

NLP Wellbeing Coach Practitioner

If you're looking for a coaching course that gives you the most effective coaching and communication skills, this is it. Neuro-linguistic Programming, the study of human excellence, provides the best set of communication skills around, so it follows that NLP trained coaches are more effective than others, many of whom have had little or no practical training. Why is that?

Because NLP provides:

- 1). Ways to establish excellent and lasting rapport – the basis for successful coaching.
- 2). Sensory acuity training – the ability to pick up non-verbal cues (which constitute 55% of the influence in any interaction).
- 3). Powerful use of language to ask penetrating questions and tailor your words to match the preferences of your client.
- 4). The most effective goal setting technique – the Well Formed Outcome – that gets your chosen vision into your neurology.
- 5). Brain based change techniques that work fast to shift how you or your client perceives and processes their reality, removing barriers to success.

Join us for a seven weekend course incorporating the NLP Practitioner so that you come away with an NLP Practitioner certificate and a Sulis Consulting wellbeing coaching diploma.

Who should attend?

- If you want to change your career to become a wellbeing or life coach.
- If you want to add coaching skills into what you already do, such as counselling, mentoring, guidance or social work.
- If you want to manage people better using a coaching approach.
- If you want to learn NLP and coaching skills for your own personal development, to improve the wellbeing of friends and family or as a volunteer.
- If you want to improve communication with customers or clients

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- If you are interested in the art and science of wellbeing.
- If you are involved with young people and want to reach them more easily
- If you have done a coaching course and want to learn more effective techniques and have opportunities to practise the skills with feedback.
- If you have done some NLP and want to combine it with coaching.

The course runs over seven weekends and will be presented by **Sue Bayliss** with assistance from Simon Webb. Sue presented at conferences in San Francisco and London in autumn 2006 and at the Berlin NLP therapy and counselling conference in October 2007 and will lead a workshop with **Dr. Iain McGilchrist** at the London NLP conference in November 2010.

Cost: £250 per weekend.

Venue: **Heath Farmhouse, Heath Road, North Walsham, NR28 OJB.**

To request further details, call Sue at **Sulis Consulting 01603 722017**, send an email or visit **www.sulisconsulting.com**

Course Content: You will learn:

Weekend One:

- What NLP is and how it fits into coaching.
- NLP coaching presuppositions.
- Mind to Muscle technique.
- How we process information through our senses (visual, auditory and kinaesthetic).
- Introduction to the **RESOLVE** coaching model.
- How to take charge of your own mental, emotional states.
- How to establish excellent rapport.
- The mind / body connection
- A new look at self actualisation.

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Weekend Two:

- From rapport to presence and sponsorship.
- More listening and rapport skills.
- Listening for and acknowledging needs, resources, beliefs and feelings.
- Awakening vision, challenging reality.
- How to set goals that work for yourself and others.
- Facilitating motivation, Michael Hall's Axes of change model.
- Motivational Interviewing – a technique to find solutions.

Weekend Three:

- How to open up your own and others' model of the world.
- How we build our Matrix, our map of the world.
- Limiting beliefs, how they get in the way of success.
- Reframing.
- Positive intention.
- The meta model as a way of challenging limiting beliefs.
- Submodalities and how to create speedy change.
- Using timelines to make decisions.
- Supporting change through accessing mentors.
- Co-creating new maps of the world.
- Axes of Decision and Creation.
- A great technique for resolving conflict (the 3 position exercise).
- Perspective switches, as if frame and others to increase flexibility and improve problem solving.

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Weekend Four:

- The Phobia Technique
- The Milton Model – the language of influence
- Metaphors and how we live them
- Stories and what they say about us
- Accessing the unconscious mind for creativity and problem solving.
- Changing negative internal dialogue.
- The **SWISH** technique.

Weekend Five:

- Parts and how to integrate them.
- Verifying change, more on sensory acuity.
- Discovering filters, Metaprograms
- Axis of Solidification, reinforcing and testing.
- Dilt's model of the neurological levels.
- Coaching practice with feedback.

Weekend Six:

- Positive Psychology, the science of happiness and its relevance to coaching.
- Discovering and using your strengths, see the www.authentic happiness.com website.
- Finishing the **RESOLVE** model, ecological exit.
- How to deal with the impact of change in terms of a person's relationships and context.
- Setting up a coaching practice.
- Assessment and course evaluation.

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Weekend Seven:

- Connecting with horses to learn about ourselves.
- Assessment and course evaluation.
- Taking the learning forward.

Assessment:

The course will be assessed by tutor observation during the course and some written work, mostly brief case studies using the techniques taught. You will be required to complete five coaching sessions outside the course time with client feedback. One supervision session with a tutor and one coaching session with a tutor will be required at extra cost. These can be conducted over the telephone if you live out of the area. Coaching supervision can be organised locally or (by telephone) either individually or in groups.

Missing a weekend:

If you are unable to attend a weekend you can arrange a catch up session with one of the tutors on payment of the weekend fee. In addition you may participate in that module (weekend) on the next course for no extra charge.

Further development:

There will be further introductory weekends on specific coaching areas such as corporate coaching, parent and child coaching, wellness and spiritual coaching as well as further offerings in terms of NLP Coaching based on Robert Dilts work. For those wanting further NLP qualifications there will be a Master Practitioner Programme and Advanced NLP weekends on specific themes. Check the website for details of upcoming courses (www.sulisconsulting.com).