

Accredited courses in Neuro-Linguistic Programming

Would you like to learn an unsurpassed set of powerful tools and techniques to facilitate profound personal change?

Would you like to learn a set of 'how to' skills, ranging from powerful communication and people management skills, to changing unwanted feelings and behaviours, enhancing personal relationships, overcoming past obstacles and creating clear future goals? If so, NLP provides these skills, and you can use these in almost all areas of your life including business, education, social work, counselling, selling, training, parenting, sports, coaching or consulting.

What are some of the benefits of NLP?

Participants report how NLP techniques have provided them with:

- Increased clarity about what they want from life
- Enhanced motivation to achieve their life dreams
- More happiness and enjoyment from life
- Decreased stress and a general feeling of well-being
- Enriched job satisfaction
- More fulfilling personal and professional relationships
- Increased confidence, flexibility and creativity
- Better time management skills and life-balance.

Participants often say that learning these techniques are the best investment they have ever made. So come along and see for yourself why NLP is so popular with tens of thousands of people across the world.

What is NLP?

NLP originated in the 1970s from research into how highly successful people achieve their results. Today, there are numerous definitions of NLP, ranging from the study of human excellence, to a set of tools that show you how to run your mind. NLP can be thought of as an instruction manual for the brain.

NLP has matured into a distinct discipline, and is now seen as a powerful technology that can facilitate profound personal change. It provides people with a set of tools to help them identify their present position, consider their preferred position, and learn how they can move from one to the other.

NLP achieves this by showing you how your brain processes, stores and retrieves information, and how this affects your thoughts, feelings and behaviours. Once you have learnt how your brain makes meaning of information, you can use this knowledge to take control of how you think and what you do. This way you can start designing the life you want to live.

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Principle trainer

KIM PHILLIPS, MBA, PG Dip., INLPTA Trainer, Master NLP Practitioner and Coach

Kim has trained in NLP with some of the leading pioneers in the field, including Richard Bandler, John Seymour, Ian McDermott, Michael Hall, Judith DeLozier, Rose Shelle Charvet and Wyatt Woodsmall. She is a certified trainer of NLP with the International NLP Trainers Association (INLPTA).

In addition, Kim is a qualified British Psychological Society (BPS) psychometric and personality profiler with a Masters degree in Business Administration from Aston Business School, specializing in Culture, Values and Change work. Kim has recently completed her Post Graduate Diploma in Transpersonal Psychology and Consciousness with Liverpool John Moore University, ensuring that the latest scientific thinking regarding the functioning of the conscious and unconscious mind is built into the course content.

Kim is an experienced, professional trainer known for her relaxed and approachable style. She has a wide experience of business and change work, having worked initially as an operations manager, and latterly as the head of management development for Allied Domecq Retail, Crown Castle International and Direct Line Insurance.

Kim now coaches and trains individuals and teams through change using a variety of techniques including Neuro-Linguistic Programming, the Myers-Briggs Type Indicator, the Enneagram, the Strength Deployment Inventory, Firo-B, and Time Line Therapy.

Why take your training with Kim?

- You want to learn easily from a professional trainer who has 15 years experience of creating lively, stimulating learning environments
- You want to learn with a tutor that deliberately encourages a relaxed, non-threatening, safe and non-judgmental environment
- You want to train with a tutor who has business and corporate experience focusing on how NLP can be applied to the world of work as well as at home
- You want a course that focuses on your personal and professional development
- You wish to receive personal attention and have direct access to Kim, rather than attending a course with a low tutor to delegate ratio
- You want to receive an internationally recognised NLP certificate which meets the guidelines of INLPTA.

INLPTA offers progression through three accredited training programmes:

- **DIPLOMA**, a four-day course resulting in INLPTA Diploma accreditation
- **PRACTITIONER**, a 14-day course for Diploma graduates leading to INLPTA Practitioner status
- **MASTER PRACTITIONER**, an 18-day course for Practitioner graduates resulting in INLPTA Master Practitioner status.



Contact Kim for course dates, venues and further information:

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NLP Introduction Day

One day Introduction Course

What will you learn?

You will learn:

- how our minds operate as a complex system
- how we filter the information that we receive from our external environment in order to simplify and make sense of the world
- how these filters operate unconsciously from our prior conditioning and are outside our current awareness
- how these filters include our memories, values, beliefs, thoughts, decisions, personality type plus the language we use
- how these filters sometimes help us to achieve the results we want and sometimes create results we do not want
- why we sometimes feel as if life is just happening to us and that much of it is outside our conscious control
- how we can gain increased control over our lives and results by making this filtering process more conscious
- how we can gain insights into others people's filters to increase our understanding of their behaviour and respond accordingly.

How is the course structured?

This course is delivered in a relaxed environment and is designed to encourage us to be curious about why and how we do the things we do. A variety of learning techniques are used to ensure that you get the most from your training. These include special 'how to' demonstrations, small group exercises, step-by-step coaching, diagnostic sessions, practical skill-building work, discussion forums, plus question and answer sessions.

The group size is deliberately limited to 12 participants to ensure that you receive personal attention and direct access to Kim. So please book early to ensure your place.

Investment:

There are a small number of discounted places available for self-financing participants, plus an early booking discount if your booking is paid at least two weeks prior to the training commencing.

Employer sponsored £120 – Early booking price £100

Self-financing £100 – Early booking price £80

On successful completion of the NLP Introduction Day you can progress to take:

- **THE NLP DIPLOMA COURSE**, details overleaf.

INLPTA Accredited Diploma

Three day INLPTA Accredited Diploma

You will learn how to:

- Identify how your brain handles, stores and retrieves information
- Generate new desired behaviour through mental rehearsal
- Change your experience using sub modalities – the 'machine code' of the brain
- Overcome negative feelings and habits
- Generate states of excellence such as confidence, calmness or enthusiasm
- Create well-formed goals and make them achievable
- Practice developing rapport to maintain good working relationships
- Sharpen up your senses and increase your awareness
- Read the cues that let you know how others are thinking
- Start running your mind effectively to gain more control over how you think, feel and behave.

How is the Diploma structured?

This three-day experiential and enjoyable course is open to participants from the Introduction course. It provides a thorough grounding in the key concepts and principles of NLP. Step-by-step procedures help you explore those values, beliefs, habits and strategies that are limiting you, and show you how to transform the way you think, feel, and behave to achieve your dream goals.

Investment:

There are a small number of discounted places available for self-financing participants, plus an early booking discount if your booking is paid at least 2 weeks prior to the training commencing.

Employer sponsored £360 – Early booking price £300

Self-financing £300 – Early booking price £240

Certification

Successful completion leads to the INLPTA (the International NLP Trainers Association) accredited Diploma in NLP. The Diploma provides a comprehensive introduction to NLP, and a taster for the Practitioner Course. Successful completion counts as 30 of the 125 hours of training required for certification as an INLPTA NLP Practitioner.

INLPTA is the worldwide organisation of professional NLP Practitioners and Trainers, and is dedicated to establishing and maintaining the highest quality standards in NLP training. As an INLPTA certified trainer Kim adheres to the INLPTA code of ethics and quality.

On successful completion of the NLP Diploma you can progress to take:

- **THE NLP PRACTITIONER**, a 14-day course resulting in INLPTA Practitioner status.



kim
phillips
IntegralNLP

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INLPTA Accredited Practitioner

The INLPTA Accredited Practitioner

The INLPTA Practitioner is open to Diploma graduates and is spread over six two-day modules plus an integration workshop. The modules are spread over seven months to allow time for the intense personal development that takes place. However if you prefer you may spread your learning over a two-year period by taking three or four modules each year.

If you are not interested in becoming an INLPTA Practitioner, but would like to attend one of the modules shown below, then you may do so as each module stands alone.

The Six Practitioner Modules

Discovering Your Values and Beliefs

- identify the values and beliefs that you use to make sense of the world
- distinguish between those values and beliefs that are serving you and those that are limiting
- use NLP techniques to change limiting values and beliefs to more empowering ones.

Uncovering Strategies and Simple Modeling

- discover the unconscious strategies that you use in your daily life, such as how you make your buying decisions, become convinced, or fall in love
- use NLP tools to change unhelpful strategies into more useful ones
- model others' success strategies and practice how to replicate these.

Using Everyday Language for Change

- use the Meta Model to identify how and when we delete, generalise and distort information
- uncover the unconscious programming that influences our thinking and language patterns
- use the Meta Model to challenge this unconscious programming to effect profound change.

Ericksonian Hypnosis and the Power of Metaphors

- effect change by communicating with your unconscious mind using the Milton Model, metaphor, symbols, visualisation and hypnotic language
- create powerful metaphors to enable people to make links and suggestions that they would not necessarily have made by themselves.

Advanced Anchoring and Time Line Reimprinting

- identify those limiting beliefs, habits, decisions, fears and strategies that are blocking you
- apply advanced anchoring techniques to overcome limitations and increase resourcefulness
- apply timeline reimprinting techniques to create new empowering choices and beliefs.

Implementing Deep Change Work

- use advanced submodality change work to transform limiting beliefs, habits and phobias
- generate more choice in your life through using NLP frames and reframing tools
- use parts integration to reconcile any internal conflict within you. For example, wanting security versus wanting to take risks, or wanting freedom versus needing to commit.

INLPTA Accredited Practitioner

Becoming an INLPTA accredited Practitioner of NLP

Take all six modules plus the final two day integration workshop and become an INLPTA accredited Practitioner of NLP.

The integration workshop involves:

- Practising being an NLP Practitioner by applying the appropriate NLP interventions within a variety of contexts
- Finalising the INLPTA written integration paper as shown on the INLPTA website
- Completing the oral assessment to confirm your understanding of the main principles and concepts of NLP.

How are the modules structured?

The modules are delivered in a relaxed environment and use a variety of learning techniques including 'how to' demonstrations, group exercises, step-by-step coaching, diagnostic sessions, practical skill-building work and discussion forums. The modules run at monthly intervals which gives you plenty of time to assimilate and practise the skills learnt.

Participant's learning is monitored over the length of the entire training and regular feedback is given to promote understanding and integration of the techniques. The group size is deliberately limited to 12 to ensure that you receive personal attention, feedback and direct access to Kim.

Investment for each two-day module:

There are a small number of discounted places available for self-financing participants, plus an early booking discount if your booking is paid at least 2 weeks prior to the training commencing.

Employer sponsored £240 – Early booking price £200 Self-financing £200 – Early booking price £160

Certification

The Practitioner course is accredited by the International NLP Trainers Association (INLPTA) which is the worldwide organisation of professional NLP Practitioners and Trainers. INLPTA is dedicated to establishing and maintaining the highest quality standards in NLP.

On successful completion of the INLPTA Practitioner you can:

- Advertise as a fully qualified and listed INLPTA accredited Practitioner
- Advertise as a fully qualified and listed Practitioner with the UK Association of NLP (ANLP)
- Count this learning as 130 hours towards the training required for accreditation with the Neuro Linguistic Psychotherapy and Counselling Association (nlptca)
- Progress to INLPTA Master Practitioner status by completing a further 130 hours of training.



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