

19 responding to covid19 **20** developing 20 new coaches **21** starting in Jan 2021



Accredited NLP Coaching Diploma



A blended programme combining Live (Virtual) Group Learning Sessions with Coaching Practice, Video and On-line Resources, Reflection and Consolidation.

Part 1: Coaching Essentials

32 hrs guided learning Jan to May 2021

Foundations, principles and practice for effective coaching

- NLP the art & science of excellence; key frames, presuppositions & mindsets
- Rapport; building productive relationships ● Coaching; GROW Model & fit with the NLP approach ● Individual Maps of reality; working with your coachee's model of the world ● Levels of Development; Behaviour, Capability & Values ● Setting Well-Formed Outcomes ● Framing & Reframing ● Language Patterns & Precision Questions

Part 2: Coaching Excellence

32 hrs guided learning Aug to Dec 2021

Advanced approaches for coaching excellence

- Feelings & emotions; managing mood states (Coach and Client) ● Anchoring
- Beliefs; defusing limiting beliefs & developing empowering ones ● Perceptual Positions ● Meta programmes; client motivation and thinking styles ● The Meta model; helping clients get clearer
- The Milton Model; hypnotic language patterns, using Trance and the power of metaphor ● The Language Map

Programme Structure Part 1

8 x 2hrs Live Virtual sessions

10:30–12:30 fortnightly **2 Feb to 11 May 2021**

16 hrs Online learning spread

across 17 Weeks from **26 Jan to May 2021**

Programme Structure Part 2

8 x 2hrs Live Virtual sessions

10:30–12:30 fortnightly **7 Sep to 14 Dec 2021**

16 hrs Online learning spread

across 17 Weeks from **31 Aug to Dec 2021***

* With possible follow-on option (Part 3) continuing to full NLP Practitioner status

Special 19:20:21 Offer ● Part 1: £495 ● Part 2: £495

Further Savings for Charities ● Part 1: only £395 ● Part 2: only £395

Authenticity ● Integrity ● Empowerment

"... I now have real practical tools to significantly improve my life and work ..." NB

"You will learn, develop, enjoy and take away far more than you imagined possible." GB

"I found all the teaching and learning impeccable." OR

"Excellent, energising, uplifting and powerful Learning" LC



to find out more: www.firstpositionperformance.co.uk Tel: 01274 585160 info@firstpositionperformance.co.uk

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