



INLPTA

Certified NLP  
Practitioner  
Training

Course  
Prospectus



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# About Change U




We are a family business and have 18 years of experience in delivering NLP Training Courses.

We pride ourselves on providing an ethical and integrated approach to all of our courses.



We are experienced therapists and coaches working with individuals, businesses, education, and in the community.

We apply our knowledge in these fields to enhance the deep learning that is acquired by delegates who attend all of our courses.



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# The Why



Neuro-Linguistic Programming (NLP) can be used in virtually every aspect of your life.

From coaching and in business to relationships and in enhancing your overall wellbeing.

We have developed our NLP Training Courses to create a holistic and comprehensive training. The content covered enables change and growth in your personal & professional life that is long lasting.

Whether you are a coach, a therapist, a manager, a leader, looking for a change in your career, in your personal life or to enhance your communication the NLP Practitioner Training is for you.

NLP is a great platform to begin work as a coach or to add coaching to your skills set. Training in NLP can also continue through to Master level and into the world of therapy.



Change is the end result of all true learning.

Leo Buscaglia

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# The Why

## Using NLP in Your Life & Relationships



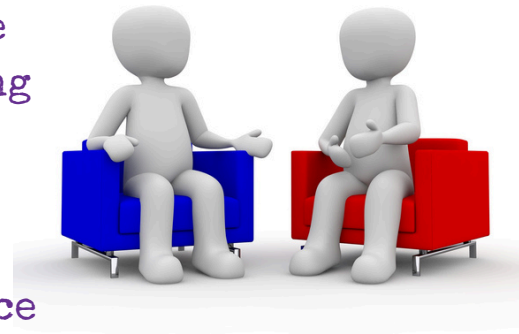
NLP helps you to create clear outcomes in all areas of your life while creating understanding and positive change in your thoughts, emotions and behaviours.

Gain understanding of others at a deeper level and remove any negative anchors in relationships.

## Using NLP in Coaching

NLP has many benefits and it enables even more effective communication with others including your team, coaching clients.

Using NLP in Coaching others increases self-awareness, reduces stress, increases confidence and communication skills.



## Using NLP in Your Business



Using NLP in Business improve sales and relationships with your customers whilst enhancing customer care and understanding of your customer's needs which in turn increases profitability.

Set clear and compelling outcomes and strategies to unlock the potential of your team creating effective communication across the whole of your business.

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# The What

The INLPTA Certified NLP Practitioner Training Course is 16 days in total and spread over four modules with each module building upon the one before.

Once all four modules have been completed you will have a comprehensive awareness and skill set that will enhance your communication with others both in your personal life and in your business and career.

## Module One

NLP and the  
Foundation of  
Communication

Module One of the NLP Practitioner training introduces you to NLP and begins to explore effective communication and the fundamental frames that make NLP work as well as develop techniques for setting and achieving outcomes.



Module Two of NLP Practitioner Training will teach you how to reframe communication, understand language in greater depth and learn how to work with strategies. You will learn techniques for facilitating change in yourself and others and how to model excellence.

## Module Two

Creating and  
Facilitating  
Change in  
Yourself &  
Others



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# The What

## Module Three Advanced Language Patterns & Letting Go of What Holds Us Back

Module Three of NLP Practitioner you will learn the art of re-languaging, models of language facilitating change in yourself and others aswell as powerful change techniques that will allow you to support others in achieving deep emotional change.



Module Four of NLP Practitioner Training will introduce you to the spiritual aspects of change and growth including, Multiple and Emotional Intelligence, Mindfulness, Hypnosis, Chakras and Ancient Hawaiian Huna.

## Module Four The Spiritual NLP Practitioner



Pre-course work is a requirement and a written integration of questions on NLP must be completed by module four. By reviewing the manual and recommended reading you will be able to become familiar with the terminology, themes, and techniques and will be prepared for the accelerated training which will take your learnings to an unconscious level of competence.

Upon successful completion of the course, you will be certified by the International NLP Trainers Association as a Practitioner of NLP. This is a higher level skills course equivalent to NVQ Level 4.

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# The How



Our NLP Training Courses are delivered at a deep systemic level and are designed to be interactive using the 4MAT System which was developed by Bernice McCarthy, Bernice is the author of 4MAT in Action: Creative Lesson Plans for Teaching to Learning Styles with Right/Left Mode Techniques.

This style of training and learning is based on how different individuals perceive and process experience in different preferred ways and comprise our unique learning styles.

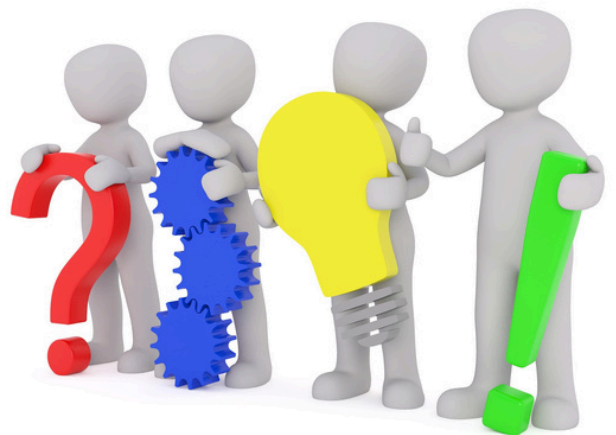
The four learning styles identified by McCarthy are:

Type 1: Innovative Learners

Type 2: Analytic Learners

Type 3: Common Sense Learners

Type 4: Dynamic Learners



This programme is designed so that all styles are addressed, in order that more than one type of delegate may be permitted to both 'shine' and 'stretch.' That is, each section contains 'something for everybody,' so each delegate not only finds the mode of greatest comfort but is challenged to adapt to other less comfortable but equally valuable learning modes.

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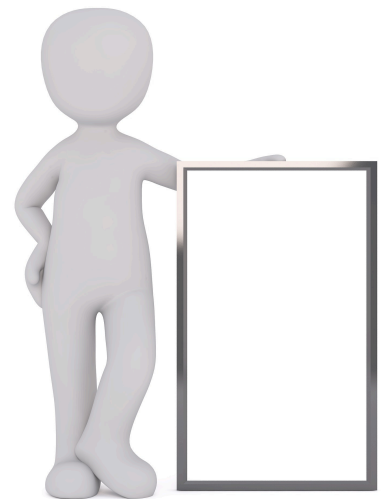
# The How

The instructional sequence suggested by Bernice McCarthy and used in this programme teaches to the four styles using both right and left-brain processing techniques. This integration of learning styles and processing modes ensures that the 'whole of your brain' receives this valuable learning..

## Delivery protocol

The trainer explains a particular aspect of the programme to the group. This explanation includes any relevant history. The context of the topic within the overall programme and 'Why' it is required.

The trainer then explains the way in which the technique works and discusses the procedures and processes attached to it.



If appropriate the trainer then demonstrates the technique.

The delegates then go off to practice the technique under coaching supervision from the trainers.



The delegates return and are coached to share their learning's and how they will apply them. In this way all delegates learning styles are optimised for maximum integration of their new skills and knowledge.

# The Where

Where can NLP be used?

Therapy

Coaching

Relationships

Community

Business

Well-being

Education

Children

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# Booking Information

Places on our courses are limited and as part of our booking policy we either have a chat over the phone or meet in person those who wish to attend our NLP Training Courses. This provides us with the opportunity to establish your outcomes for attending the NLP course, discuss the course in more detail and to get to know each other.

Given the nature of the topics covered in our NLP Training Courses creating relationships and trust is key to obtaining your outcomes.

**Your investment in this life-changing training course is £1600.**

This includes your training manual, lunch and refreshments.

Payment Plans Available for Individuals.

## **Autumn / Winter 2024 Dates**

Module One – Friday 6th September to Monday 9th September

Module Two – Friday 18th October to Monday 21st October

Module Three – Friday 8th November to Monday 11th November

Module Four – Friday 6th December to Monday 9th December

## **Spring / Summer 2025 Dates**

Module One – Friday 7th March to Monday 10th March

Module Two – Friday 3rd April to Monday 7th April

Module Three – Friday 9th May to Monday 12th May

Module Four – Friday 6th June to Monday 9th June

## **Autumn / Winter 2025 Dates**

Module One – Friday 5th September to Monday 8th September

Module Two – Friday 17th October to Monday 20th October

Module Three – Friday 7th November to Monday 10th November

Module Four – Friday 5th December to Monday 8th December

**[www.changeu.co.uk](http://www.changeu.co.uk)**



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