

Syllabus of Neuro-Linguistic Program(NLP)

Lesson 1

History of NLP

Lesson 2

Pillar one- outcomes

Pillar two- being observant

Pillar three- behavioral flexibility

Pillar four- rapport

Neurological levels

The neurological level model in practice

Presuppositions of NLP

Lesson 3

Presuppositions:

The Map Is Not The Territory

Everyone Lives Within Their Own Unique Model Of The World.

Boundaries:

Five Steps Toward Personal Mission Statement Development:

SWOT Analysis:

Lesson 4

Some Noticeable Visual Representation Sub-modalities:

Some Noticeable Auditory Representation Sub-modalities:

Some Noticeable Kinesthetic Representation Sub-modalities:

Some Noticeable Auditory-Digital Representation Sub-modalities:

An A-Z of NLP

Lesson 5

A-Z of NLP (continued)

Lesson 6

The Importance Of Beliefs And Values In NLP:

Belief Change Pattern:

Criteria:

Lesson 7

Visual Clients

Auditory Clients

Kinaesthetic Clients

Word Linking,

Mind,

Reading,

Embedded Commands,

Presuppositions,

Modal Operators of Necessity,

Universal Quantifiers.

Lesson 8

Anchoring:
Rapport:
Modelling:
Natural Modelling:
Environment:
Behaviour:
Capabilities:
Beliefs and Values:
Identity:
Spiritual:

Four Stages In Acquiring A New Skill Or Talent:

- 1) Unconscious Incompetence
- 2) Conscious Incompetence
- 3) Conscious Competence
- 4) Unconscious Competence

Modelling Step-By-Step:

Personal Identity:
Timelines:

Lesson 9

More on Timelines.
Negotiation.
An NLP Session With A Client.

Lesson 10

Start by Understanding Your Own Communication Style.
Be An Active Listener
Feedback:
Use Nonverbal Communication
Boundaries