

1:1 NLP Programmes

These details refer to our SNLP and Richard Bandler certified NLP practitioner programme. Other certified programmes include NLP business practitioner, NLP master practitioner, NLP business master practitioner and NLP coach practitioner.

Participant Requirements

The programme is an exploration and adventure of how to develop and achieve your goals.

To get the very best out of the programme, delegates need: a touch of openness, the ambition to develop themselves, and to be prepared to take easy (and safe) actions without necessarily understanding or agreeing with the reason for them.

Delegates are only invited to apply for the programme after they have:

- completed and discussed the quiz below,
- decided what will make the programme really useful to them, and
- added their end goals and milestones to the [CoachingCloud](#) platform.

We offer two free sessions to help you do this. You will then be in a position to know whether the programme is right for you.

Pre-outcome quiz

Score yourself from 0 (low) to 10 (high) on the following:

(Please note any honest answer is acceptable)

1. Do you know what your purpose is?
2. Do you have a plan to achieve it?
3. Do you appreciate what you have now, regardless of where you are?
4. Are you able (at least some of the time) to speak your mind without hesitation, make your own decisions and take action upon them?
5. How well do you connect with yourself and those important to you?
6. Do you take enough time out to build resilience? For example: doing sport, meditation, art, hobbies etc?

Be honest with yourself, you only need to share your score, not your thinking.

It's worth re-doing the quiz and comparing the results throughout the programme. Focusing on your response to these questions on a regular basis will naturally lead you towards success and fulfilment.

What do you want to achieve from the programme?

The more you consider what you need and want from the programme, the more likely you are to really benefit. Be ambitious for yourself. Dare to dream. You could be really surprised by what you achieve.

Thinking through your end goals and following up on the various actions that emerge will increase your achievements and your enjoyment.

Recording visions, plan and daily actions

We recommend the coaching platform [CoachingCloud](#) for recording Visions (End Goals), Milestones (Focus Areas) and Actions. We will take you through how to use this resource, which will be available to you after the programme has finished.

In addition we recommend a simple daily actions and daily question review list.

NLP practitioner contents

Each programme is tailored to your specific needs and direction. During the programme we will explore how all these elements can help you move forward with what you want to achieve.

Sequential Elements	Integral Elements (developed when appropriate)
<ul style="list-style-type: none">● Beginning frame● States and anchoring● Outcomes● Rapport● Questions and current strategy● Timeline & milestones, technique or task● Future pace● End frame	<ul style="list-style-type: none">● Beliefs● Values● Values rules● Senses and sub-modalities● Strategies● Profiles and preferences● Hypnosis and hypnotic inductions● Time and timelines● Stories● Techniques and Tasks● Modelling

What makes a good coach and NLP practitioner?

While all great practitioners work in different ways, it's worth considering Richard Bandler's and Garner Thomson's views on what makes a great practitioner:

"Expanding a client's experience by expanding the limits of his or her subjective model is central to the methods adopted by all the truly effective therapists and teachers I have studied.

Other characteristics of effective coaches, therapists and teachers include:

- *They tend to be proactive and directed toward outcomes rather than formalised in their approach.*
- *Their sensory acuity is well developed and they respond to the client in the moment, rather than invoking a concept of what should be done.*
- *They demonstrate behavioral flexibility, trying different approaches, and work towards developing the same quality in their clients.*
- *They share a belief — not necessarily made explicit — that the structure of the client's problem is more significant for making change than its content.*
- *They see problem clients as a challenge and an opportunity to learn.*
- *They regard the client's condition as an attempt to deal with a problem, rather than a sign that the client is broken or stuck.*
- *They have certain unconscious or intuitive skills and behavior patterns in common.*

Among these commonalities was the kind of questions they asked. Somehow these people seemed to have the ability to ask questions that put the client on the way to recovery.

When we analysed the effective therapists and teachers, we found that they focused less on gaining more information about the possible origins of the problem, and they paid more attention to helping the client retrieve deleted, distorted, and generalised information. In this way, the client was able to reconfigure her or his internal map."

[Bandler, Richard \(2010-01-07\). Richard Bandler's Guide to Trance-formation: Make Your Life Great \(Book & DVD\) HarperCollins Publishers.](#)

What makes our NLP Programme special?

There are a number of unique benefits to the 1:1 programme. It is worth while taking advantage of them.

1. You have a totally safe space to explore, develop and articulate your personal goals and purpose. The process can be exceptionally empowering.
2. You have the opportunity to develop a plan to move towards what you want to achieve and formally monitor progress.
3. You have the opportunity to develop and rehearse any strategies, behavior and actions that will speed up progress and make the journey more enjoyable.
4. You have the opportunity to explore any challenges and develop practical approaches to solve them.
5. You'll be exploring and learning how to use some of powerful influence attitudes and skills in the context of what's important to you. This will significantly increase your choices in any situation.
6. People that trust the process find it genuinely transformational.
7. Using the [CoachingCloud](#) platform and our gatherings and events enables you to follow through when the programme is finished.

Session Structure

While the session structure will be developed to fit what's required at the time, we will normally follow something very similar to:

- 1) Review of end goals and milestones.
- 2) Review of last sessions agreed action items.
- 3) Learning content of the session.
- 4) Exploration of any opportunities, challenges and blocks that may arise.
- 5) Reflection on book reading.
- 6) 'Check in' of what the delegate is aware of at the end of the session.

Most delegates find two hours for each session is about the right length of time.

Certification

On successful completion of the programme your certificate will be signed by NLP Co-creator Richard Bandler and NLP Trainer Michael Beale.

Programme Books

[The Secrets of Being Happy: The Technology of Hope, Health, and Harmony](#)

[Monsters and Magical Sticks: Or, There's No Such Thing as Hypnosis](#)

[Search Inside Yourself: The Secret to Unbreakable Concentration, Complete Relaxation and Effortless Self-Control](#)

[Your Brain at Work: Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long](#)

[Richard Bandler's Guide to Trance-Formation: How to Harness the Power of Hypnosis to Ignite Effortless and Lasting Change](#)

Recommended [NLP Books](#)

Recommended [Coaching Books](#)

Programme Support

During the programme you have the opportunity to attend a number of 1 day face to face workshops, tribal gatherings and on-line Hangouts to supplement your learning.

You have priority access to Michael throughout the programme.

Contact

To find out more phone contact Michael on 07944388621, email michaelbeale@execcoach.net or book a slot in [Michael's on-line diary](#).

Michael has running his NLP training and coaching business for over twelve years, previously he spend 30 years in retail buying, marketing and business strategy in a number of top UK companies.

He is certified by both NLP co-creators. He is a Richard Bandler certified NLP master practitioner, trainer and coach trainer. He is a John Grinder certified NLP coach and new code NLP practitioner.

In early 2014 he is taking his Marshall Goldsmith stakeholder centred coach accreditation.