

POST GRADUATE CERTIFICATE IN NEUROCOACHING
INTRODUCTION (MATRIX)

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WHY did I do the NLP PRAC?

What was the point of it?

I have chosen to participate in a NLP Practitioner course at NLP Dynamics after seeing how it helped my husband to self-develop and also how it changed his perception of people's behaviours and also the world around him.

What was the relevance in your learning and development OUTCOMES (you, client, org. and world)?

On a PERSONAL level the course changed my perception about some of the things I do and how I react to people's actions. Understanding Hierarchy of needs, neurological levels and values clearly helped me understand my own beliefs and personal preferences. I am a business owner and also a Doula and the techniques learned were very helpful specially when talking to my employees as well as my clients.

CLIENTS - I didn't have any clients after the NLP Practitioner as I was still working for an American Rating Agency, but my immediate clients were my colleagues and that relationship changed massively. I could understand some of the team issues and put myself into my manager's shoe at the time. It transformed my relationships at work. I was also involved in my partner's business and had some difficulties understanding the staff interactions, specially because of our age gap and also cultural differences. Since practitioner I have changed the way I communicate and try always to see the issues from their map of the world.

THE WORLD - My world changed a lot. I changed in many ways, and I believe we influence people every second, so I can say that I have changed the world around me

to a better one. I changed it by being understanding, for understanding people's preferences and the importance of their map of the worlds. How the Map is not the territory and how a presupposition has many meanings depending where you're departing from.

How were you assessed?

My assessment was done through the day and every night we would go home and do a written/multiple choice tests of about 30 questions. Each topic taught had an introduction part, history and then the practical part, where we would be clients and coaches alternatively. We were also assessed by the trainers/assistant trainers during the interventions and were coached on how to expand when necessary.

HOW did the learning take place?

"The training took place in group dynamics. There was all the theoretical part of it and then we would use it and apply accordingly. The trainers were always with us and made sure everything was going well accordingly.

How long was the course for?

My course took place in Marbella and in total we were there for 10 days.

What happened after I finished the course?

After my course I decided that I would take the next course and expand my learnings and experiences. I have done the Master Practitioner and also Professional coaching Skills.

What goals I have for the course & expectations?

My goal was to improve my communication skills and understand my limiting believes. My expectation was high as I saw my husband going through it and I could see massive changes that benefited our family and business.

How did you assess the training?

I am a very process driver person, so all process/interventions were clearly guided and supported. I finally assessed the training by looking into my personal changes throughout the process and what I have become at the end of the training. I assessed

myself by the intervention's development and other team member's feedback. I would go back to manuals when I thought I was missing something or not seeing the purpose of the interventions.

What did I learn?

During the training we started from the basis of Rapport, Ecology, Visual cues, Communication model, etc. We started by calibration and visual cues and then moved on to communication model and to presuppositions of NLP. Throughout the course we started to use the tools and I could see clearly how I could use on my daily life. One of the most powerful tools I learn was the Perceptual Positions. I used it to gain access to a completely different perception of my own map of the world. I remember one of the quotes used by Steve Payne during the course that really got my attention.

“Wisdom comes from multiple perspectives” (Steve Payne, 2015)

Maybe because I was going through some difficult time, I attached myself to that quote to see the situation from a different point of view.

From one of the interventions, I got a different feeling from an experience. I could see a different intention behind someone's actions. It completely changed how I faced to world from that moment onward. It made me realise how biased and how selfish I could be by only look at my point and not consider what the other person had in his /her mind."

How did you know it was successful for you? So, what was your methodology to know if it was successful? Was it gut feeling? Or did you have a very detailed criterion?

Looking at it now with a critical mindset I can see that the training has had a progressive impact and its success was exponential. It started with small changes on my daily routine to bigger changes as to influence people around me. Either by reevaluating limiting beliefs, reframing, or simply putting myself into other people's shoes using meta positions.

How did you quantify that each goal was successful?

I had very small goals when I started the programme as I honestly didn't know the potential it had.

- So, what were the source of teaching training methods?
- The course was basically based on the NLP Manual by NLPDynamics. All content came from it and. Visual boards were used as well as on flipcharts and projections.