



INLPTA Certified Coach

COURSE DETAILS

• WHEN

19 – 22 June 2012
9.30 - 6.00 each day

• WHERE

The Riverside Hotel, Kendal
The Lake District, UK

• HOW MUCH

Regular Price £650
Mates Rates £455

'Mates Rates' are available to anyone who has trained with me previously, in whatever context.

• WHAT IS INCLUDED

4 days training, a complimentary copy of my book "The NLP Coach Companion", INLPTA certification, ongoing support

• WHAT NEXT

Book online at www.valleytraining.co.uk or call 07899 856518 with any questions

APPLYING NLP AND THE SCORE MODEL TO COACH PERFORMANCE

This INLPTA certified training is designed for professionals who coach others or qualified NLP Practitioners who want to develop their skills, be more flexible and responsive.

- Learn practical and dynamic approaches
- Get NLP tools to change behaviours, values and beliefs
- Ask questions that get directly to the real issue

The course is particularly suited to people who want to coach others in a business or performance context. It includes proven structures for coaching and practical techniques to apply with others.

Advance your NLP Coaching:

- Performance Coaching, enhancing core skills, the SCORE and GROW models
- Motivation, values, building beliefs, self-efficacy and changing beliefs
- Metaphorical coaching, coaching walks, visualisation and relaxation
- Procrastination, the process of change, exploring & setting goals, future planning

Neal Anderson
training and coaching

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INLPTA Certified Coach Outline Programme

The course is designed to be reflexive to your needs and will give you tools and techniques that make a difference to you and the way you work with others. Core sessions include:

DAY 1 - Contracting and Questions

- Beginning and ending a coaching session (NLP style)
- The 4 basic coaching interventions
- SCORE and GROW models for conversational coaching
- Listening with empathy and purpose
- State is the biggest resource we have

DAY 2 - Coaching High Performance Beliefs

- Building motivation using a values ladder
- The structure of high performance beliefs
- Conducting a belief audit with defined goals
- Building self efficacy through the "Bandura dip"
- Conversational and active belief change

DAY 3 - Metaphorical Coaching & Visualisation

- Coaching using your clients metaphors
- Creating natural world metaphors and stories
- How to coach while taking a walk with your client
- How to create the relaxation response
- Visualisation techniques for high performance

DAY 4 - The Process of Coaching Change

- The TTM Behavioural Change Cycle
- Identifying the real goal behind procrastination
- Exploring and setting goals for the future
- Dancing SCORE
- Working as a coach – ethics and supervision



Certification

Attending this training will provide 32 hours of coach specific training to support your application for an organisation such as the Association for Coaching or the International Coach Federation. INLPTA certification depends on what previous experience and training you have had. If you demonstrate the ability to coach effectively and ethically on the course and complete the integration paper then you can be awarded:

If you are new to NLP

INLPTA Diploma in NLP Coaching

If you are a certified NLP Practitioner or above

INLPTA Certified Coach Practitioner

About INLPTA

We are an international world-wide active NLP-Trainer and NLP-Coach Association dedicated to quality, professionalism and ethics. Our focus is on the application of NLP in the business world and in personal development. An INLPTA Practitioner Certificate will entitle you to Graduate Membership of INLPTA and membership of your National Association for NLP.

About your Trainer

Neal Anderson is an INLPTA Registered Coaching, NLP and Business Communications Trainer, a UKCP Registered Neuro Linguistic Psychotherapist, Qualified Teacher (QTLS), published author and an Accredited Practitioner of Outdoor Learning. With a background in engineering, management and development training he works as a facilitator, coach and therapist with individuals and organisations.

Neal is passionate about helping people bring the best out of themselves and others.