



NLP Masterclasses 2023

| Date | Time | Masterclass |
|---|-------------------------------|--|
| January Tue 24 th or Wed 25 th | 7-9pm 12.30- 2.30pm | The NLP Communication Model <ul style="list-style-type: none">➤ How people create their own unique version of reality➤ The information filters➤ Deletion, distortion & generalisation - being able to recognise blocks to moving forward.➤ Internal Representations and their influence on behaviour. |
| February Tue 21 st or Wed 22 nd | 7-8.30pm 12.30-2pm | Identifying Communication Styles <ul style="list-style-type: none">➤ Identifying your preferred and least preferred style➤ Adapting your communication to connect unconsciously➤ Language - verbal & non verbal➤ Consciously building rapport - especially useful for when you need to gel with someone you are very unlike. |
| March Tue 21 st or Wed 22 nd | 7-9pm 12.30- 2.30pm | The Neurological Levels Model <ul style="list-style-type: none">➤ The purpose and use of this model in coaching & business➤ Explanation of all the levels and how they operate➤ Demonstration of how to use the model with clients / staff➤ Practice the model in pairs. |
| April Tue 18 th or Wed 19 th | 7-9pm 12.30- 2.30pm | Working With Beliefs / Removing Limiting Beliefs <ul style="list-style-type: none">➤ Defining beliefs & limiting beliefs➤ Introduction to Submodalities (the building blocks of our thinking)➤ The Submodalities Limiting Belief Change➤ Demonstration & practice. |
| May Tue 16 th or Wed 17 th | 7-8.30pm 12.30-2pm | Discovering Personal Preferences - Meta Programs <ul style="list-style-type: none">➤ What are they and how they can be used in coaching, therapy and business➤ Basic Meta Programs & the 19 Complex Meta Programs➤ The Meta Programme questionnaire➤ Demonstration & practice. |
| June Tue 6 th or Wed 7 th | 7-9pm 12.30- 2.30pm | Identifying 'Parts' and Resolving Internal Conflict <ul style="list-style-type: none">➤ What are 'Parts' and the effect they can have on our lives➤ When to use this process and what it will do for clients➤ How to do a Parts Integration➤ Demonstration & practice |

| | | |
|---|---------------------------|---|
| July Tue 18 th or Wed 19 th | 7-8.30pm 12.30-2pm | The Influences of Internal Representations and Model of the World <ul style="list-style-type: none"> ➤ Recap of the NLP Communication Model ➤ Perception and how to 'trick' the mind ➤ Our coding - strategies and states ➤ How the Model of the World influences outcomes |
| August Tue 22 nd or Wed 23 rd | 7-8.30pm 12.30-2pm | Anchoring and Working with Internal States <ul style="list-style-type: none"> ➤ Theory and purpose of anchoring ➤ Types of anchors ➤ When to create and use anchors with clients ➤ Creating a power button anchor ➤ How to dissolve a negative state |
| October Tue 3 rd or Wed 4 th | 7-8.30pm 12.30-2pm | Using Language for Conversational Change <ul style="list-style-type: none"> ➤ How to recognise assumptions in language and use them to influence clients in a positive way ➤ Meta Model - recovering lost information to solve problems ➤ 2 powerful linguistic problem solvers to use with clients |
| November Sat 4 th November | 9.30am - 3.30pm | All About Values <ul style="list-style-type: none"> ➤ Discover your values in any area of life ➤ Ordering values correctly in a values hierarchy ➤ Identifying if motivation is towards or away from what you want ➤ Inserting or changing the order of a value in the hierarchy ➤ Using this process with clients & staff teams ➤ Demonstration & practice. |

These sessions are exceptional value and include handouts plus a recording of the session so you can revisit it any time you want.

Further discounts for block booking masterclasses.

All 10 - £400 (£60 discount)

Any 5 including All About Values - £270 (£30 discount)

Any 5 **excluding** All About Values - £180 (£20 discount)

To book: Please email fenella@fenellahemus.com stating which master classes you would like to book.

