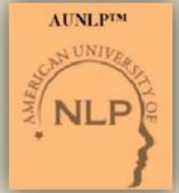




upgradeurmind.in

Creating Inner Perfection for Outward Ambience



NLP Training and Certification Guide

(Certified by the American Union of NLP)



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About NLP



Neuro Linguistic Programming (NLP) is the technology of the mind, the science of achievement, and the study of success. It is based upon the search for and the study of the factors which account for either success or failure in human performance. NLP helps you unravel unconscious beliefs and strengthen your positive views in life and eliminate the negative ones that block growth.

NLP is the practice of understanding how people organise their thinking, feeling, language and behaviour to produce the results they do. NLP provides people with a methodology to model outstanding performances achieved by geniuses and leaders in their field.

A key element of NLP is that we form our unique internal mental maps of the world as a product of the way we filter and perceive information absorbed through our five senses from the world around us.

Our reality map is unique to each of us; no one else has the exact same reality.

Furthermore, NLP can be used to change the way we interact with our reality, with huge implications for every area of our lives.

NLP helps us get out of our own way. We build up an arsenal of often-unconscious ways of reacting to certain situations in our lives, and often those reactions have become outmoded and unproductive. If we identify and become conscious of those unproductive reactions, we can choose to change them, thereby removing roadblocks to our progress in creating the lives we really want.

NLP combines aspects of behavioural psychology, linguistics, hypnosis, modelling and common sense to determine and explore the attitudes and traits of top performers. It then provides a series of techniques to help individuals to integrate and apply these same patterns into their own daily lives.

NLP is about uncovering untapped resources within people. Today, when living day-to-day seems to be overly complicated and where time and information compete, we need new skills to just keep up and make our dreams a reality. The ultimate NLP therapy is about working with the greatest device known to mankind: The Human Mind.

Thousands of people around the world use NLP as a powerful catalyst for personal change and to improve business performance.



You'll benefit in the following ways by NLP

- *The benefit of better grasp and freeing of your mental state and your responses to others.*
- *Your vision and dreams for the next part of your life will be clearer.*
- *Bad habits and actions disliked by you will be altered.*
- *You will fully comprehend your immediate family's wants and their way of communing with you.*
- *Your dealings and interactions with others will be strengthened.*
- *How language is used to gain control and influence you will be easily understood.*
- *Your aims and targets will be more easily achievable both on the personal front and the business.*

The core of NLP is to change you from within. You get what you project to the outside world. If you show lack of confidence, you will surely be overlooked for major projects and promotions. At the same time if you project passivity and confidence you will get appreciation for your work, you can easily get jobs and so on. You will be able to talk to anyone, build a rapport with anybody; the possibilities are limitless.

Remember to effect any change on the outside, you have to be in complete control on the inside. This is what NLP helps you do.

Why NLP is Unique

- 1. It takes into account how we connect to the world through our sensory experiences and how we store and recall those experiences in relation to our minds and bodies.*
- 2. It is highly effective at connecting conscious and unconscious resources, leading to individuals discovering their 'untapped potential.'*
- 3. It is as much about 'unlearning' and 'letting go' of what we've previously learned that is now getting in our way, as having to learn new material.*
- 4. Training in it enables us to explore outside our normal comfort zones in a safe and respectful environment.*

Why face-to-face training?

To become effective at using NLP you need an effective learning system. This normally includes:

- a) *Watching, listening and getting a feel for someone experienced demonstrating an approach*
- b) *Asking questions*
- c) *Testing the approach yourself*
- d) *Exchanging quality feedback with the colleague you've worked with*
- e) *Repeating many times*

- ✓ *Book or e-learning on its own, without the practical real world experience is likely to lead to a superficial understanding. And may then require 'unlearning' before you become really good.*
- ✓ *However book learning after the practical experience of even a small face to face training can significantly add to your learning.*
- ✓ *Many of our delegates report back that many NLP books make much more sense and are much easier to read after they have attended training.*

How does NLP Training work?

NLP training is a combination of group learning and individual experiential exploration. In the training group, you will see live demonstrations of NLP techniques and be able to ask questions and understand the principles that underpin the techniques. Then you will work in pairs or small groups to explore the techniques further to find what works in different contexts. Finally, you will be able to apply the techniques to your own business and personal life and test out the results for yourself. It is important to have a totally open mind because sometimes what you think will work doesn't and what you think can't possibly work, works easily.

Most delegates who come on an NLP courses regret not learning about these attitude and skill sets earlier. In many ways NLP is about learning the most from any situation, and making the most out of whatever opportunity presents to you. Therefore while you are likely to benefit immediately from NLP training the benefits accumulate significantly over time. The earlier you start and the longer you practice, the more benefit you get.

Our lively practitioner programme is designed to create a depth of understanding and skill across a wide range of NLP models and processes. On this programme you will learn experientially in an accelerated learning structure. This will allow you to use the NLP tools with skill and personal integrity, and will enable you to make real and lasting changes.

NLP can be applied in the following areas

- Counselling, Coaching and Therapy to accelerate changes with clients by looking at the processes that underline a particular pattern, emotion or habit.
- Business to promote good communication and negotiation strategies including sales and management skills.
- Education and training to promote and accelerate learning and memory.
- Personal development to remove negative emotions and patterns and promote confidence and self-esteem.
- Sports to enhance performance
- Parenting, learning how to foster good, clear communication with your children right from your start.
- Communication, to acquire excellent communication skills.

NLP and your Career

As a result of training, our students have:

- *Gained significant career promotions*
- *Improved stakeholder influence*
- *Started their own successful businesses*
- *Resolved conflicts within their businesses*
- *Overcome frustrating barriers in their personal and business relationships*
- *Gained greater confidence to explore and move towards their dreams*
- *Increased their earnings*
- *Successfully implemented significant business change programs*
- *Found freedom and led a more fulfilled life*

Why learn NLP

Learning NLP gives you the opportunity to create, with integrity, a toolbox of your own to support your personal and professional goals and dreams.

The tools will help you gain an in-depth understanding of behaviour patterns and how individuals may respond in a variety of situations, and they will help you work more efficiently and effectively.

Certification

We provide NLP Certification by the American Union of NLP (AUNLP). You can be assured that your certificate and your skills will always be up to date and recognised throughout the world.

AUNLP Certification is available at three levels; **Practitioner, Master Practitioner and Trainer.**

While certification is easy and straightforward it is not automatic. You will need to take an active part during your training, demonstrate a degree of openness and an increased competence of the attitudes and techniques of NLP. This is required both throughout your training and at the final accreditation sessions.

All of our public programmes are available in a fully modular format, enabling you to learn at your own pace and so that you have time to apply NLP in your life and business and experience the results for yourself. This means that you can still tailor the programme to your needs by choosing which modules to complete in what timescale.

Our Strengths

Our organisations focus is on providing you with the most effective NLP training and professional development coaching available. We help managers and professionals tackle key issues in their work life, develop their potential and that of their company, and increase job satisfaction.

We create our Programs to be at the leading edge of NLP. We constantly innovate and evolve the trainings to be responsive to the changing needs of our participants in our complex modern world. People come on our training from many walks of life. Business leaders and consultants mix with doctors and lawyers, artists, therapists, athletes, PR, HR and IT specialists and accountants. Teachers, trainers and coaches, social and community workers, students and parents, and just pure enthusiasts of all ages enjoy the variety and range of the NLP we offer. Through using the most up-to-date NLP, we help people to be skilled and creative in their chosen field.

We work with small training groups normally up to a maximum of 6, so you can be assured of the highest levels of personal attention and time to explore the issues that are valuable for you.

Practitioner Course Content

- NLP and its applications
- Rapport Building (including sub conscious rapport skills)
- Sensory Acuity (How to get into another's mind)
- Soft Eyes
- Eye accessing cues
- Sensory perceptual strategies (see and hear expertly)
- Sub-modalities
- States of Excellence (The Attitude)
- Major presuppositions of NLP (Frames)
- Meta Modal
- Meta Modal Chart
- Anchoring (the heart of NLP)
- Changing personal History
- Lies/Truth Sub-modalities exercise
- Eliminating Fears (past phobia techniques)
- Visual Squash (stop addictions and compulsions)
- Swish Pattern
- New Behaviour Generator
- Instant Induction
- Re-Parenting (Advanced inner child work)
- Mending a broken heart
- Reframing
- Building Self Confidence (access personal strengths)
- Developing Self-Appreciation (change internal states)
- Metaphor for change
- Godiva chocolate pattern

How will you benefit from your Practitioner Training

- Learn the key skills, behaviours and 'know how' of successful people
- Create and fulfil your own meaningful personal and professional goals
- Explore and enhance your emotional intelligence
- Communicate more powerfully and sensitively
- Enjoy relating to others more. Deal with 'difficult' people effectively
- Acquire elegant and sophisticated ways of problem solving
- Take your coaching and leadership skills to new levels of excellence and influence

Powerful results- personally and professionally

What make NLP different from other approaches are the tangible and immediate results you get from applying it.

You will find you are happier, more purposeful, more able to deal with problems, more creative and getting on better with all kinds of people than you ever thought possible.

Also you'll find that you can deepen and strengthen existing important relationships. It's a perfect programme to gather momentum in a new career or consolidate and refresh your current one with a new sense of possibility. You'll know more about yourself and you'll have the tools to continue making your life richer and more successful.

The Trainer

Satya, the founder of upgradeurmind.in has been working with various companies for over 15 years in business and the public sector. He is the core trainer on all the NLP programs. Modelled by others as a gifted trainer, he is deeply committed to providing the very best in NLP and to participating in creating leadership in the field, for quality and standards and to having NLP make a contribution at the highest levels of human thinking and action.

His research and knowledge in both personal and psychological issues is reflected in his training programs. His experience of working with NLP in a broad and diverse range of contexts gives richness, depth and creativity to his approach.

*He being an International certified Life Coach adds more flavour to all his programs. He has been instrumental in bringing about change in many lives. He advocates the principles of **Law of Attraction** for transformation, being a certified Law of Attraction professional.*

Duration

*A minimum of 15 sessions and maximum of 30 sessions
at your pace and convenience.*

*You could opt for a weekend program (11am to 1pm) or
a weekday program (Flexible)*

Privileges

Enlisted in the AUNLP board as an International Practitioner

Support and backing by upgradeurmind.in

A distinguished Practitioner set apart from the others in quality & confidence