



NLP COACHING PRACTITIONER

Develop your personal coaching style

Elegantly help clients identify clear outcomes

Create change at the conscious and unconscious levels

Gain a NLP Coach & Business Communications NLP Practitioner Certification*

A certified skills development course for Practitioners from all schools of NLP training

“Coaching is the art of conversationally creating a context for change to occur naturally...”

John Overdurf and Julie Silverthorn

“Coaching is an opportunity to have a conversation we otherwise wouldn't be having”

Robert Holden

Effective Coaching

Many NLP courses include all the necessary skills, tools and techniques for effective coaching. As you think about your training now, I wonder, did it seem like you wanted time to integrate everything with your current skills? Would you be interested in having NLP techniques at your fingertips so you can help individuals and groups change effectively and easily?

This 4 day course is about **building skills** at a more unconscious level through the **practice and application** of NLP to **your needs**.

- **Con conversationally coach at the water cooler or over a coffee**
- **Integrate metaphor and hypnosis with existing techniques**
- **Elegant questions to pace and lead ecological change**
- **Help others connect with their beliefs and values**
- **Create motivation for long term growth**

About the Course

The course will focus on reinforcing NLP skills essential to effective coaching and adding new approaches. We will explore techniques to hold the space for your client and create the conditions for first and second order change to occur.

Coaching Certification

The course is designed to **support and extend** your existing skills and NLP Practitioner Certification and comes with a **Sugar NLP Coach Certificate**. As with all our courses, the most powerful form of communication is behaviour and participants should use their skills ethically and with ecology in mind at all times.



*Sugar Practitioners can also be certified as a **full Business Communications NLP Practitioner** with the International NLP Trainers Association, through the addition of this training.

4 days of flexible training	✓
Comprehensive NLP Coaching manual	✓
New approaches and techniques	✓
Definitions of coaching (what it is & isn't)	✓
How to create agreements for coaching	✓
Instruction and advice from an experienced NLP coach & therapist	✓
Interactive and dynamic training	✓
How to sell yourself as a coach	✓
Demonstrations and lots of practice	✓
On course 1:1 support and coaching	✓
Post-Course support	✓

At present there is no one single UK or worldwide body for coaches. Attending this training will allow you to feel confident to use your existing NLP skills to the full as a coach.

For more information, please contact Neal Anderson

Call 01539 737215, email neal@sugarnlp.co.uk or visit www.sugarnlp.co.uk or www.valleytraining.co.uk

The helping hand we seek is often found at the end of our own arm



"You acted like you had total respect for me and believed in me that I could do a good job. That more than anything helped me to grow and learn and was very valuable to me. So thank you for that! It has made me more aware what a strong emotion that can be for someone and is something that I try to do with others whom I work with."

NLP Coaching Practitioner

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

- ❖ **Motivation for a Change**
Sugar NLP Coaching format, SCORE model for conversational coaching, semantic primes, efficiently identifying the present and outcome states
- ❖ **Integrating Hypnosis, Storytelling and Metaphor**
Milton language for motivation, hypnosis for relaxation/ to de-stress, storytelling, using a walk as a metaphor – taking a towards journey
- ❖ **Working with Beliefs and Values**
Utilising meta programs with feedback, eliciting and using a values hierarchy, spatial & timeline belief change, advanced patterns
- ❖ **The NLP Coaching Process**
Identifying the underlying concern, coaching procrastination, tasking, long term change, planning sessions, business set-up, certification

Playful Learning

Training with Sugar NLP and *valley training* is all about a passion and commitment to help you develop real excellence in coaching with your NLP skills and techniques.

We believe that practice is the key to making learning permanent

We will give you all the support and encouragement you need to get the most from the training because the changes that can happen may have far reaching benefits which you may not have even begun to imagine yet

Neal Anderson is an INLPTA NLP Trainer and Business Trainer and member of the Neuro Linguistic Psychotherapy Association. As a mentor, coach and therapist working with individuals and organisations he has been helping people grow and develop for over 16 years. Neal brings warmth and realism to coaching and training that really helps build skills for the long term for you and your clients.

How soon is it necessary to book?

Places are limited to ensure you receive the best training. We allow a maximum of 16 places on each course so it is advisable to **book as soon as possible**.

More Information

Phone or email and we'll be very happy to answer any questions

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"Thanks again and especially for helping me re-energise and find a better way of working for me."

"Many thanks for the great NLP Coaching course in Kendal the other week; I thoroughly enjoyed it. Just the right amount of content and pace, and good to work with a smaller group of people for such a course – it felt (looked, smelt, sounded and tasted!?) much more personal and it has really helped things to fall into place for me. I tried out some of the simpler techniques during four 1:1 coaching sessions and they worked very well. The coaching was commented upon favourably by the clients. Just as importantly, I really enjoyed being the coach!"

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