

Held just once a
year - and the next
one begins October
2012

The Pegasus NLP Master Practitioner



Avon Tyrrell in the New Forest
October 2012 to January 2013

The Masters...

The Masters is the next step in your NLP journey – coming after NLP Core Skills and the NLP Practitioner Certification Part 2 programme.

It is your opportunity to take your use of NLP to a new level – that of mastery.

Mastery means being able to

- Use NLP more effortlessly and seamlessly
- Develop an NLP approach which moves beyond reliance on techniques
- Use NLP as it was originally designed – as an NLP Modeller
- Benefit from 3-month self development journey.

The training modules are spread over 3 months so you will have lots of time to practise and to integrate what you learn – as well as run your own NLP Modelling Project.

And you will be applying and integrating and fine-tuning in your own life all of the advanced NLP methods that you encounter during your Master Practitioner experience.

Join us for a breath of fresh air this Autumn and enjoy three learning modules in the wonderful rural setting of Avon Tyrrell in the New Forest as part of a team of highly motivated fellow travellers.



When it's time to move up to Mastery...

A great place to learn and relax

This year Masters is back in the New Forest at Avon Tyrrell - and in Avon Lodge, the biggest of the lodges.

As you'll remember from taking part in NLP Core Skills this is a great place to take a break from the noise (apart from the odd plane) and bustle of everyday life.

This wonderful country location means you can relax and get into a focused learning mode - and enjoy

- 60 acres of parkland and with access to the New Forest heath
- Peaceful paths through the woods and shrubberies
- Morning or evening walks around the two lakes
- Cycle and running track - plus dedicated and graded rough stuff cycle area
- About 15-20 minutes drive from the coast
- You will be able to get out and about among the trees during breaks, breakout sessions and before and after each day's training session.



What you learn on the Masters

- **3-month immersion in advanced NLP:** twelve weeks to take your skills to a high level – in three course modules, in your coaching groups and by practising what you are learning between modules.
- **‘Coach with integrity’:** Drawing upon Reg Connolly's 22 years experience in using NLP in coaching and psychotherapy you will be modelling what makes coaching work and how to use NLP to ‘coach with integrity’ i.e. is precisely tailored to match their personality and lifestyle.
- **Use Language Patterns with ease:** Take your language skills and the non-verbal skills, begun in your Practitioner Programme, to a new level where much of your change-work is done in a natural and conversational manner.
- **Move beyond ‘techniques’:** standardised NLP techniques, such as you learned in your own Core Skills and Practitioner Part 2, are very useful in attaining solutions. In the Masters you learn more techniques or ‘recipes’ – but you also learn to ‘cook’ rather than simply follow recipes. You will be modelling or identifying the structure and patterns within NLP techniques so that you can develop an advanced ability with these, adapt them to suit the situation or person, or even design your own bespoke techniques should you wish.
- **Meta Programmes:** Recognise and use these out-of-awareness filters patterns to enhance how you communicate with and influence individuals and groups: gain valuable insight into how people communicate, make decisions, and react.
- **Advanced Reframing:** Use the subtle reframing Sleight of Mouth patterns to extend your subtle ‘conversation change’ skills and (1) enable a person to examine and alter limiting beliefs and values (2) resolve self esteem problems and (3) change how they perceive and respond to difficulties and setbacks.
- **Seamless NLP:** Develop the ability to utilise NLP easily, conversationally, and unobtrusively in any context be it social or professional or inter-personal, and without this being obvious or clunky.
- **‘Behavioural Modelling’:** Develop, the ability to create a detailed ‘blue print’ or model of how somebody does something so that you can then coach them in improving how they do it. This can be applied to useful skills they want to enhance or to teach others - and in can be applied to negative behaviours they wish to alter or replace.



Plus you also learn...

- **Beliefs and Values:** advanced skills in loosening limiting beliefs and values – including the powerful Re-imprinting method to deal with life-long limiting beliefs, in yourself and in other people.
- **Systems Thinking & NLP:** how using streamlined Systems Modelling with NLP provides a particularly potent tool for working with individuals, groups or teams and facilitating effective, ‘ecological’, and enduring change which avoids the Law of Unintended Consequences.
- **Pattern Mapping:** a problem behaviour is often be just one example of an underlying attitude which affects many parts of a person’s life. In Pattern Mapping you identify or ‘map’ a person's habitual ways of thinking, responding and behaving and use this to recognise trends, deal with the pattern rather than individual behaviour, and make your change-work more pervasive.
- **The Practitioner Re-visited:** re-visit the Practitioner material, give it more depth through recognising why it works, use it alongside more advanced material, and bring it to the level of unconscious competence. Revise and develop greater skills with old favourites such as Anchoring, Submodality skills, Time Line skills, Strategies and the TOTE, the Milton and Meta Models, The Logical Levels (Personality Map), reframing, the Techniques (such as Parts Negotiation, The PICOORE, Disney, etc).
- **Personal integration and development:** the Masters is a powerful 3-month journey of self development and discovery: you will have the opportunity to apply advanced NLP methods to replace long-standing limiting responses, beliefs or attitudes with more resourceful ones – and, in the final module, develop an integrated plan for life after the course.

Who attends the Masters?

- **Managers and team leaders:** to improve how they lead, motivate, handle difficult people and situations, and work with complex group-dynamics.
- **Trainers, teachers and facilitators:** to communicate with greater effectiveness, design your material to suit the group, and manage your own presence.
- **Sales people:** to recognise and highlight the value to your customers of what you sell, sell effectively in difficult times, and develop customer relationships which endure.
- **Coaches:** to develop the Modelling Approach to coaching, enable the person to find their own solutions, and use coaching in a variety of situations including managing, teaching, and parenting.
- **People who want to develop themselves:** The Masters is a thorough 12-week self-development programme in which we work mainly at the in-depth levels of beliefs, values, and identity. And everything you explore is first applied in your own life.

Learn to do Behavioural Modelling

What is behavioural modelling?

Modelling is the ability to discover, in a very detailed manner, how somebody does something – whether this be a desirable skill which they value or one which they find gets in their way, such as anger or anxiety.

NLP Modelling is a very thorough process. We aim to precisely identify everything is involved how a person does something e.g.

- the mental and behavioural strategies they use
- how their surroundings influence their skill
- how their beliefs and values influence their ability
- the involved Meta Programmes (their mental preferences and prejudices)
- the degree to which their self esteem supports what they do

Why model behaviour?

Two main reasons – we model to identify how somebody does something which

- they find useful such as performing in sporting, public speaking, or being very effective in leading people or in selling. Here we might do this so that (1) they can get better at it and/or (2) this skill can be taught to others

- they are having trouble with such as the (unconscious) skill of getting angry, undermining their own self esteem, or being inefficient in their role at work. Modelling in this situation enables us to enable the person to very precisely design suitable alternative behaviours.

Experts can't teach

If a person can successfully and consistently achieve a particular result they are an expert. They may be an expert at getting upset with others, being a great facilitator, failing in important areas in their life, or handling pressure successfully.

Ask them how they do it and they'll tell you what they think they do. But real expertise is unconscious – it is out of our conscious awareness.

NLP Modelling enables us to identify the out-of-awareness factors which account for their success. And help them refine and improve their skills. And develop these skills for ourselves – or teach them to others.



How you learn...

The Pegasus Master Practitioner approach to learning has a number of key features:

Pegasus NLP Practitioners only:

For the past 9 years we have restricted attendance to Pegasus-Certified Practitioners. This is not a good business model since it reduces the number of people able to attend but we know the benefits to participants outweigh this;

(a) It makes for a more cohesive group and a better learning team.

(b) It also means we can pack a lot more into the Programme because we do not have to spend time bringing people up to speed with the many unique behavioural and, especially, attitudinal aspects of Pegasus NLP training.

A meeting of friends

The Masters is a more personal course – by the time you attend we will already have spent three weeks working together and getting to know one another. This makes a big difference when it comes to being able to personalise the material to suit you and to offer personal pointers as to its applications.

Small groups

The learning team will be around 10-15 which ensures you have on-going personal access to the Trainers. As in your Practitioner Certification Programme you will also be part of a small co-coaching groups which change with each module

Active learning

Through doing, discussing, and exploring – and with more time allocated for many of the exercises.

Co-learning

On the Masters we are co-explorers rather than experts-and-followers – you are facilitated rather than taught, which is especially important at Master Practitioner level.

Outdoor activities

Being on site at Avon Tyrrell we will be able to include (weather permitting) outdoor activities including the High Ropes, Climbing Tower, Archery, and Raft-Building on the lake.

Exceptionally in-depth exploration

For example, in Module 2 we run one of the longest and most thorough NLP training exercises available anywhere – a live Modelling Exercise which runs over two full training days. This is done in small groups and with on-going live facilitation and coaching from the course Trainer.

Your own modelling project

This is central to your Master Practitioner training. In Module 1 you select a skill which you would like to study in depth. You then identify precisely how three experts do the skill, compare this with the skills of two or three non-experts, and build a model that will enable others to do this skill.

Previous Masters' projects have included public speaking, horse whispering, making telesales calls, leadership in action, listening to music, creative writing, etc. In the final days of the programme you share your project results with your colleagues.

We have found that the modelling project is a particularly powerful vehicle for developing sound, practical and in-the-field NLP ability - and of integrating all of the Practitioner and Master Practitioner Skills.

This is one of the reasons that Pegasus Certified NLP Master Practitioners stand out for their level of skill, flexibility, and ability to use NLP elegantly and unobtrusively.

Certification as a Master Practitioner of NLP

We aim to ensure that by the end of this training programme you will receive certification as a Master Practitioner of Neuro-Linguistic Programming

As this is a full-length, full-syllabus course your certification is widely recognised within the world of NLP and, since Pegasus NLP Training is a Founder Member of the Professional Guild of NLP, it is recognised by all Member Organisations of the Guild.

In addition, as a Certified Master Practitioner who has trained through a Member Organisation of the Guild you will be able to apply for Individual Membership of the Guild.

A certificate to be proud of

We want you to be proud of having achieved your NLP Master Practitioner Certificate in the knowledge that it is proof of your having achieved a specific level of skill and change.

This is why the certificate is proof of your skill and is not a certificate of attendance. And, while certification is guaranteed, we may not always be able to immediately certify everyone. Anyone who does not receive immediate certification will be asked to do some further work to bring them to certification standard and this will require a further short visit to one of our courses (for which there is no charge).

Throughout the course you will receive direct and indirect coaching to enable you to reach the requisite standard and you will be part of a small coaching team of three or four people with the joint aim of ensuring that each of you reaches the highest possible standard of Master Practitioner Level NLP by the end of the training programme.

You are encouraged to take full advantage of the training's time span by aiming to use the time between modules to refine specific skills identified in your coaching group as worthy of extra attention as well as to work on your modelling project.

In the certification process you will be aiming to demonstrate your ability to utilise the main Master Practitioner processes as well as demonstrate considerable skill and ease in applying the Practitioner material. In addition you will be demonstrating your skills as a potential Master Practitioner through the manner in which you design, operate and present your Modelling Project.

Assessment

Assessment for certification is informal and on-going and does not involve a written or oral 'examination'. Assessment is completed during the third module, when you will be presenting the results of your modelling project and demonstrating your knowledge of and skill with NLP techniques, and is based on the subjective observations and assessments of the Certified NLP Trainers who will have participated in the Programme.



Likely to miss a day?

The certification process requires that you have missed no more than 1 day of the training. In the event that you have to miss more than this we will invite you to catch-up the time at a further Practitioner or Master Practitioner Certification Training (depending on how much time you may have missed) in order to accumulate sufficient attendance credits for certification.

Our objective is to ensure that everyone reaches the level of Certified Master Practitioner of Neuro-Linguistic Programming by the end of this Programme. As mentioned above, if we are unable to offer full certification then we will invite you to attend further training on a later Practitioner or Master Practitioner Course. There is no charge for this additional attendance.

Advance preparation?

You don't need to do advance reading or studying: we will ensure everybody gets up to speed quickly on the Core and Practitioner material - irrespective of how long since they attended these.

The following three suggestions are optional:

Your vision: go through the Master Practitioner syllabus in this document and begin creating a vision of how you want your life to change as a result of completing the programme – and how achieving this will benefit you.

Your personal development: this is one of the key benefits of taking part. So identify some areas or aspects of your life that you would like to change and how you would like these to be.

Your modelling project: Begin thinking about a particular skill which you would like to 'model' for your project during the Master Practitioner – and identify three or four people who you consider to be expert in this area and who might be prepared to talk with you about their skill during the Masters.

The NLP Trainer Training

Our Certified NLP Trainer Training is the training to take part in if you would like to bring comprehensive and very advanced skills to how you design, market and deliver training programmes in the corporate, academic or personal development fields. Certification also entitles you to deliver NLP certification training programmes.

The Trainer Training is open only to NLP Master Practitioners who have certified through Pegasus NLP. The next Trainer Training programme is held every other year and the next one is scheduled to begin in Autumn 2014.

When and where

Dates & Times

The course is held in three modules - 7 days, 4 days and 7 days

1. Module 1: 26 October - 1 November 2012
2. Module 2: 26-29 November 2012
3. Module 3: 18-24 January 2013

Times are approximately as follows

Each module	Start	Finish
Day 1	3.30 pm	7.00 pm
Other days	9.00 am	5.30 pm
Final day	9.00 am	3.00 pm

Training fee

Residents £2400 plus VAT. Non-residents £2480 plus VAT.

Pay as you practise: Spread your fee, including accommodation, over deposit-plus-12 payments – and do the Masters for around £250 per month.

Or you can send your deposit and pay the remainder by monthly standing order over 6 or 12 consecutive months beginning either two months after your deposit or during the first Module, whichever occurs first. (Private individuals only – not available for organisations).

Please remember to make your payment arrangement when registering for your course. There is no additional charge for spreading payments.

Certification fee: This is included in your training fee - unlike many other organisations, we do not charge an additional fee for certification at the end of the course.

Self catering accommodation: Shared twin-room £29 ppn (£435 for full course). Limited single -room accommodation available £37 ppn (£555 full course). Please contact Debbie as soon as possible to reserve your accommodation.

To take part

Please email or telephone to provisionally reserve your place. We will then send you the course registration form so that you can confirm your place.



How to get to the course

Despite being in a remote part of the New Forest Avon Tyrrell is easily reached by road, public transport, and air.

Public Transport:

Head for Bournemouth by coach or train and then take a taxi.

Fast trains go to Bournemouth. Slower trains stop at Christchurch and New Milton stations - nearer than Bournemouth but not so good for sharing taxis.

If you do not have your own transport it is best to stay on site as the nearest guesthouse is about 30 minutes walk.

Airports:

Bournemouth, Southampton, Heathrow or Gatwick airports all have direct coach links with Bournemouth.

Luton Airport to Bournemouth by rail is just over 3 hours. Stanstead to Bournemouth is around 3.5 hours.

By Car:

Travelling distances

- Southampton 21 miles
- Bournemouth 11 miles
- Central London 101 miles
- Oxford 88 miles
- Birmingham 154 miles
- Bristol 76 miles

Being off the beaten track the last part of the journey through the New Forest Avon Tyrrell can be a little 'challenging' even with SatNav so we will provide you with detailed directions in our 'joining' email.

Use postcode BH23 8EE if you are using an online route planner such as <http://www.theaa.com/>

How to take part

Please email or telephone to provisionally reserve your place. We will then send you the course registration form so that you can confirm your booking.

Remember that the Master Practitioner course is open only to NLP Practitioners who have certified through Pegasus NLP.

Your place on the course is secure once you receive your confirmation and receipt from us.

We will then send you course joining information along with full directions for getting to the venue about 14 days before the course begins.

Anything else?

If you want to clarify anything email or call Debbie Little on 0845 22 608 22 - debbie@pegasusnlp.com.



The course blog

The course blog will be online from about 3-4 weeks in advance of the Master Practitioner.

This is a handy way of contacting people in advance of the course to check if they attended the same Practitioner and Core Skills as you, make plans for course eating-out sessions, and arranging travel sharing.

The blog will be password-protected and open only to participants.

We will send you login information once it is online.

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