



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 thrilled to announce our next Master Practitioner in NLP, Autumn 2014. 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. As is our usual policy, we have secured guest tutors to give our delegates as thorough and diverse an experience as possible. We have one guest session on the residential arm, AND at least one full day with Beryl Lyndley, the UK's first Master Trainer and author of *NLP in 21 Days* – a rare treat indeed.

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, though 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 principle of NLP. And there's lots of space to relax (swimming pool, tennis court, games room, bicycles for hire 😊)

The next two modules of the course will be run in Lincoln over two three day blocks. We split the course into modules as in our experience this allows for a much more meaningful integration than to learn it all in one

WHEN?

Monday 22nd September (registration 1 p.m) – Friday 26th

September (ending at 4 p.m.) inclusive

10th – 12th October

7th – 9th November

The Master Practitioner is an amazing 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 being – *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 our last course, people modelled a wide selection, ranging from your humble tutors to Barak Obama and Paul McKenna, a Spanish teacher, a fire breather, to name but a few – a rich array.

THE BREAKTHROUGH SESSION

This process is widely recognised as a great 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 – 4 hours and is assessed 'live'. Jan and Graham are the only trainers we know of to date who use 'real' clients for this process and who research 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 £1550.00. This includes accommodation on the residential leg of the course. If you want to share a room with another delegate, cost is £1475.00. We offer unprecedented value for money. Price does not include subsistence, which we can self-cater at minimal cost.

LIFELONG RECOGNITION DISCOUNT: Our company policy is to give 20% discount on the above prices to all of our current and previous learners. Bookings need to be confirmed with a £75.00 deposit, full payment preferred by 1st August 2014. Where this is not easy, we can negotiate staged payment, with full settlement by the end of the course. Please talk to us if this option appeals to you.

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. the cost of the accommodation and materials. These are designed for people on a restricted or low income, respectively. Contact us directly if this is you – we trust you to self assess and 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!

Final comments go to our graduate Master Practitioners – and the clients who supported the assessment process. Please send any queries to Julia at askus@healthandlifetransitions.com or if you want to know more about course content, please e mail Jan on 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

The trance work was a particular revelation for me and 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.

From the very moment I realised that we were to be assessed with live clients I became anxious ...I was determined that my state would not be affected ... when the time came, I concentrated on my client and my nerves went! 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.

As for the modelling project....need I really say anything! 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 am happy to instruct my unconscious to find solutions for me and make sure that I give it specific instructions before allowing it to work them out by itself.

I learnt to understand the use of having a strategy. On the practitioner course my eyes glazed over at this point as "strategy" was the

antithesis of my pragmatic, practical approach and was labelled "boring" in my map. Now that I see how to elicit someone's strategy in order to use it myself then that's a lot more useful!

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.

And this testimonial from one of the clients who experienced a breaththrough session in our assessment.

Three months later:

A big change, my issue was 'shutting down' with work, feeling like sometimes it's an impossibility and becoming a bit hopeless. I'd been taking days off and enjoying too much being shut away from work & study responsibilities. I really don't have that attitude anymore, and since I have had the session I haven't been away from work once, and I've just managed to get a long awaited promotion whilst avoiding redundancy, phew! It definitely gave me drive, or maybe even just a bit of fire in my belly, and more positivity. I decided to stop being a moaning myrtle. The session was really helpful and I feel like I have really benefitted.