

<b>Day 1</b>
Welcome from Lisa and Jeremy
D1.01 - Introduction to the course
D1.02 - A history of NLP
D1.03 - The NLP Communication Model
D1.04 - Some other underpinning principles for the course
D1.05 - The Principles for Success
D1.06 - Cause & Effect
D1.07 - NLP Presuppositions
D1.08 - Some aspects relating to our Unconscious Mind
D1.09 - Sensory Acuity
D1.10 - Rapport
D1.11 - Representational Systems and Predicates

<b>Day 2</b>
D2.01 - Recap of Day 1
D2.02 - Using NLP to coach
D2.03 - Goal Setting, including the 'Wheel of Life'
D2.04 - Demonstration - Well-formed Outcomes
D2.05 - Debrief of the goal-setting exercise
D2.06 - Using NLP ecologically
D2.07 - Perceptual Positions
D2.08 - Demonstration – Perceptual Positions
D2.09 - Debrief of Perceptual Positions

<b>Day 3</b>
D3.01 - Debrief between the first 2 modules
D3.02 - Anchoring, State Management and The Circle of Excellence
D3.03 - Demonstration - The Circle of Excellence technique
D3.04 - Exercise and debrief for the Circle of Excellence
D3.05 - Introduction to Language: Small Words with Big Meanings
D3.06 - Chunking

<b>Day 4</b>
D4.01 - Framing and Reframing
D4.02 - Values
D4.03 - Neuro-logical Levels
D4.04 - Demonstration – Neuro-logical Levels
D4.05 - Exercise and debrief of Neuro-logical Levels