

Basic NLP Certification Training – Topics Covered

Topics covered in the Basic NeuroLinguistic Programming Course include:

- Overview of NLP
- Presuppositions of NLP
- Sensory Acuity
- Eye Accessing Queues
- Representational Systems (how we see our map of the world)
- Predicates
- Sub-modalities
- Strategies
- Rapport
- Meta Model
- Information Gathering
- Anchors / Anchoring
- Techniques include:
 - States of Excellence
 - Anchoring and Adding a Resource
 - Chaining Anchors
 - Changing Personal History
 - Reparenting
 - Eliminating Fears & Phobias
 - Visual Squash
 - New Behavior Generator
 - 6 Step Reframing
 - Swish Pattern
 - Godiva Chocolate Pattern
 - Building Self-Confidence
 - Developing Self-Appreciation
 - And More!