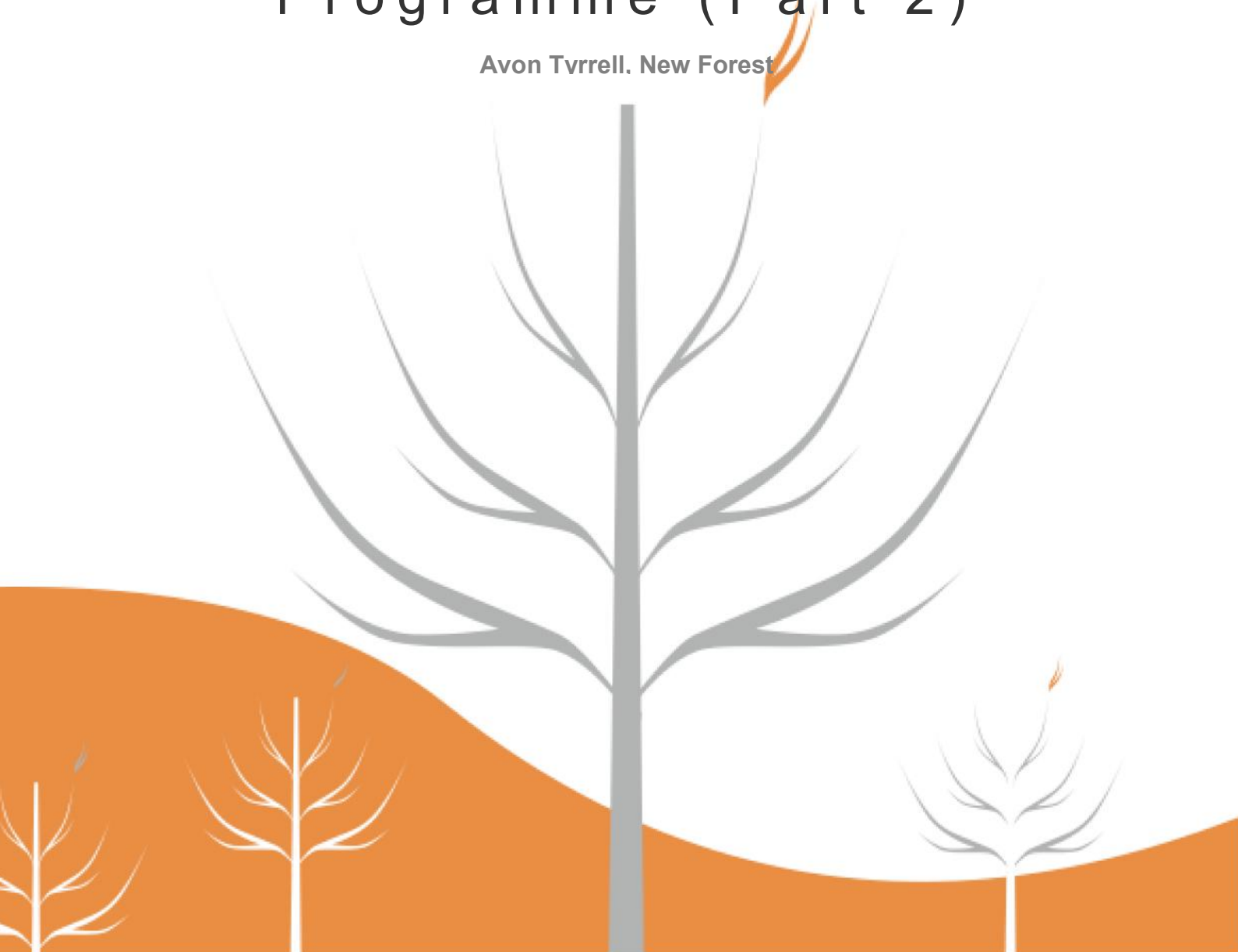




PEGASUS NLP

NLP Practitioner Certification Programme (Part 2)

Avon Tvrrell. New Forest



Welcome to Practitioner Part 2!

Pegasus NLP Core Skills is the first part of the NLP Practitioner Certification Programme. Having completed Core Skills you can continue with 'NLP Practitioner Part 2' which is held over two weeks in the same beautiful setting in the New Forest in Hampshire.

What you learn on Practitioner Part 2

The Pegasus NLP Practitioner Part 2 is an inspiring and enjoyable learning experience packed with information, insights and practical techniques.

In addition to building upon and extending your learning from NLP Core Skills you will be exploring and developing skills in five key areas:

(1) The Language Model skills

Based on the study of excellent communicators, the powerful NLP Language Model will have a profound impact on your ability to understand others and communicate with them clearly and influentially.

The Language Model is actually made up of two models: the Meta Model and the Milton Model. Developing skill with the Language Model will provide you with the skill to (1) recognise the thinking behind what a person says, (2) recognise and deflect their attempts to un-usefully influence you, (3) help others clarify their thinking – and recognise how it may be limiting them, (4) add emotional impact to your communication and (5) introduce an unusual degree of clarity and precision into how you communicate with others.



At Pegasus NLP we specialise in making the NLP Language Model accessible and memorable because it is undoubtedly the most important, most powerful and most practical of all the NLP processes – and the one which you are likely to use most frequently in your daily personal and professional life long after the course has finished.

(2) Strategies

Strategies are the automatic or 'unconscious' programmes or recipes which each of us has for doing just about everything we do. We have mental/physical strategies for eating, planning, being excited, communicating, getting annoyed, becoming fearful, successfully handling situations, and so on.

Some strategies work fine. Some work excellently. And some cause us problems. This is because we develop many of our strategies at a very young age. And we develop them through 'modelling' or emulating others – who, in turn, picked up the strategies, which we modelled, in a similar manner.

So ineffectual methods get passed, unquestioned, on from one generation to another as being 'the right way' to do things.

In Practitioner Part 2 we take a very practical and pragmatic look at these automatic programmes – and look at how easily they can be improved, altered or, if they are not fit for purpose, replaced with more effective ones.

A quite excellent course. Thoroughly enjoyable and very worthwhile experience. I have made friendships and developed relationships which I expect to be life-long. A.S July 2008

You can use this skill to improve your own performance, overcome difficulties or develop new skills - and you can use it to assist others in doing the same whether as a coach, friend, parent, manager, etc.

(3) Personal Development & Communication Skills

Participating in the Programme is a bit like progressively giving yourself a 'makeover' in how you think, feel and react – and in how you interact with and influence others.

This is because you are learning-through-doing – and through applying to yourself what you are learning. So first *you* benefit from the methods – and then, having benefitted from it yourself, you will be more skilled, more confident and more believable when you apply these methods with others.

(4) Values and Motivation

A thorough understanding of, backed by real skill in utilising them, is fundamental to motivating yourself or others and to making important life decisions. In Practitioner Part 2 you learn how to use Values to understand and motivate yourself – and others.

You will learn two techniques: the Top 5 Method, which is useful for situations where a person is moving towards having good feelings, and the Motivation Direction Method which is useful where a person is motivated to avoid unpleasant feelings or has a tendency to procrastinate.

As with all NLP methods these can also be used in your own life. During the two weeks of this programme you will be developing your own Values Hierarchy so that you know your own values and their importance relative to one another. You will be using this to examine how your daily life is or is not fulfilling your top values - and how you can remedy this if necessary. And you will also be assessing your values hierarchy to identify values which may no longer be relevant – and learning how to replace these if you wish.

You will also be looking at how you can use your Values Hierarchy to make more considered, proactive and far-sighted important decisions in your personal life.

These sessions provide you with great opportunities to explore topics such as teamwork, interpersonal communication, how best to support or coach people, how you can better deal with challenging situations, and how the course material can be used in everyday life.



(5) NLP Change & Influencing Techniques

The following are some of the techniques you will learn and which can be applied to benefit yourself or others.

Reframing: a wide range of methods for conversationally influencing how you and other people respond to events and situations.

Parts Negotiation: one of the most powerful and effective stress management tools in NLP – great for resolving inner conflict, too.

Change Personal History: how to defuse the impact of long-held gut responses such as fear- or anger-causing anchors.

The Fast Phobia Cure: a quick and very powerful way of changing how you are affected by uncomfortable memories or concerns about forthcoming events.



Anchoring: how to recognise the Anchoring Phenomenon in which positive and negative anchors are being created all the time. How to create powerful positive anchors for yourself and others.

Swish pattern: How to use the Swish Pattern, which you encountered at the end of Core Skills, to assist yourself or others easily negate the impact of negative anchors.



Design your Future process: in this process you will have the opportunity of using your values and beliefs to design how you wish your life to be in a few years time – and developing an outline action plan for making this happen.

We begin this process early in the first week and continue it through the rest of the course. The process is then completed on the final afternoon as a way of integrating all of your NLP skills to create a realistic and inspiring vision of the future that you want for yourself – as well as engaging the motivation and developing the action plan to make this happen.

More: The full syllabus is at the back of your NLP Core Skills' Manual and is on-line at <http://www.nlp-now.co.uk/prac-syllabus.htm>

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An NLP learning-break in the New Forest!

As you may remember from NLP Core Skills the course location in the New Forest is quite special. Our core trainer Reg Connolly says "I've been presenting NLP courses at Avon Tyrrell since 1999 and I still haven't fully explored the woodlands and pathways – there's always something or somewhere new – whatever the time of year."

How you will learn

Coaching Groups: To help your learning you will be part of a small 'coaching team' of three or four people for each of the two weeks and for the period in-between. We have found that the coaching teams are a particularly valuable learning resource since you will be learning with and teaching one another.

Trainer Team: Details of the NLP Trainers on your course will be sent in the joining information which you will receive a few weeks in advance of the course.

Archery, Climbing Tower, and Raft-building: Weather permitting we aim to have an archery session, a session using the climbing tower (including abseiling down from the top), and a raft-building session in which you will be building a raft from some planks and barrels - and test-sailing your team's handiwork on the big lake.

High Ropes finale: Near the end of the programme we will have a High Ropes session at Avon Tyrrell's High Ropes Course – giving you an opportunity to compare your experience at the end of NLP Core Skills with that at the end of Part 2 – plus to explore some new high challenge activities. .

Dates & Times: the NLP Practitioner Part 2 course is held in two one-week modules which are usually separated by a 3-4 weeks gap. This can vary so see website or registration form for exact dates.

Practitioner courses begin on Friday and end on Thursday afternoon:

	Start	Finish
Friday	3.30 PM	6.45 PM
Saturday-Wednesday	9.00 AM	5.30 PM
Thursday	9.00 AM	3.00 PM

Where you will learn

With NLP Practitioner Part 2 you will have the opportunity of revisiting the 60 acre Avon Tyrrell estate in Hampshire's wonderful New Forest.

As with NLP Core Skills our NLP Practitioner Part 2 courses are held in the large Avon Lodge. However this course will normally have a second Lodge (this will usually be the large wooden lodge opposite Avon Lodge). This will mean that single room accommodation will be available – as well as two kitchens and lounge areas, allowing for more variety of meals and evening activities.



Self-catering accommodation

Staying in Avon Tyrrell is a very special experience. You are surrounded by woodland and wonderful scenery, with a running and cycling track around the entire outer boundary of the 60 acre estate, with the new and challenging off-road cycle area (bikes can be hired), with access to miles of walking area including the surrounding heathland, and the two tree-lined lakes which are especially peaceful in the early morning or evening.

On NLP Practitioner Part 2 we have the same shared twin accommodation as on NLP Core Skills. As before the kitchen is fully equipped with a gas cooker, microwave cooker, fridge, freezer and washing machine.

The 'house team' normally form a food kitty and share the buying and preparation of food – those staying off site are welcome to bring packed lunches or snacks and can, if they wish, opt to share the food kitty and join the house team for evening meals.



Usually around two thirds of the Practitioner Part 2 group will opt to stay self-catering in the Lodges, sharing shopping and food preparation.

As well as making for a better 'immersion', staying on site means that you will be with your coaching group enabling you to schedule co-learning sessions for the evenings or early mornings.

For those who would prefer more conventional accommodation, we can provide a list of local hotels and guesthouses – some of which are within 10 minutes' drive of the venue.

Self-service refreshments such as coffee, teas, tisanes, bottled water, and biscuits are provided. If you are staying at the Lodge lightweight duvets and pillows are provided but not covers for these – so you may wish to bring your own bedding. Remember to bring your own towels. WiFi internet access is usually available – because of the rural location we cannot guarantee this service.

Training and other fees

Residential Training fee: £1500 plus VAT. Should you wish to pay by instalments you can send your deposit and pay the remainder over 6 or 12 months by standing order (private individuals only – not available for organisations). Please arrange this standing order when registering for your course. We do not make an additional charge for this arrangement. Non-residential fee is £1600 + VAT.

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

Accommodation: Self catering accommodation for the two weeks is £354 inclusive of VAT 20%.

Certification

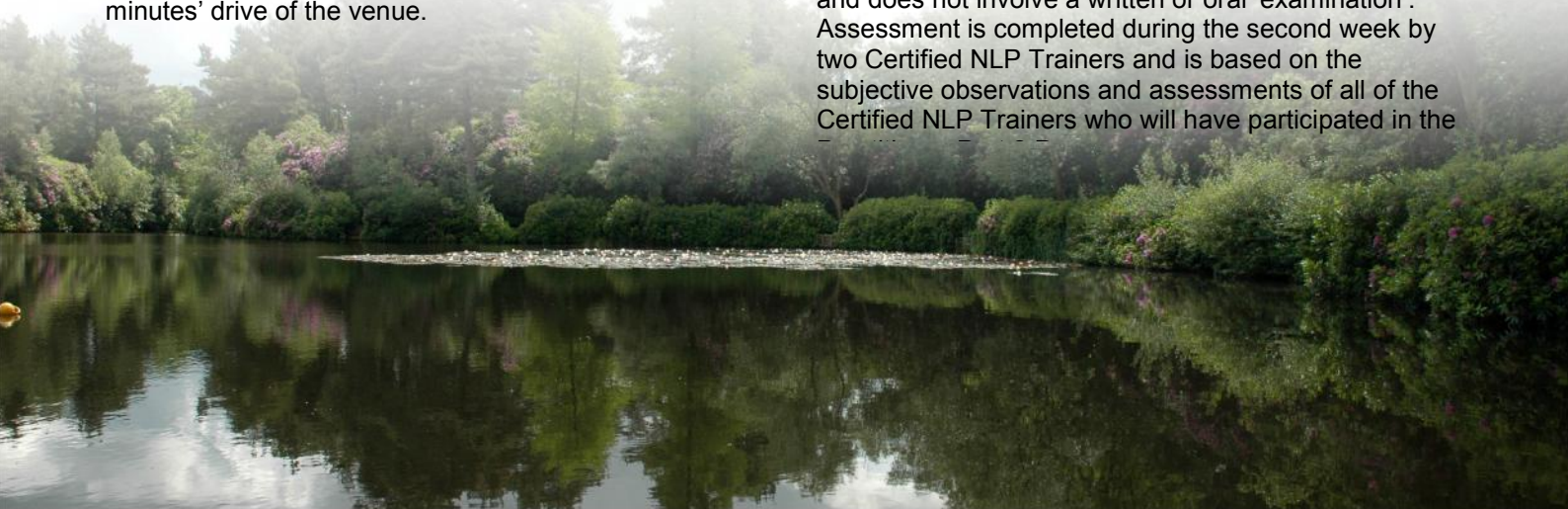
NLP Practitioner Part 2 completes the a full-length, full-syllabus certification training which you began with NLP Core Skills.

Your certification is widely recognised within the world of NLP. Pegasus NLP is a Founder Member of the Professional Guild of NLP, and your certification is recognised by all Member Organisations of the Guild. In addition, as a Certified Practitioner who has trained through a Member Organisation of the Guild you will automatically be sponsored by Pegasus NLP should you apply for Membership of the Guild.

An NLP Certificate to be proud of

Attaining certification as a Practitioner of Neuro-Linguistic Programming through Pegasus NLP is something to be proud of. We provide certification based on an assessment rather than merely on attendance – you earn your certification by demonstrating your skill.

Assessment for certification is informal and on-going and does not involve a written or oral 'examination'. Assessment is completed during the second week by two Certified NLP Trainers and is based on the subjective observations and assessments of all of the Certified NLP Trainers who will have participated in the



The Pegasus Training Team is committed to helping you achieve full certification by the end of the Programme. Nevertheless we may not always be able to immediately certify everyone at this point. 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 both from the trainers and from your own coaching group to enable you to reach the requisite standard.

In this process your coaching group is especially valuable since you will have the joint aim of ensuring that you each reach the highest possible standard of Practitioner Level NLP by the end of the training programme. Many coaching groups find it very useful to maintain the co-coaching process by email and telephone during the gap between Weeks 1 and 2 of the Programme.

Likely to miss a day?

It is ideal to attend all training days but if your schedule means that you have to miss up to one day from the fourteen day programme this is not a problem. On your return to the course your coaching team will be able to bring you up to speed on what you have missed.

If you have to miss more than one day we will recommend that you complete the missed time on a subsequent Practitioner Part 2 in order to reach the Professional Guild of NLP attendance credits level for certification.

"I loved this course, the location, people and content. I have never given myself that much time to reflect on my life and what I wanted. To do so in a safe and structured environment was priceless". PW May 2008

Advance preparation?

It is not necessary to do any specific preparation in the form of reading or practising for the Practitioner Part 2. We will be ensuring that everybody gets up to speed quickly on their NLP Core Skills material - irrespective of how long it has been since they have attended.

The following three suggestions are optional and may be useful:

(1) Go through the Practitioner Part 2 syllabus and begin creating a vision of how you want your life to change as a result of completing the programme – and identify how achieving this change will fulfil your personal beliefs and values.

(2) During the two weeks of the Practitioner Programme we will be exploring quite a number of ways of introducing personal change into one's life, as well as of assisting others to change. So you may wish to identify two or three areas or aspects of your own life that you would like to change during the Programme.

(3) Begin creating a 'pleasant memories' list so that you have lots of resources for use in anchoring and similar exercises.



Getting to the course

Public Transport: Head for Bournemouth by coach or rail and we will help you to arrange a taxi-share if other participants are travelling by public transport – and if you let us know a few days in advance. Slower trains stop at Christchurch and New Milton stations. If you do not have your own transport it is best to stay on site as the nearest guesthouse is about 30 minutes walk.

By Car: The centre is about 2 hours drive from London, Bristol, Exeter, Brighton and Oxford – and about 25 miles from Southampton and 10 miles from Bournemouth. Being off the beaten track Avon Tyrrell can be a little 'challenging' even with SatNav so we will provide you with detailed directions in our 'joining' email!

By Air: Nearest airports with approximate taxi driving times from airports: Bournemouth (12 minutes), Southampton (35 minutes). From London Heathrow (90 minutes) London Gatwick (120 mins), London Luton (140 mins) and London Stanstead (150 mins). There are regular coach services between Bournemouth and London Gatwick and London Heathrow airports.



The AA online: To get precise directions for Avon Tyrrell Centre go to the website and enter the postcode BH23 8EE in the search box.

<http://www.theaa.com/maps/index.jsp>



How to take part in Practitioner Part 2

If you have made a provisional reservation prior to attending NP Core Skills please confirm your place either during or immediately after that course. Do this by completing and returning your Registration Form along with cheque or card details.

If you have not reserved a place on the course of your choice please check availability on the course via our website (this is updated daily) before sending your registration.

Your place on the course is secure once you receive your confirmation and receipt from us. You will receive this within hours or, at most, one day. We will send joining information along with full directions for getting to the venue about 14 days before the course begins.

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Guaranteed?

Yes. The course is guaranteed to meet with your satisfaction. If, by the end of the second day of NLP Practitioner Part 2, you are not convinced that the training programme will benefit you we will refund your fee, in full, immediately, and without question.

