

NLP Practitioner Paper

WHY did I do the NLP Practitioner?

What was the point of it?

The course was delivered just after my son was born. It was a challenge time in my work career, personal life and I was looking for some clarity and hoping for a new mindset. I heard from friend that in NLP courses sometimes the students would have a breakthrough, a big change of perspective in relation to the way they see life. I thought that if I did the course at least I would have a chance of moving my life forward. With that in mind I enrol for my NLP Practitioner.

GOALS

What was the relevance in my learning and development OUTCOMES (me, client, organization and world)?

ME - It was liberating for me. I came out motivated to take control of my life, I suddenly had a desire to learn more about myself and others. I have started the journey to meet my real self. I have finally started ask the right questions to myself. FAMILY - The training had a big impact in my relationship with my wife and my children. I became a better listener, I became more considerable to my wife's feelings, a better father in the sense of spending quality time with my children. THE WORLD - Once I have finished the NLP course, I started implementing the tools and techniques I have learned in the training at work, with friends and the feedback was very positive. Most of the people were point out the improvement in my listening skills and communicating skills.

What goals I have for the course and what were my expectations?

My main goals were to become a better father and husband. Also, I was expecting to come out with new ideas for a career change. I was expecting the course to be transformational in different ways (personal, professional and in my community), also very dynamic and pleasant. I was expecting to develop new skills, like to be able to influence people in a good way, understanding some of the reason why people behaviour the way they do. Once I finished the course, I received feedback straight way from family, friends and colleagues. They all were surprised with my

change of mindset. I became more calm, better listener and improved my communication skills.

QUANTIFY FOR EACH GOAL - Student Assessment Criteria

How was I assess?

Throughout the course we were evaluated and given feedback based in our performance using the tools we were learning. After the tutors demonstrated how to use the tools, we would use the tool on each other. The final day we coached each other using a specific NLP Tool that would feet in with the client's (fellow student) needs. The trainers would observe and later they would give feedback to us, as what we did well and the areas we could improve.

After one week I answered 45 question about the NLP topics, it was open book.

How did I assess the training?

By the end of the training, I compare my personal goal with what I had achieved by the end of the training and realised how much I have changed for better. Also, I had Feedback about my performance on the coaching session. With that I knew how useful the training was. What I would like to see more in my training was a better structure, where we knew what we could expect from the beginning to the end of the course. I would like to have more days to practice the new tools that I have learned.

HOW

HOW did the learning take place?

We were given the reasons why we should learn that topic, theory behind the topic and facts about the specific topic, after that we would see a demonstration about the specific technique, then we would replicate the technique on each other and after that we would talk about the learning and how we could use that outside the classroom. During the course and after I would reflect on the new behaviours I developed after each new tool that I have learned. I would talk with family and friends about the exciting tools I was learning and as I was doing that, I was deepening my learning.

What did I learn?

I have learned a big set of tools to deal with limiting beliefs, bad mindsets and other things. I learned a lot about myself, my preferences when I communicate with other people, how to build rapport, create a health mindset, how to set a coaching session, contracting with clients and other tools. How to set a goal in a way that I have more chance to achieved it.

How did I use the learning?

I started using straight way my tools and lots of people notice a positive change in my behaviour. I guess I got the breakthrough I was looking for. Every time I was talking to someone, I use the tools I have learned in the course. Sometimes I would find myself acting in ways that I didn't act before. I became a much better listener; with that I have improved my results.

WHEN

How long was the course for?

The course was delivered in 10 days

Time scale Timetable with Supervisor

You can find it on file Supervisory review

NEXT STEPS

What did happen after I finished the course

After my course was finished, I was sure that I would continue with my studies on NLP, coaching and probably psychotherapy. I enrolled for an NLP Master practitioner course straight away. I also kept practicing the new skills, so I would get better in applying the new skills.