

<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

<b>Day 5</b>
D5.01 - Debrief between modules 2 and 3
D5.02 - Eye Patterns / Accessing Cues
D5.03 - Submodalities
D5.04 - Demonstration - 'Mapping Across' Submodalities
D5.05 - Debrief of Mapping Across
D5.06 - Using Submodalities for limiting beliefs
D5.07 - The Swish Pattern
D5.08 - Demonstration - The Swish Pattern

<b>Day 6</b>
D6.01 - General discussion after day 5
D6.02 - The Collapse Anchor technique
D6.03 - Demonstration - The Collapse Anchor technique
D6.04 - Collapse Anchor exercise and debrief
D6.05 - Overview of Language
D6.06 - Linguistic Presuppositions
D6.07 - The Milton Model
D6.08 - Chunking and Language

<b>Day 7</b>
D7.01 - Welcome to Day 7
D7.02 - The Meta Model
D7.03 - Strategies
D7.04 - Demonstration - How to elicit a decision-making Strategy
D7.05 - Strategies: exercise and debrief
D7.06 - Convincer & Reassurance Strategies
D7.07 - Problems & challenges with Strategies
D7.08 - Motivation Strategies

<b>Day 8</b>
D8.01 - Q&A session at the start of the final day
D8.02 - Overview of the 'deeper' NLP processes
D8.03 - The Six-step Reframe
D8.04 - Demonstration - The Six-step Reframe
D8.05 - The Six-step Reframe exercise and debrief
D8.06 - Using 'Parts' in the workplace

D8.07 - Recap, questions and two helpful models
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D8.08 - Time Lines
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D8.09 - Future Sourcing
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Final comments from Lisa and Jeremy
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