



## **What are the Benefits of a 21 Day Programme?**

**by Judith Lowe, PPD Learning Ltd**

There are at least 40 days of possible NLP training at Practitioner level!

The intensive format of a 21 day programme gives you the chance to benefit from a sophisticated, 'hands-on' training - in an interactive and lively structure.

NLP is not just information based but requires embodied skills – like skiing or playing a musical instrument. You need a certain level of commitment, coaching and practice to excel.

The 21 day courses allow a full opportunity to integrate skills and knowledge, in depth, – to get the learning 'in the muscle' - so you can work with NLP confidently, creatively and ethically.

If you want to further extend your NLP abilities to Masters level – there must be 100 possible days of material here! – then the thorough and wider-ranging courses are usually an appropriate choice – again in terms of acquiring deeper, more systemic, generative approaches 'beyond techniques'.

These courses are considered to have professional credibility i.e. for eligibility for NLP Business degrees, Therapy, Coaching, etc.

The 20/21 day NLP courses give you what you would expect – added value for your time and money in terms of results - practical, effective skills and tools to take away and apply in real-world situations.