face to face.

Payment plans are available upon request – please contact me to find out more.

The course will be delivered via live training; the Taster Session and the first half day will be online via Zoom, so you will need to be able to have access to Zoom (free) and the internet. You then can continue to learn via this method or alternatively learn face to face at Writtle University College (COVID restrictions dependent) – the choice is yours. We will have regular breaks and the course days will start at 9:30am and finish between 5:30pm and 6pm UK time (unless otherwise stated).

How to book:

Booking is easy, I need a £250 deposit to secure your place and a completed booking form.

Please either email us and I will send you the booking form;

emma.mcnally@achieveyourgreatness.co.uk

Upon receipt and acceptance of your booking form, I will send you your invoice so you can pay your deposit.

Size of group:

I deliberately have smaller classes on our courses as I believe that if you feel comfortable, safe and supported, whilst having fun, then your learning experience will be deeper, richer and more enjoyable. Therefore, the trainee to trainer ratio for the online element of the course, is approx. 6 to 1 i.e. for every 6 participants there will be one trainer or assistant. For the face to face sessions, the ratio will be 12 to 1. There will be assistants present at times throughout the course and the trainer will be available throughout the course and within break times if additional support is needed. The maximum class size will be 16.

This also allows me to really understand what you want from the course and I can tailor the examples, applications etc. accordingly – whether that is for you in your work environment, for you personally or with your family or clients.

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.

What if I can't attend the whole course?

Wherever possible, I encourage you to attend the sessions, as this is where you can really gain the insights to fully understand and be able to successfully apply NLP and pass the course.

I will however, be as flexible as possible (within the awarding body requirements), so please do speak to me if you have any questions on attendance, so I can design an appropriate and personalised catch up plan 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, etc. 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.

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.

There will be a practical assessment and open book exam 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 open book examination on the final day of the course as well as a practical assessment. I will work with you throughout the programme to ensure that you are ready for these elements.

If you are not yet at the level required 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 or the Advanced NLP Business 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 run quarterly NLP Supervision sessions, if you are using your NLP skills with clients.

What previous attendees think?

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.”

Still not sure if this course is right for you?

Our recommendation is for you to ‘dip your toe’ into the NLP waters by attending the NLP Taster session – that way you can learn a bit more about NLP and meet me, your trainer. There are various dates available, [click here](#) to find out more.

Cancellation Policy

If you need to cancel a course within 14 calendar days of booking, without giving any reason, you are entitled to a full refund of any money paid to date.

If you decide to cancel after this 14 day period, 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.

Achieve Your Greatness is not liable for any additional costs such as accommodation, travel etc. as a result of cancellation.

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 one of my programmes and are not entirely satisfied, you can request a full refund within either the first 1/4 of the course or full day, whichever is the shortest. I will issue a full refund and also give you a free 60 minute Zoom coaching session so as to support you as much as I can.

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.

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