

POST GRADUATE CERTIFICATE NEUROCOACHING

Matrix - Development Plan

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NLP Master Practitioner Course
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Why I Decided to Attend a Neuro-Linguistic Programming (NLP) Master Practitioner Course

I decided to attend the above course because I wanted to continue my NLP studies. I also felt motivated to learn such new techniques as metaprogrammes, sleight of mouth, and timeline. The metaprogrammes would help me to understand what motivates me and other people to learn while the sleight of mouth will provide me with the tools to influence people's decisions so that they can progress in life. In a similar vein, the timeline would empower me to help clients by encouraging them to give new meanings to old memories, which were preventing them from achieving their goals. I would also learn how to improve the quality of my service and how to make my coaching practice brand more recognizable. Pursuing the NLP Master Practitioner's Course would also give me the opportunity, should I desire it, to attain a master's degree at a UK University.

Goals

Their Relevance to my Personal Learning and Development Outcomes

My aim was to understand myself better so that I can face the daily challenges of life, courageously. I was also hoping that the course would help me in my professional life in terms of acquiring clients and deciding the direction of my business. Additionally, I thought the NLP Master Practitioner Course would aid self-improvement. After completing the final examination, which was a breakthrough session, my business mind experienced a shift. I became more objective and was able to separate my personal life from my business life and substitute old limiting beliefs for new empowering ones.

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Their Relevance to the Learning and Developmental Outcomes of my Clients

When I began the NLP Practitioner Course, I did not have any clients and did not look forward to having any. However, by the end of the course, I began to think positively and to prepare myself for clients since, by the end of the training programme, I was equipped with many tools and specific products to assist my clients. As such, the breakthrough session, is now one of the products that I offer my clients. Modelling someone's successful behaviour is also a good stand-alone product. From not feeling comfortable about seeing clients, I have developed a new mindset and now look forward to having clients and assisting them.

Their Relevance to my Personal Learning and Developmental Global Outcomes

I would like to believe that little by little, I am making a positive contribution to my clients' lives based on the feedback I have received from them. Such comments as "You have saved my marriage"; "I now have a clear plan to achieve my goal. Thank you so much"; "The limiting beliefs are gone, thanks"; "It felt really easy to change"; and "I never expected that I would be able to improve that much in this short period of time" motivate me to continue to assist others.

The knowledge I gained and the techniques I learned also helped me to realize that one day, I could pursue the master's degree in coaching. The breakthrough session was one of the techniques I learned, which I successfully employed with several clients. Consequently, I feel that I am helping to create a better world for my children and everyone else. It is a very rewarding feeling.

My Goals and my Expectations for the Course

When I started the course, my first goal was to pass it. I also wanted to enjoy the learning process and I did. Moreover, my desire was to learn the techniques as well as I could, which I believe I did. I expected to have fourteen days of transformation in my personal and professional life, and I succeeded in doing so since the course is one of the reasons I am where I am today.

Student Assessment Criteria for Each Goal

How I was Assessed

For each new technique we learned, we had to employ the same technique with each other. The trainers then provided us with feedback on our performances and on how we could improve. The sessions were very beneficial since the feedback enabled me to apply the knowledge I gained to other activities. This teaching strategy proved to be very helpful to me.

We had two other evaluation exercises. One was the modelling project, where we chose a behaviour we lacked, but which would be useful to have. The other one was the breakthrough session, where we applied most of the tools we learned in an organized way. We had to pass both evaluation exercises.

How I Assessed the Training

Two trainers delivered the content, ably assisted by four assistants. I felt safe throughout the course. I liked the daily warm-up exercises, which helped me to empty my mind before adding new knowledge to it. The coffee breaks were also a great opportunity to exchange experiences, knowledge, and enjoy Covent Garden, a fantastic location. I assessed the training in two main ways. My first criterion was based on my ability to utilize the tools I was introduced to. I also assessed my competency in the two formal evaluations: the modelling project and the breakthrough session. The fact that I succeeded in both evaluation exercises proved my expertise in these areas. However, the course would have been more helpful if it had lasted longer because I felt that some of the topics needed to be discussed in greater detail. Nonetheless, the course was dynamic and worthwhile since it provided me with the knowledge I needed to progress in life, personally and professionally.

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How Learning took Place

After utilizing the tools and techniques, I noticed that my understanding of the topics grew. After each session, the feedback from my peers and trainers helped me to improve. I also learned how to enhance my practice. For instance, I kept in touch with my peers to assess how they were utilizing the techniques and vice versa. Their feedback further helped me to improve my skills.

The course was divided into four modules. The first two modules each lasted four days, while the last two modules were each completed in three days. Our days were divided into four blocks or session. Each session lasted for one and half hours. The teacher would explain the topic and demonstrate how to employ the technique. Then the students would practise the technique with each other. Finally, students would engage in a “What if” session, where they would discuss what they have learned and what they could have done differently and why. We also had to work on our modelling project for homework. Before we began the course, we agreed on the behaviour we would focus on in our modelling project, which helped us to complete our homework efficiently.

What I Learned

I learned several techniques to deal with limiting beliefs, negative mindsets, anxieties, phobias, allergies, and how to communicate better with people. I also learned much about myself including my communication preferences, and how to build rapport, develop a healthy mindset, schedule a coaching session, and contract new clients. Moreover, I learned how to better set achievable goals. Below are some of the topics we covered in the training:

- NLP Practitioner revision. It was a great opportunity to recap the content from the course.
- Quantum Linguistics: advanced language techniques that can be used in different areas.
- Deeper understanding of values and other values applications.

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- Metaprogrammes: natural preferences observed in behaviours. Many psychometric tools have meta programmes as foundations for their algorithms.
- Modelling project: an opportunity to learn how to encourage positive behaviours in others.
- Presentation skills: how to best present my ideas to an audience.
- Strategy elicitation: understand the patterns that cause different behaviours.
- Beliefs: a key point in this assignment since they can motive or demotivate us.
- Timeline: a therapeutic approach for changing unpleasant feelings and limiting beliefs.
- Breakthrough sessions: an effective process to help clients to break the pattern of negative feelings or limiting beliefs.

How I Utilized the Learning

First, I changed my way of thinking and dealing with situations. I felt more centred, confident, and calm. I also started seeing coaching clients privately and using some of the techniques in my work-related relationships. Moreover, I used the techniques I learned to improve my present business and to establish two others. I am sure that I would have taken longer to achieve these goals without my NLP tools.

The Duration of the Course

The course was taught over a period of fourteen days. It was divided into four modules. The first two modules each lasted for four days and the last two modules each lasted three days. Our days were divided into four blocks of one and half hours each. During this time, we were told the objective of the sessions, taught the techniques (demo session), practised the techniques, and evaluated the sessions. For homework, we worked on our modelling project.

The Next Steps

What Happened After I Completed the Course?

I started researching the next steps. The obvious next step was the NLP Trainers' Training. I tried to enrol immediately. However, I was late. The deadline has already passed. Consequently, I applied to two NLP schools: the NLP Academy and Jeremy Lazarus NLP Trainers Training. I managed to enrol in my NLP Trainers' Training the following year with Jeremy Lazarus and began teaching NLP students after I completed my training. The first NLP Practitioner training I delivered was in Marbella. It lasted for ten days. My first training for the NLP Master's Practitioner's Course was just after the NLP Practitioner where I had to teach students for four of the fourteen days stipulated for training.

Even though I have completed my NLP Trainers' Training, I felt that something was missing. I have researched the NLP/Coaching field and talked with many professionals and the feedback I received was that I should first complete a professional coaching programme and if possible, a master's degree in coaching. The idea was very appealing to me, and I have done the coaching training and pursue the master's degree. I have achieved the ICF PCC level in Professional Coaching and am presently pursuing a master's degree in Neuro Coaching.