



your business in mind

Modelling excellence for higher performance



Health and Life Transitions CIC

Making the most of your life

THE ETHICAL MASTERS IN NLP

LEADING TO ANLP CERTIFICATION AS A MASTER NLP PRACTITIONER.

We are delighted to announce our next Master Practitioner in NLP, Autumn 2015. The Masters Course is designed to do what it says on the tin, to enable you to gain mastery in the principles and applications of Neuro Linguistic Programming. Such mastery enables you to be who you want to, behave how you want to, rid yourself of unhelpful limitations. These abilities translate to high performance at work and in every day life.

The programme is led by Dr Jan Russell Dexter and Dr Graham Dexter, certified trainers in NLP who pride ourselves on delivering brilliant value evidence based training. This year, we are running the course over 11 taught days and assessing over a further 2 days, so that you can assimilate the training to optimum level.

WHAT WILL I LEARN?

Mastery is a science and an art. John Grinder proposed the criteria of mastery in the context of NLP as:

- Consistent self- application
- Intentionality: do you understand the intention behind each step in the NLP pattern?

On our Masters programme, we provide the conditions for you to integrate mastery of NLP into your personal and professional lives. We ensure that delegates embed what we understand Richard Bandler to mean by the 'spirit and attitude' of NLP. You will learn on multiple levels and in many ways – conscious and unconscious, through language and behaviour, discovery and absorption, in groups and one to ones. Our aim is for you to develop your NLP mastery to the point of *unconscious competence*.

This is a lot of fun! You can pay attention to what, precisely, excellence means for you, and develop it dynamically. You will find yourself integrating NLP fully, becoming proficient at creating change through the use of language. You will also learn to create and become your own *model of excellence* throughout and beyond the programme. You might want to create a model of excellence in the context of management, marketing, public speaking; or you may decide to focus on your model of excellence in a personal context, or in a sport. In our experience, the professional and the personal often overlap.

WHERE?

We have secured an AMAZING eco- friendly location to hold the first five days on a [residential basis](#). This will create a strong foundation for the rest of the programme, to embed the ethic and principles of NLP. And there's lots of space to relax (swimming pool, tennis court, games room, bicycles for hire ☺)

The following three modules of the course will be run in Lincoln. We split the course into modules as in our experience this allows for a much more meaningful integration.

WHEN?

28th September – 2nd October 2015

27th - 29th November 2015

16th – 18th January 2016

20th - 21st February 2016

The Master Practitioner is an enriching experience, and is assessed by two methods.

MODELLING.

You are invited to choose someone who you consider to be outstanding in their field (who have the difference that makes the difference), and model some aspect of their practice - *how do they do what they do so well?* You will then demonstrate how you did the modelling and present the information back to the group. On previous courses, people modelled a wide selection, ranging from your humble tutors to Barak Obama, prominent speakers, yoga teachers, a Spanish teacher, a fire breather, to name but a few - a rich array.

THE BREAKTHROUGH SESSION

This process is widely recognised as a valuable form of assessment. You are asked to coach a client using NLP to assist them to make a change which breaks through obstacles and self limiting beliefs. The session lasts 2 - 3 hours and is assessed 'live'. We are supported by 'real' clients for this process and we evaluate the outcomes.

PRACTICALITIES

We run the course through partnering our award winning company Your Business in Mind, and our Community Interest Company, Health and Life Transitions CIC. This makes it as accessible as possible, and observes the principles of equality and diversity both as legislated, and in spirit.

FEES: Full fee is £1650.00. This includes accommodation on the residential leg of the course. If you want to share a room with another delegate, cost is £1550.00. We offer unprecedented value for money. Price does not include subsistence, which we can self-cater at minimal cost.

PAYMENT TERMS & CONDITIONS: Places are secured by a 25% deposit at time of booking, and full fee payable five weeks before the course begins, i.e. 24th August. Full refunds can be made up to 4 weeks before the course begins, with £55.00 non returnable administration fee. Cancellations less than a month prior to the course cannot be refunded. Exceptionally we can negotiate terms of payment.

LIFELONG LEARNER DISCOUNT: Our company policy is to give 20% discount on the above prices to all of our current and previous learners.

BURSARY: We award two bursaries for this course. One is an offer of a 2 for 1 basis, for those on low incomes. The other is a flat fee only basis, i.e. cost of the accommodation and materials. These are designed for people on a restricted or very low income, respectively. Contact us directly if this is you and we will discuss principles of this route with you.

TRAVEL AND ACCOMODATION: For the residential arm of the course, we are happy to co ordinate travel share if there are a group of people going from the same area. There is good value accommodation in Lincoln for the non residential legs, and you never know, you might meet someone on the residential arm who can put you up!

For booking queries mail Julia askus@healthandlifetransitions.com
For course queries, mail janice@healthandlifetransitions.com

Warmest ☺ Jan and Graham Dexter

What the students say about our Masters NLP 😊

I am in far better control of my state; able to put myself into the state that I want when I want.

I worked with a discipline and determination that I hadn't used for many years, assuring myself that the goal I was working towards would bring me the identity I had been seeking all of my life

Being able to change my state to slow my heart rate and breathing at will helps to break out of non-useful states including panic attacks.

The exhilaration of having gone through the experience and having achieved a pass was absolutely incredible and like nothing else I have ever experienced. I drove home 10ft off the ground

I have more choice and flexibility and understanding that if something doesn't work first time then I'm more likely to try something else.

Wow - what can't I do now?! Seriously, I actually think "what's to stop me from



doing anything I want to do?" Climbing Kilimanjaro was a life-changing experience; the modelling project was the 'icing on the cake'. I accept that at long last I have the capability to do what I truly want to do and YES that was me out there. It was an incredibly empowering experience. 😊

I have had feedback from someone that I have made a "profound change" in their view of life/thinking and I calibrated that that was a positive change.

I have my first new qualification(s) since graduating 23 years ago. I have regained my love of learning and am now considering what to do next.