

PPD Learning Practitioner Full Curriculum 2010

This is a 'live' interactive training with opportunities to build skills and knowledge through experiential learning activities, demonstrations, presentations etc - as well as ongoing feedback and personal coaching.

• Foundations of NLP - Practitioner Part 1 (7 days)

NLP as a 'meta' model for learning and change
 Presuppositions of NLP
 Background and history of NLP as a field
 Overview of current NLP applications
 Outcome/feedback loop - the T.O.T.E. model
 Dilts' 'neuro' Logical Levels model
 Personal learning goals with success evidence

Calibration of unconscious non-verbal signals
 Matching and pacing for rapport
 Structure of systemic unconscious influence
 Pacing and leading
 Non-verbal, implicit 'culture' in groups
 Implicit modelling through 2nd Position . intro
 NLP as accelerated learning model

Representational systems VAKOG
 Sensory predicates/ language
 Eye accessing/ non-verbal cues
 Learning and rapport with VAK
 Submodalities - intro/ exploration
 Structure of subjective experience

Perceptual Positions model
 2nd position - Walking in Other's Shoes
 Characterological Adjectives
 Relational systems, loops, homeostasis
 Symmetry and complementarity
 Resourcing 'stuck' relationships
 The Meta - Mirror

Outcomes as fundamental organising principle
 Stepping Up and Down
 Intro to motivation and values
 Intro to NLP coaching model
 Intro to key Meta-Programmes
 Well Formed Outcomes
 The Precision Model - language and frames

State - intro, physiology
 Elicitation of states in self and others
 Natural anchors - associative/ conditioned learning

Intro to self-modelling/mapping across resources
 NLP Anchoring
 Circle of Excellence
 New Code NLP intro
 Integration of conscious/ unconscious
 Walk of Power and Grace
 Alignment and Congruence
 Resources on timeline . stacking anchors

Frames and Reframing
 Meaning and Context reframes
 Reframe of 'positive' intention

Through time/ In time structures
 Associated/ disassociated perspectives

Learning review/ feedback/ feedforward
 Integration of skills coaching

• Practitioner Part 2 (14 days)

1. Guest Module choice (3 days)

i. Robert Dilts 2010* (February 26-28) From Surviving to Thriving; the 4 keys to a successful and meaningful professional life

*Robert Dilts seminar for PPD Learning is
unique and new each year.

For Feb 2010 topics include;

Tools for success in times of crisis and change;
 Practical skills for personal mastery,
 Ethical influence, generative peer relationships,
 Radical approaches for business integrity/ results.

3rd Generation NLP approaches and models:
 The Hero's journey
 Coach to awakener

Or

ii. Joseph O'Connor – (June 18-20) How to be a Master Coach with NLP

This seminar is based on Joseph O'Connor's best-selling book.
 Topics include:

What is coaching?
 Wheel of Life
 Levels of Executive Coaching
 Benefits to business
 Exploring the present
 Designing the future
 Powerful questions
 Tasking - accountability
 Power struggle/ business culture
 Action language

cont'd

Joseph O'Connor cont...

Single loop coaching
Generative (double loop) coaching
Beliefs
Identifying limiting beliefs
Beliefs in time
The PAW process - goals/beliefs

2. States of Excellence (4 days)

Increase awareness state- self/other
Flexibility physiology, breathing
Calibrate to congruence/incongruence
Sponsorship, centring and presence
Walking the Talk, generative self-care
Resource states, high performance, choice
Association, disassociation
Unconscious-conscious communication
Relationship state to behaviour
Elicit variety of states self/other
Transform emotional habits, stress
NLP, happiness, positive psychology
Intro to neuro-science . states and health
Intro to heart coherence and NLP
Embodied skill, wisdom of the body
Movement, posture as representation
Changing states VAK
Systemic influence state on submodalities
Submodality state change
Language, frames and state
Chaining anchors
Successful learning strategies
More NLP new Coding, Alphabet Chart
TOTE model for state preparation
Archetypes and energies
Change Personal History
V-K Dissociation
Dilts' Jungle Gym
Operationalising NLP Presuppositions
Coaching and integration of skills

3. Magic of Language (3 days)

Milton Erickson . intro to his work, influence
Stories and patterns of change
Words and unconscious process
Intro to trance and hypnosis
Conversational change . creating possibility
Vocal flexibility - tonality
Dialogue and presence . relationship, field
The Milton Model- NLP
Causal Modelling and chaining anchors
Mind Reading
Embedded Commands
Presuppositions etc (21 'Milton' patterns)
Artful vagueness and suggestion
Listening at deeper levels
Enhanced calibration and relational feedback
Jokes, metaphors, meta-messages
Artistry, performance

The Meta-model - overview
Language as a perceptual tool
Transforming person's model of the world
Deletion, distortion, generalisation
Listening/utilising patterns distinct from content
All 12 M-M Language Patterns (*complete model*)
Principles of elegant application
Overlap with Cognitive therapy
Belief change - presuppositions
Intro to applied epistemological issues -
mind/language
Intro - connections to Cognitive Linguistics
Fluency and naturalness with M-M questions
Systemic influence on state, submodalities
Meta-model as key coaching tool

4. Power of Practitioner (4 days)

Assessment model - self-assessment
Coaching, tasks and stretches
Feedback and Progress form

Submodalities - VAK
Structuring goals . time, space, meaning
Critical drivers submodalities
Mapping across resources
Submodality accessing cues
Conversational change with submodalities
Transforming critical internal dialogue
Swish Pattern

Strategies . VAK
Well Formed Strategies
Successful TOTE - comparisons
Elicitation / installation
Decision strategy
Strategy NLP notation
New Behaviour Generator

Six Step Reframing
Building congruence-individual/ group
Resolving Conflict
Symbols and unconscious process

The SCORE model
The SCORE model through time/ systems
The SCORE structure of techniques
Eliciting a SCORE NLP pattern detection

NLP as integrated tools/skills for learning/ change
Practitioner certification
Review key principles and learning
Create future practice/ integration.

Judith Lowe, Principal Trainer

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