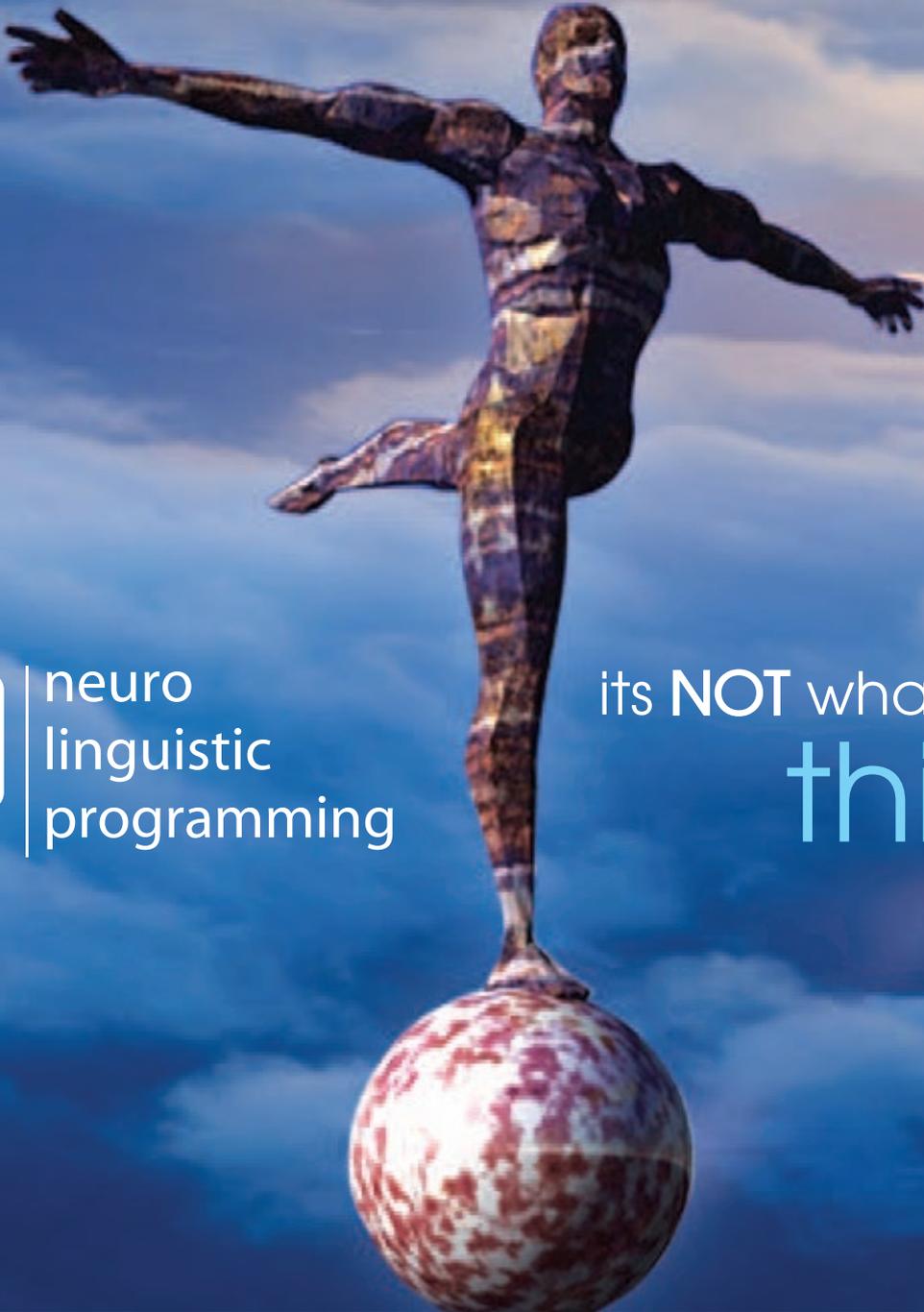




imagine having your head pleasantly opened up, your brain dusted off, and a new, improved chip popped in... and enjoying the experience as well !



**NLP** | neuro  
linguistic  
programming

its **NOT** what you  
**think!**

**excelledia**<sup>®</sup>

**matrix**  
training  
solutions

be the difference  
that **makes** the difference

“The art and science of getting what you want...  
be the difference **that** makes the difference”

Here are just some of the reasons to study our fast-track certified NLP Practitioner program:

- You get more! By attending our accelerated trainings you aren't only certified in NLP; you're **certified in NLP, Hypnosis & Time Line Therapy™**. An incredibly powerful combination for personal success
- Our certificates are **fully approved and recognised** (ABNLP, ANLP, AHB & Time Line Therapy Association™)
- Our certificates offer credits towards an **MA in NLP & Coaching** with a leading UK university
- Personal attention - we have a high coaching assistant to student ratio.
- You can count on us - we offer you ongoing support before, during and after the program.



## Why NLP?

NLP has had a profound impact on the field of personal development since it was first developed, nearly twenty-five years ago. NLP has been described as the new science of personal achievement, but it is much more than that. It is a highly effective methodology based on the belief that all behaviour has a structure and that this structure can be modelled, learned and changed. As you study NLP, you will learn about your own patterns and programs, how you can change them and have more flexibility in your life. How you can literally run the software in your mind to get the results you want and make the changes that matter most. Personally and professionally, people from all walks of life have been enhancing their lives and finding greater success as a result of NLP. What effects will it have on your life?

## What will I learn on the NLP Practitioner Certification?

### The Pillars of NLP – what it is and what it does

- Beliefs of excellence that will change the way you experience and interact with those around you
- A simple model of communication that will enable you to always get your message across

### Well-Formed Outcomes – achieving the results you want

- How to set goals so that you can achieve them
- Ask clear questions that guide and enable others to get clear about their objectives

### Rapport – unlock the door to persuasion and influence

- Quickly get on someone's wavelength
- Discover the real secrets to body language by match and mirroring physiology so that people unconsciously identify with you

### Language Patterns

- Learn to recognize and use powerful language patterns
- Ask questions that get you the information you need and to get to the root of the problem
- Learn to predict behavior based on another person's language and influence behavior based on the language you use

### Representational systems – how we use our 5 senses

- Discover how we see, hear, and feel the world
- Read another's eye movements to discover how they are thinking

### Submodalities – changing the way you think!

- Use sub modalities to quickly change unwanted feelings and behaviors
- Use a SWISH pattern to quickly break unwanted habits

### Anchoring – the power of choosing your state

- Use resource anchors to strengthen your personal resources and your ability to access them whenever you want
- Collapse anchors to remove bad feelings from past experiences
- Create powerful chains of resources to get people out of 'stuck' states

### Strategies - the unconscious processes we use to create our behavior

- Discover and utilize someone's decision-making strategy
- Change your less useful strategies for more useful ones

### Reframing & Parts Integration

- Learn how to work with conflicting parts for inner harmony

### Time Line Therapy™ Practitioner Certification

- Releasing negative emotions quickly & easily
- Removing limiting decisions that stop you creating the future you want
- Creating a compelling future

### Hypnosis Practitioner Certification

- Learn how to induce trance easily
- Discover how to use the power of suggestion

### Putting it all together

- Utilizing and applying the NLP Practitioner tools and techniques

## How will the program be delivered?

THE American Board of NLP requires a minimum of 120 hours of training in the basics of NLP patterns by a certified trainer. Prior to attending the program and to complete certification, you will be provided with a specially designed series of CD programs and a recommended reading list. Since NLP is learned through experience the face-to-face component of the program is intensely practical in its style. The aim of the program is to apply the NLP skills and thinking to everyday business situations, such as meetings, coaching, presentations, negotiations, self and team management.

The style of the program is informal, interactive and enjoyable.

**Our aim is to make learning pleasurable and fun.**

## Our certificates are fully approved and recognised

Our NLP certificates are recognized by the British Association of NLP (ANLP) as well as the American Board of NLP (ABNLP). This means that no matter where you go in the world, your certificates will be recognized by the appropriate NLP associations.

## Who is the trainer?

Carol is an energetic and versatile learning and development consultant. She is a Certified Trainer of NLP (ABNLP), Accredited & Recognized NLP Trainer (ANLP), Trainer of Hypnosis & Time Line Therapy™ and has trained with some of the best presenters in the UK & US. Carol is also a certified Master Firewalk Instructor and Certified EQ Practitioner (Emotional Intelligence) and has shared these tools and techniques in Europe, Africa and the Middle East. Her first book, Hitting the Wall...and Breaking Through went straight into the top 10 selling self-help books on Amazon. Her seminars and workshops are informal, creating a fun and relaxed environment, yet sharply focused, developing delegates' long-term strategies for personal development and growth.



## Feedback from delegates attending NLP Practitioner programs with Carol:

*“The NLP Practitioner program was the most engrossing and engaging course I've taken in a long time! It's the combination of the course content and the way the sections are presented in such an interactive and approachable manner that made it so enjoyable and memorable.”*

*“Carol is an outstanding coach who makes the course fun, informative and incredibly personal. You are constantly challenged to not only question the way you look at the world but also how you look at yourself.”*

*“This is probably one of the best training sessions that I have ever attended. The content was well planned and well paced. The quality of the trainer in both delivery and flexibility was exceptional. Questions from the participants were acknowledged and answered well. Materials and activities were engaging. The coaches were very helpful and greatly assisted in the development of the participants. The course was very well thought out with importance given to pre and post learning. I was very, very impressed. A life-changing course!”*

*“NLP has created the most profound shift in my thinking of any training intervention in my 30 + years of working life. It pervades all aspects of your life in a positive and enabling way.”*

## So what if you attend the NLP Practitioner Program?

An NLP practitioner is someone who has learned to use the attitudes, principles and techniques of NLP as they are intended to be used, for themselves and with others. Many NLP practitioners have gone on to change their careers; some have set up their own used, for themselves and with others. Many NLP practitioners have gone on to change their careers; some have set up their own used, for themselves and with others. Many NLP practitioners have gone on to change their careers; some have set up their own have learnt.

**What would you do with your new skills?**

Whatever you're thinking of, right now, will seem easy once you have the skills gained from attending the NLP Practitioner Certification.