

PPD Learning Practitioner Full Curriculum 2008

This is a 'live' interactive training with many opportunities to build skills and knowledge through experiential learning activities, examples, questions, demonstrations with group members etc - as well as ongoing feedback and personal coaching.

• Foundations of NLP - Practitioner Part 1 (7 days)

NLP as a 'meta' model for learning and change
Presuppositions of NLP
Background and history of NLP as a field
Overview of current NLP applications
Outcome/feedback loop - the T.O.T.E. model
Dilts' 'neuro' Logical Levels model
Personal learning goals with success evidence

Calibration of unconscious non-verbal signals
Matching and pacing for rapport
Structure of systemic unconscious influence
Pacing and leading
Non-verbal, implicit 'culture' in groups
Implicit modelling through 2nd Position . intro
NLP as accelerated learning model

Representational systems VAKOG
Sensory predicates/ language
Eye accessing/ non-verbal cues
Learning and rapport with VAK
Submodalities - intro/ exploration
Structure of subjective experience

Perceptual Positions model
2nd position - Walking in Other's Shoes
Characterological Adjectives
Relational systems, loops, homeostasis
Symmetry and complementarity
Resourcing 'stuck' relationships
The Meta - Mirror

Outcomes as fundamental organising principle
Stepping Up and Down
Intro to motivation and values
Intro to NLP coaching model
Intro to key Meta-Programmes
Well Formed Outcomes
The Precision Model - language and frames

State - intro, physiology
Elicitation of states in self and others

Natural anchors - associative/ conditioned learning
Intro to self-modelling/mapping across resources
NLP Anchoring
Circle of Excellence
New Code NLP intro
Integration of conscious/ unconscious
Walk of Power and Grace
Alignment and Congruence
Resources on timeline . stacking anchors

Frames and Reframing
Meaning and Context reframes
Reframe of 'positive' intention

Through time/ In time structures
Associated/ disassociated perspectives

Learning review/ feedback/ feedforward
Integration of skills coaching

• Practitioner Part 2 (14 days)

1. Guest Module choice (3 days)

i. Robert Dilts 2009* (February) Fitness for the Future Self-Leadership and Well-Being for Personal and Organisational Transformation

*Robert Dilts seminar for PPD Learning is *new and different* each year.
For Feb 2009 topics include . (*summary*)

Tools for a healthy, thriving business and people
Sustainability, flow and effortless excellence
Energy management, resilience, exquisite variety
Living systems in times of crisis and transition

3rd Generation NLP approaches and models:
Strategies of genius
The Hero's journey
Coach to awakener

Or

ii. Joseph O'Connor – (June) How to be a Master Coach with NLP

This seminar is based on Joseph O'Connor's best-selling book.
Topics include:

What is coaching?
Wheel of Life
Levels of Executive Coaching
Benefits to business
Exploring the present
Designing the future
Powerful questions
Tasking - accountability
Power struggle/ business culture
Action language

contō

Joseph O'Connor cont...

Single loop coaching
Generative (double loop) coaching
Beliefs
Identifying limiting beliefs
Beliefs in time
The PAW process - goals/beliefs

2. States of Excellence (4 days)

Increase awareness state- self/other
Flexibility physiology, breathing
Calibrate to congruence/incongruence
Sponsorship, centring and presence
Walking the Talk, generative self-care
Resource states, high performance, choice
Association, disassociation
Unconscious-conscious communication
Relationship state to behaviour
Elicit variety of states self/other
Transform emotional habits, stress
NLP, happiness, positive psychology
Intro to neuro-science . states and health
Intro to heart coherence and NLP
Embodied skill, wisdom of the body
Movement, posture as representation
Changing states VAK
Systemic influence state on submodalities
Submodality state change
Language, frames and state
Chaining anchors
Successful learning strategies
More NLP new Coding, Alphabet Chart
TOTE model for state preparation
Archetypes and energies
Change Personal History
V-K Dissociation
Dilts' Jungle Gym
Operationalising NLP Presuppositions
Coaching and integration of skills

3. Magic of Language (3 days)

Milton Erickson . intro to his work, influence
Stories and patterns of change
Words and unconscious process
Intro to trance and hypnosis
Conversational change . creating possibility
Vocal flexibility - tonality
Dialogue and presence . relationship, field
The Milton Model- NLP
Causal Modelling and chaining anchors
Mind Reading
Embedded Commands
Presuppositions etc (21 'Milton' patterns)
Artful vagueness and suggestion
Listening at deeper levels
Enhanced calibration and relational feedback
Jokes, metaphors, meta-messages
Artistry, performance

The Meta-model - overview
Language as a perceptual tool
Transforming person's model of the world
Deletion, distortion, generalisation
Listening/utilising patterns distinct from content
All 12 M-M Language Patterns (*complete model*)
Principles of elegant application
Overlap with Cognitive therapy
Belief change - presuppositions
Intro to applied epistemological issues -
mind/language
Intro - connections to Cognitive Linguistics
Fluency and naturalness with M-M questions
Systemic influence on state, submodalities
Meta-model as key coaching tool

4. Power of Practitioner (4 days)

Assessment model - self-assessment
Coaching, tasks and stretches
Feedback and Progress form

Submodalities - VAK
Structuring goals . time, space, meaning
Critical drivers submodalities
Mapping across resources
Submodality accessing cues
Conversational change with submodalities
Transforming critical internal dialogue
Swish Pattern

Strategies . VAK
Well Formed Strategies
Successful TOTE - comparisons
Elicitation / installation
Decision strategy
Strategy NLP notation
New Behaviour Generator

Six Step Reframing
Building congruence-individual/ group
Resolving Conflict
Symbols and unconscious process

The SCORE model
The SCORE model through time/ systems
The SCORE structure of techniques
Eliciting a SCORE NLP pattern detection

NLP as integrated tools/skills for learning/ change
Practitioner certification
Review key principles and learning
Create future practice/ integration.

Judith Lowe, Principal Trainer

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