

Accredited NLP Diploma Course

with *NLP in the North*

Clear Thinking, Confidence and Change

What is NLP?

A profoundly useful set of principles and techniques that boost your effectiveness and wellbeing.

NLP originated from the study of highly successful therapists and has been continuously developed and expanded since its early days. It now includes many ideas, techniques, and skills 'modelled' from experts in different fields.

How is it used?

These profoundly useful tools are now widely used outside the context of therapy and have been applied in many areas including **business, health, mental health, sport and education**. **There is also a growing body of research on the applications and proven efficacy of NLP**. The applications of NLP are much broader than therapeutic change alone. These skills can help you become even more effective in many areas of your life. NLP training develops communication skills. Bringing a deeper understanding of ourselves and other people it enables us to achieve more with less effort. It can give us greater choice over our habits, thoughts and emotions. In short, it leads to greater success and achievement, richer and more rewarding relationships and increased feelings of personal choice.

What are the benefits of an NLP Diploma?

This four-day course provides you with the opportunity to learn, practice and develop a variety of effective NLP skills:

- Facilitate and handle change effectively
- Communicate flexibly and effectively.
- Develop a powerful ability to influence
- Build self-awareness and a deeper understanding of others
- Enhance your language skills for getting your message across effectively
- Build rapport quickly, easily and consistently
- Resolve conflicts quickly, smoothly and effectively
- Relax, and take the 'stress' out of challenging events.
- Feel confident!
- Think more clearly and
- Learn a multitude of fast and effective NLP techniques to assist in goal setting and planning

An outline of the training:

Day 1:

An introduction to the history of NLP and some of its underlying principles. Learn a simple process to help you relax and think more clearly. Learn about the NLP Model of change and how to set compelling outcomes and achieve what you most want.

Day 2:

Learn how to direct your attention and how to use your senses even more effectively by building sensory acuity and calibration skills. Learn how to build rapport (leading to easier, clearer communication, stronger influencing skills, and the ability to ease conflict and enjoy richer relationships)

Day 3:

Learn about the NLP communication model and about how brilliant communicators think. Learn a variety of models for using language more effectively. Develop more flexibility in communicating with others and ways of using your inner dialogue more helpfully.

Day 4:

Learn about the eyes and the many things that eye movements can tell us. Learn a variety of fast and effective practical techniques for change and for giving you choice about how you think and feel about things. Develop new ways of feeling more resilient, confident and positive.

Accreditation:

Successful completion of course requirements will lead to the achievement of an ***internationally recognised Diploma in Neuro Linguistic Programming***. The trainers are both accredited by INLPTA, (The International NLP Trainers association). INLPTA is an accrediting body that promotes the ethical application of NLP skills, professionalism and quality standards in NLP training. INLPTA is widely held as the gold standard in NLP training accreditation.

What is the training like?

The groups are small, friendly and informal and the training is relaxed, fun and enjoyable. This training uses accelerated learning methods, encouraging the easy integration of learning, high levels of skill development and increased confidence in your ability to apply your new skills in your areas of interest. **Students consistently learn more than they imagine possible in the 4 days.**

Your trainers - Dr. Henrie Lidiard and Ann Slack M.Phil.:

Henrie & Ann are both skilled and experienced trainers who have practised and trained NLP in a wide variety of contexts including Blue chip and SME businesses, the NHS, utilities companies, mental health, education and in the voluntary sector. You are in safe, skilled and experienced hands.

Ann is an INLPTA Trainer and Henrie is one of a very few INLPTA Master Trainers in the UK. She has also been involved in the training and accreditation of INLPTA trainers. Ann and Henrie have over two decades of applied NLP experience between them and have been involved in several research projects demonstrating the efficacy of NLP applications within the fields of health, mental health and education.

What previous students say about Henrie and Ann's NLP Training:

- *"An inspiration and also very funny",*
- *"NLP is magic and the brilliance of the trainers has really done it for me"*
- *"Lots of positive feedback and lovely teaching methods"*
- *"I am inspired"*
- *"It has made a profound difference to my life"*
- *"I have never enjoyed a training as much!"*
- *"It has had such a positive impact on me both personally and professionally"*

The training will be held at **Hollins Hall Marriott Hotel, Hollins Hill, Baildon, Shipley, BD17 7QW, 01274 534211** (a really comfy training venue with great facilities).

Your training fee includes:

- **4 days of expert NLP tuition,**
- **Your comprehensive course notes,**
- **Copies of recent NLP research articles**
- **2 additional evening sessions,**
- **All tea, coffee, fruit and biscuits.**
- **Lunch on Day 1**
- **Certification through INLPTA**
- **Access to Hollins Hall's gym, pool and hot-tub facilities during the training weekends.**

Places are limited and a non-refundable deposit of £50.00 will secure your place.

**To book, make further enquiries or simply to have a chat about the training and ask any questions you may have please contact Henrie
via email: henrie@nlpinthenorth.co.uk or by telephone: 0345 8710012**