



Introduction to NLP

Developing people in coaching, training, teaching, counselling, consulting, therapy, instruction, management

Learn to apply the language of influence
Build better relationships and understand others
Discover how much of a difference NLP can make

“The most powerful vehicle for change in existence”
NLP described in Psychology Today

“NLP is an accelerated learning strategy for the detection and utilisation of patterns in the world”
John Grinder
“NLP is an attitude and a methodology, which leave behind a trail of techniques”
Richard Bandler

“A fantastic 2 days bringing NLP to life brilliantly”
“Some really useful tools to apply when necessary”

What is NLP?

Simply put, **NLP is a user manual for our mind.**

It integrates thought and the nervous system (**Neuro**), communication and the power of language (**Linguistic**) and the unconscious habits and patterns we run on (**Programming**).

On this course you will learn skills to:

- **Hold an outcome focus in what you do**
- **Assist others to access their inner resources for change**
- **Create resourceful states in yourself and others**
- **Discover how other people are motivated**

Sweeten your life

Sugar NLP is all about training with a passion and commitment to help you develop real excellence in NLP skills and techniques. Our courses focus on coaching, therapeutic and training applications of NLP for those who work directly with people.

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.



Deciding to take a Sugar Training

We don't know exactly what will convince you that a **Sugar Training is right for you** so in addition to the information here you are welcome to email with questions or call to speak to us in person and we will happily discuss the training further.

Small group size guarantees quality training	✓
Comprehensive NLP Certificate manual	✓
Instruction from 2 experienced trainers	✓
Interactive and dynamic training	✓
Certification by Sugar NLP	✓
Individual Support throughout the training	✓

www.sugarnlp.co.uk
 inspiring nlp training

Booking is easy
 Call 0845 094 6436, email info@sugarnlp.co.uk or visit our website
 Sugar NLP is a training partnership between Neal Anderson and Ben Dowman



Course Content and Outline Programme

	Morning	Afternoon
Day 1	<p>Introduction to NLP – What is it, how can it be used, how people define NLP and useful attitudes at the core of NLP</p> <p>NLP and Modelling - How we create our own reality, exploring the structure of subjective experience and discovering the difference that makes the difference</p>	<p>NLP Approach to Change - The benefits of an outcome focus, recognising emotional state as a major resource and using your personal history to support change and excellence</p>
Day 2	<p>Communicating on Purpose - Adding choice, building flexibility. Separating behaviour and intention, recognising people will make the best choice available to them and how to discover a persons higher intention</p>	<p>Unlocking Potential - Appreciating beliefs as filters that are learned and constructed. Conversationally loosening beliefs. Eliciting your timeline and building an empowering belief</p> <p>Outcome Focus - How to directionalise a persons attention to achieving their future goals</p>

About Sugar NLP

SUGAR NLP provide coaching and training for people who want to develop themselves, gain agreement, communicate well, influence others and have new ways to create success.

Each course is co-trained by Neal Anderson and Ben Dowman, certified NLP Trainers and Master Practitioners and active Coaches.

Certification

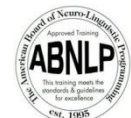
Certification will take place throughout the course and involves demonstrating proficiency in NLP with underpinning knowledge of NLP principles and techniques.

You will leave with a Certificate in NLP signed by trainers that represent the major schools of NLP **ABNLP, INHNLP and INLPTA.**

How soon is it necessary to book?

Places are limited to ensure you receive the best training. We allow 20 places on each course so it is advisable to **book as soon as possible.**

Take advantage of the **early booking discount** and get a **significant reduction** on your investment – see the website for all the details.



“Perfect for working with difficult groups”

“The stories were entertaining and helped put NLP in context”

Certification

Sugar Certificate in NLP

Who will benefit from this training?

This course is designed specifically anyone involved in education, learning, coaching, instructing and personal development including: outdoor instructors and educators, development trainers and teachers.

What will the course enable me to do?

Understand yourself and others in new and helpful ways. Relate to, motivate and influence groups in an ethical manner. Experience how much fun change with NLP can be. Coach others to achieve their goals.

What is the next step?

Sugar NLP Practitioner

www.sugarnlp.co.uk
inspiring nlp training

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