

Matrix

NLP MASTER PRACTITIONER

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Why I chose to do the NLP Master Practitioner course	Relevance to my learning and development	My goals and expectations for the course
• Personal reasons - I wanted to learn more about NLP and how I can influence my own feelings - I wanted to improve my self-awareness - I wanted to improve my relationships - I wanted to feel better and not be so irritated and angry all the time • I wanted to be able to continue the NLP Trainer course and do assistant trainings after that - I was able to learn more about NLP and myself and to broaden my skills - I was convinced that on the way to becoming an NLP trainer I would start to feel better because I would better understand myself and other people and I would have more skills to influence my thoughts and feelings	Personal • I learned - How to model myself - To ask myself “How do I do this?” whether it was about my own experience, reaction, failure, or competence - That I had an archive in my mind of all the signs that triggered my anger - That when I tense my shoulders and jaw, and breathe shallowly it abets me getting angry • Helped me reflect on myself • I was able to develop my self-knowledge - I was able to analyse my own thoughts and development needs - I became aware of what motivates me and how I focus my attention • I reduced use of painkillers from 100 pills a year to 2-3 pills a year • I started to feel more secure inside - Some irrational fears disappeared without any specific interventions	• Have NLP be a part of my life • To learn to think more positively • To learn to listen to my intuition • Become an NLP Trainer in practice • To be able to share NLP with the people closest to me • To be able to utilize different viewpoints and resources in my everyday life

	Interactive • I distanced myself from my boyfriend because I could not understand his way of thinking anymore • I was able to see things from other people's perspective every now and then - With my boyfriend's mother, who was a very cranky lady, I realised it was about her and not me • During the NLP Master Practitioner studies, I was a know-it-all, and it did not serve my relationships Professional • Later I was able to apply many NLP skills, especially modelling, in my work as a coach and trainer. - I was able to continue my NLP studies, become an NLP Trainer and start training and coaching 1,5 years later - I was able to teach NLP to others - I knew how to observe the clients, pay attention to structures, and ask questions - I knew how to guide exercises without instruction notes	
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How I was assessed	Signs of success	Training methods
• During the training the trainer and assistant trainers observed students, myself included, and guided NLP interventions but I cannot remember if I was given any feedback • I gave a presentation on my modelling. I cannot remember receiving any feedback which does not mean I did not get it.	• I had learned a lot of new skills - Modeling - Using different perspectives - Modifying time as my inner experience - Utilizing metaphors - Some negotiation skills • I had developed more fluent guiding NLP exercises • I felt that my NLP knowledge had deepened - I was able to recognize structures and beliefs when I was listening to others - Many NLP presuppositions had become part of my way of thinking - I was able to apply different perceptual positions every now and then - I was more aware of my own thinking and acting • I was very motivated to learn more about myself, other people, how to use my brain and body, and modelling. • I was willing to continue my NLP studies and do the NLP trainer course even though I did not think I was smart enough to do that	The teaching methods and resources used were • Written materials • Drawing • Writing on a flipchart • Giving examples • Telling stories • Showing demonstrations • Practicing in pairs or small groups • Incomplete stories

My learning styles	Schedule of NLP Master Practitioner	Supervision and time management
I learned by - Referring to Kolb (Mind Tools, MindTools, 2022), my learning style was accommodating because I learned best by doing. - In Honey and Mumford's Learning Styles (ExpertProgramManagement, 2022) "Activist" would best describe my way of learning - My learning style was also a combination of kinesthetic and auditory systems (Mind Tools, MindTools, 2022) as I learned by listening to the stories and examples that the assistant trainers and other students shared. I also learned from the reflective conversations we had in study groups and during the breaks - I used a visual system combined with auditory, kinesthetic and reading/writing systems (Mind Tools, MindTools, 2022) when I was watching how the trainer guided the NLP practice demonstration, writing everything he said word for word and mimicking his way of coaching.	- The course began in August 2008 and ended in January 2009. - During that time, we had 7 contact training weekends, which included 16 study days and 132 hours. - The course covered - Modelling, modeling project work - Meta Programmes - Values and Criteria - Advanced Strategies - Sleight of mouth patterns - Refined use of submodalities - Utilization and transformation of beliefs and presuppositions - Advanced Milton-model and Meta-model work - Deliberate multilevel communication - Models for negotiation and conflict management - Advanced timeline work - Techniques of change interventions for personal growth in business and personal context - NLP Presentation and Training Skills	- I contacted my supervisor, Rabiya, by e-mail to make an appointment. - We met 3 times on Zoom between July and September 22.7.2022 / 8.9.2022 / 22.9.2022 - I need to improve my time management and consider the deadline as being 2 week earlier than the actual due date of the assignment. - I returned the last draft of my assignment a week before the due date - I started on the coaching recording and transcription too late - Going through and making corrections to transcription takes lots of time

• Practicing outside of training by coaching my friends using NLP techniques my learning style was a combination of accommodating and converging (Mind Tools, MindTools, 2022)	- Ethical and legal issues in the practice of NLP	
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References

ExpertProgramManagement. (2022, September 29th). *Expert Program Management, EPM*. Retrieved from <https://expertprogrammanagement.com/2020/10/honey-and-mumford/>

Mind Tools, C. T. (2022, September 29th). *MindTools*. Retrieved from <https://www.mindtools.com/mnemlsty.html>

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