



NLP Practitioner Certification+

"NLP may be the most powerful vehicle for change in existence today."
Modern Psychology Magazine



No one EVER taught us how to use our mind effectively – it's certainly NOT part of the normal school curriculum and most of us simply model those around us who are generally doing an equally poor job of managing their lives. Like birds in a cage, **we are trapped in the 'grey zone'**, which we experience in so many ways...

You feel disempowered and at the mercy of your environment and your thoughts!

Ever had a habit that you REALLY wanted to change and, despite years of struggle found yourself unable to let it go? Ever had to deal with really challenging colleagues, friends or family and wondered how to be a more effective communicator and mediate difficult situations?

Perhaps **you have procrastinated around doing important things** and have had near misses with deadlines only finding your motivation at the very last minute? How is that working for you?

Ever feel overwhelmed or find yourself grasping for the right words to say to clinch the deal? Do **you have difficulty remaining positive and resourceful** in the face of negative circumstances?

If you are like most people, you can relate to some or all of these situations!

Many of us feel as if **we are adrift in our personal lives** and although we may make resolutions at the beginning of every year, somehow we either lose interest in them or never seem to quite achieve the desired dream. **We feel disenchanting and frustrated** and maybe we even give up trying, agreeing to live life at half-mast.

In our professional sphere, we may be obliged to set strategic and operational goals, but despite this regime, **we may still not achieve the level of success** that would propel us toward the promotion or recognition that we want...**something just seems to be missing!**

An important part of really being a winner (and not a whiner!) is **the ability to effectively build relationships and negotiate with family, friends, colleagues, supervisors and our clients!** We may find it easy to get along with our friends and those who are 'like us', but what happens when we are faced with that 'hard to please' client or staff member? Can you **imagine what it would be like to be able to almost instantly 'size-up' them up, just by reading their body language and their eye-patterns** and respond to them in a way that makes them feel an immediate connection with you? How would that impact your stress level? How would that affect your results?



How often have you wished that you could **improve your sales techniques** to ethically help your clients to make decisions for mutual benefit? Maybe you have even wanted to **change some of your own strategies** that are simply not working for you...like being a more effective meeting manager.

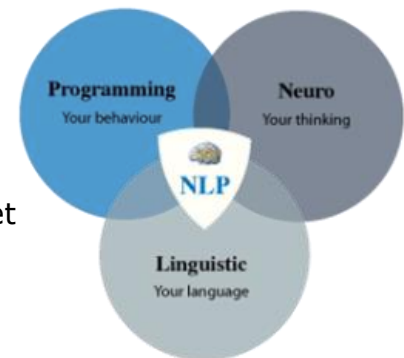
Well, NLP or Neuro Linguistic Programming **shows you how to use the language of the mind to programme yourself for lasting success and happiness.** Transform your thinking, change your behaviour, your results and your life! In this programme I will show you how to do this for yourself and others, as a coach.

Who should register now?

Anyone wanting to fast track their personal transformation and /or positively impact the lives of others such as, wellness and life coaches, HR professionals, medical practitioners, youth workers, business consultants, educators, entrepreneurs and therapists

The Foundation of NLP

The fundamental beliefs of NLP focus on your ability to take control of your life by applying knowledge and tools that allow you to identify and make the appropriate connections between your mind, your emotions and your behaviour to get the results you want! It is a model of how people learn, communicate and transform themselves based on over 40 years of research and application.



Here are the 7 stages of Transformation I will guide you through:

1. Taking Responsibility for Your Results!

- a. Key NLP themes that will help you get in the driver's seat of your life!
- b. Important NLP principles that guide you towards the results you want
- c. The difference between goals you achieve and those you don't
- d. How to set goals and be sure you can always achieve them
- e. How to ask questions so that your goals (and someone else's) goals become clear and specific

2. How to Create Instant Rapport with Anyone

- a. Be able to instantly get into mutual understanding with anyone you choose
- b. Increase your ability to discern body language and its true meaning
- c. How to use your body postures and gestures so that people unconsciously associate positivity with you
- d. Build rapport even with your voice and through written communication
- e. How our 5 senses are represented internally to the nervous system
- f. Discover how what we see, hear, feel, smell and taste influence our physical response (even if we are not conscious of the process)
- g. How to match people's preferences in their use of the 5 senses to build mutual agreement
- h. How eye movements reflect a person's real thoughts



- i. Use eye patterns to increase flexibility, creativity and learning

3. Become a Master Communicator!

- a. How to discern the deeper meaning behind the words that people use
- b. Customize your speech to match each individual and achieve instant acceptance and communication
- c. How to use abstract language to achieve instant agreement and induce trance easily
- d. Challenge and overcome objections easily
- e. How to assist someone in changing their mind



4. Change Unwanted Behaviours and Control Your State of Mind!

- a. Discover the inner coding mechanism of your brain and take control of it
- b. Get rid of unwanted behaviours (like eating the wrong foods, or biting your nails)
- c. How to modify your disempowering beliefs
- d. How to change unresourceful emotional responses using a SWISH Pattern
- e. How to be in charge of your emotional state and not be controlled by it
- f. How to set up a personal trigger or stimulus which can move you in the direction you want to go
- g. Discover how you can rid yourself from an undesired response to a past or present trigger (like someone's voice or hearing someone's name)
- h. Get rid of procrastination forever!

5. Discover and Use Strategies – The Sequencing of Internal Processes for Success

- a. How to control your mental sequence of internal processes to create specific results every time
- b. Discover and learn how to use how people buy things (decision making strategy) from just watching their eye movements
- c. How to sell based on your client’s strategy rather than yours for a more successful outcome
- d. How to find out deep love and attraction strategies

6. Eliminate Internal Conflicts, Success Blocks and Create the Future You Want!

- a. How to stop inner conflicts
- b. How to move beyond “I want this, but I’m not sure”
- c. Have all your inner ‘parts’ agree with each other
- d. Gain total control of your life - move through yours and others internal blocks (Time Line Therapy®)
 - i. Eliminate negative emotions, beliefs and decisions
 - ii. Make the right decisions
 - iii. Get to know what you really want
 - iv. Get motivated and stay motivated
- e. Create the kind of future you really want



- i. Understand your own internal time machine and how it creates your future
- ii. Use S-M-A-R-T criteria for making your goals come true
- iii. Learn how to visualize your future so it's more compelling, motivating and exciting for you
- f. Basics of Hypnotherapy including its history, hypnotic patterns and Ericksonian Inductions
- g. Increase your coaching results
- h. Allows you to receive certification as a Hypnotherapist if you choose

7. Coach Others to Achieve Results!

- a. Learn the NLP Model of Therapy
- b. How to do an Intervention
- c. When to coach and when NOT to!
- d. How to start your own Coaching Business
- e. Next steps for continued growth and development



Preparation for the NLP Practitioner –

On-Line Pre-Study (NLP Foundations Certificate)

My unique NLP Practitioner Intensive Certification programme allows you to get started right away with pre-study for the training on my learning management platform. You can go through the over 18-hours of material at your own pace prior to the training, then attend the annual scheduled trainings to finish your course of study. You will have ample opportunity at the training to heal your past while also learning the skills of NLP, [Time Line Therapy®](#), and [Hypnosis](#).

Why train with Elizabeth Terry and Limitless Transformation Coaching & Training Services Ltd.?

- ✓ Elizabeth is a fully trained and certified trainer and trains because she LOVES what she does and is passionate about helping people live their lives joyously and successfully!
- ✓ She believes in continuous learning and keeps up-to-date with the latest techniques
- ✓ She believes in small group trainings so you get individual attention which is customized to your needs
- ✓ She is also a certified Passion Test Facilitator, speaker and expert in personal development conducting coaching, workshops and trainings to help persons become successful by developing their full potential
- ✓ Elizabeth has over 20 highly successful years of project development, management, consulting and training experience in the tourism and human resource development fields
- ✓ She is the first and only (up to now) American Board Certified NLP Trainer, Time Line Therapy® Association Certified Trainer, American Board of Hypnosis Certified Trainer and Coach Trainer in Jamaica and the Caribbean

How can you use NLP applications?

- Business and Personal Coaching
- All Modes of Business including Sales and Communication
- Learning and Educational Coaching
- To Create Change and Growth on a Personal Level
- Therapy and Relationship Coaching

Please note that in order to be certified, Practitioners are required to:

- 1.** Attend all classes or arrange to make up any time missed
- 2.** Complete the on-line pre-study NLP Foundations course, prior to training

3. Complete a written test (open book) and hand in on the 1st day of class (practice coaching hours may also be required to gain competence)

Participants who successfully complete the programme will earn 4 internationally recognized certifications by the American Board of NLP and Hypnosis and the Time Line Therapy ® Association: NLP Practitioner and NLP Coach, Practitioner Hypnosis and Time Line Therapy Practitioner ®.

Note that since this training meets the internationally established standards of the American Board of Neuro Linguistic Programming your certification has worldwide recognition.

Reserve your seat right away to ensure your participation!

Enroll now by emailing:

nlptrainingjamaica@gmail.com or call 876-556-5177