



Academy of Advanced  
Personal Development



Make a Difference

AAPD

# NLP Practitioner Training Agenda

Timetable of events

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## **Introduction to NLP**

*Day 1 09:00 – 17:30 P.M.*

<b>Time</b>	<b>Item</b>
08:30-09:00	Arrival and Welcome
09:00-09:15	Introductions and Safety
09:15-10:30	Perception and reality
10:30-10:45	Break
10:45-11:00	NLP Feedback Model
11:00-12:15	NLP, Definition, History
12:15-13:15	Lunch Break
13:15-14:45	Communication Model
14:45-15:00	Break
15:00-16:15	Foundations of NLP
16:15-16:30	Break
16:30-17:30	Rapport
17:30	Adjournment

## **Fundamentals of NLP**

*Day 2 09:00 – 17:30 P.M.*

<b>Time</b>	<b>Item</b>
08:30-09:00	Arrival and Welcome
09:00-10:30	Recap on previous day
10:30-10:45	Break
10:45-12:15	NLP Presuppositions
12:15-13:15	Lunch Break
13:15-14:45	Basic language patterns
14:45-15:00	Break
15:00-16:15	Representational Systems
16:15-16:30	Break
16:30-17:30	Chunking
17:30	Adjournment

## **Some Essential NLP skills**

*Day 3 09:00 – 17:30 P.M.*

### **Time Item**

<b>08:30-09:00</b>	<b>Arrival and Welcome</b>
<b>09:00-10:30</b>	<b>Recap on previous day</b>
<b>10:30-10:45</b>	<b>Break</b>
<b>10:45-12:15</b>	<b>Basic State Management</b>
<b>12:15-13:15</b>	<b>Lunch Break</b>
<b>13:15-14:45</b>	<b>Introduction to Sub-Modalities</b>
<b>14:45-15:00</b>	<b>Break</b>
<b>15:00-16:15</b>	<b>New Behaviour Generator</b>
<b>16:15-16:30</b>	<b>Break</b>
<b>16:30-17:30</b>	<b>Chunking</b>
<b>17:30</b>	<b>Adjournment</b>

## **NLP Diploma Overview and Assessment**

*Day 4 09:00 – 17:30 P.M.*

### **Time Item**

<b>08:30-09:00</b>	<b>Arrival and Welcome</b>
<b>09:00-10:30</b>	<b>Recap on previous day</b>
<b>10:30-10:45</b>	<b>Break</b>
<b>10:45-12:15</b>	<b>Introduction to timelines</b>
<b>12:15-13:15</b>	<b>Lunch Break</b>
<b>13:15-14:45</b>	<b>Written Assessment</b>
<b>14:45-15:00</b>	<b>Break</b>
<b>15:00-16:15</b>	<b>Recap and what else</b>
<b>16:15-16:30</b>	<b>Break</b>
<b>16:30-17:30</b>	<b>Presentations</b>
<b>17:30</b>	<b>Adjournment</b>

## Perceptions and points of view

*Day 5 09:00 – 17:30 P.M.*

<b>Time</b>	<b>Item</b>
08:30-09:00	Arrival and Welcome
09:00-10:30	Recap on previous day
10:30-10:45	Break
10:45-11:30	Beliefs & Values
11:30-12:15	Logical Levels
12:15-13:15	Lunch Break
13:15-14:45	Perceptual Positions
14:45-15:00	Break
15:00-16:15	Meta Mirror
16:15-16:30	Break
16:30-17:30	Written Integration
17:30	Adjournment

## State management and adjustment

*Day 6 09:00 – 17:30 P.M.*

<b>Time</b>	<b>Item</b>
08:30-09:00	Arrival and Welcome
09:00-10:30	Recap on previous day
10:30-10:45	Break
10:45-12:15	Anchors, Stacking Anchors, Chaining Anchors
12:15-13:15	Lunch Break
13:15-14:45	Frames
14:45-15:00	Break
15:00-16:15	Reframing: Context/Content, Six step
16:15-16:30	Break
16:30-17:30	Written Integration
17:30	Adjournment

## Re-presenting Our World

*Day 7 09:00 – 17:30 P.M.*

<b>Time</b>	<b>Item</b>
08:30-09:00	Arrival and Welcome
09:00-10:30	Recap on previous day
10:30-10:45	Break
10:45-12:15	Visual Squash
12:15-13:15	Lunch Break
13:15-14:45	Rep Systems, Predicates
14:45-15:00	Break
15:00-16:15	Eye Movement Patterns / Lead system
16:15-16:30	Break
16:30-17:30	Written Integration
17:30	Adjournment

## Coding our Experiences

*Day 8 09:00 – 17:30 P.M.*

<b>Time</b>	<b>Item</b>
08:30-09:00	Arrival and Welcome
09:00-10:30	Recap on previous day
10:30-10:45	Break
10:45-12:15	Sub-modalities
12:15-13:15	Lunch Break
13:15-14:45	Contrastive analysis and mapping across
14:45-15:00	Break
15:00-16:15	Fast Phobia Cure
16:15-16:30	Break
16:30-17:30	Written Integration
17:30	Adjournment

## Changing the Code

*Day 9 09:00 – 17:30 P.M.*

<b>Time</b>	<b>Item</b>
<b>08:30-09:00</b>	<b>Arrival and Welcome</b>
<b>09:00-10:30</b>	<b>Recap on previous day</b>
<b>10:30-10:45</b>	<b>Break</b>
<b>10:45-12:15</b>	<b>Swish</b>
<b>12:15-13:15</b>	<b>Lunch Break</b>
<b>13:15-14:45</b>	<b>Sub-modality belief change pattern</b>
<b>14:45-15:00</b>	<b>Break</b>
<b>15:00-16:15</b>	<b>Compulsion Blow-out</b>
<b>16:15-16:30</b>	<b>Break</b>
<b>16:30-17:30</b>	<b>Written Integration</b>
<b>17:30</b>	<b>Adjournment</b>

## Unravelling Time

*Day 10 09:00 – 17:30 P.M.*

<b>Time</b>	<b>Item</b>
<b>08:30-09:00</b>	<b>Arrival and Welcome</b>
<b>09:00-10:30</b>	<b>Recap on previous day</b>
<b>10:30-10:45</b>	<b>Break</b>
<b>10:45-12:15</b>	<b>Time Lines</b>
<b>12:15-13:15</b>	<b>Lunch Break</b>
<b>13:15-14:45</b>	<b>Time Line Sub-modalities</b>
<b>14:45-15:00</b>	<b>Break</b>
<b>15:00-16:15</b>	<b>Eliciting Time Lines</b>
<b>16:15-16:30</b>	<b>Break</b>
<b>16:30-17:30</b>	<b>Written Integration</b>
<b>17:30</b>	<b>Adjournment</b>

## Language-Getting to The Roots

*Day 11 09:00 – 17:30 P.M.*

<b>Time</b>	<b>Item</b>
<b>08:30-09:00</b>	<b>Arrival and Welcome</b>
<b>09:00-10:30</b>	<b>Recap on previous day</b>
<b>10:30-10:45</b>	<b>Break</b>
<b>10:45-12:15</b>	<b>Meta Model, surface structure/deep structure</b>
<b>12:15-13:15</b>	<b>Lunch Break</b>
<b>13:15-14:45</b>	<b>Meta Model: Deletions</b>
<b>14:45-15:00</b>	<b>Break</b>
<b>15:00-16:15</b>	<b>Meta Model: Deletions continued</b>
<b>16:15-16:30</b>	<b>Break</b>
<b>16:30-17:30</b>	<b>Written Integration</b>
<b>17:30</b>	<b>Adjournment</b>

## Language-Problem Solving & Clarification

*Day 12 09:00 – 17:30 P.M.*

<b>Time</b>	<b>Item</b>
<b>08:30-09:00</b>	<b>Arrival and Welcome</b>
<b>09:00-10:30</b>	<b>Recap on previous day</b>
<b>10:30-10:45</b>	<b>Break</b>
<b>10:45-12:15</b>	<b>Meta Model, Generalisations</b>
<b>12:15-13:15</b>	<b>Lunch Break</b>
<b>13:15-14:45</b>	<b>Meta Model: Distortions</b>
<b>14:45-15:00</b>	<b>Break</b>
<b>15:00-16:15</b>	<b>Meta Model: Challenges exercise</b>
<b>16:15-16:30</b>	<b>Break</b>
<b>16:30-17:30</b>	<b>Written Integration</b>
<b>17:30</b>	<b>Adjournment</b>

## Language of Influence

*Day 13 09:00 – 17:30 P.M.*

<b>Time</b>	<b>Item</b>
<b>08:30-09:00</b>	<b>Arrival and Welcome</b>
<b>09:00-10:30</b>	<b>Recap on previous day</b>
<b>10:30-10:45</b>	<b>Break</b>
<b>10:45-12:15</b>	<b>Milton Model Deletions,</b>
<b>12:15-13:15</b>	<b>Lunch Break</b>
<b>13:15-14:45</b>	<b>Milton Model Generalisations</b>
<b>14:45-15:00</b>	<b>Break</b>
<b>15:00-16:15</b>	<b>Milton Model Distortions</b>
<b>16:15-16:30</b>	<b>Break</b>
<b>16:30-17:30</b>	<b>Written Integration</b>
<b>17:30</b>	<b>Adjournment</b>

## Hypnotic persuasion

*Day 14 09:00 – 17:30 P.M.*

<b>Time</b>	<b>Item</b>
<b>08:30-09:00</b>	<b>Arrival and Welcome</b>
<b>09:00-10:30</b>	<b>Recap on previous day</b>
<b>10:30-10:45</b>	<b>Break</b>
<b>10:45-12:15</b>	<b>Additional Milton Model categories</b>
<b>12:15-13:15</b>	<b>Lunch Break</b>
<b>13:15-14:45</b>	<b>Metaphors</b>
<b>14:45-15:00</b>	<b>Break</b>
<b>15:00-16:15</b>	<b>Designing metaphors</b>
<b>16:15-16:30</b>	<b>Break</b>
<b>16:30-17:30</b>	<b>Written Integration</b>
<b>17:30</b>	<b>Adjournment</b>

## Choices and Decisions

*Day 15 09:00 – 17:30*

<b>Time</b>	<b>Item</b>
<b>08:30-09:00</b>	<b>Arrival and Welcome</b>
<b>09:00-10:30</b>	<b>Recap on previous day</b>
<b>10:30-10:45</b>	<b>Break</b>
<b>10:45-12:15</b>	<b>Satir Categories,</b>
<b>12:15-13:15</b>	<b>Lunch Break</b>
<b>13:15-14:45</b>	<b>Meta Programs</b>
<b>14:45-15:00</b>	<b>Break</b>
<b>15:00-16:15</b>	<b>Meta Programs continued</b>
<b>16:15-16:30</b>	<b>Break</b>
<b>16:30-17:30</b>	<b>Written Integration</b>
<b>17:30</b>	<b>Adjournment</b>

## Strategies, how to do anything.

*Day 16 09:00 – 17:30 P.M.*

<b>Time</b>	<b>Item</b>
<b>08:30-09:00</b>	<b>Arrival and Welcome</b>
<b>09:00-10:30</b>	<b>Recap on previous day</b>
<b>10:30-10:45</b>	<b>Break</b>
<b>10:45-12:15</b>	<b>Strategies</b>
<b>12:15-13:15</b>	<b>Lunch Break</b>
<b>13:15-14:45</b>	<b>Tote and eliciting strategies</b>
<b>14:45-15:00</b>	<b>Break</b>
<b>15:00-16:15</b>	<b>Streamlining strategies</b>
<b>16:15-16:30</b>	<b>Break</b>
<b>16:30-17:30</b>	<b>Written Integration</b>
<b>17:30</b>	<b>Adjournment</b>

## **Demonstrating Your Knowledge**

*Day 17 09:00 – 17:30 P.M.*

<b>Time</b>	<b>Item</b>
<b>08:30-09:00</b>	<b>Arrival and Welcome</b>
<b>09:00-10:30</b>	<b>Recap on previous day</b>
<b>10:30-10:45</b>	<b>Break</b>
<b>10:45-12:15</b>	<b>Summary overview of course</b>
<b>12:15-13:15</b>	<b>Lunch Break</b>
<b>13:15-14:45</b>	<b>Written Test</b>
<b>14:45-15:00</b>	<b>Break</b>
<b>15:00-17:00</b>	<b>Debrief</b>
<b>17:00</b>	<b>Adjournment</b>

## **Change The World**

*Day 18 09:00 – 17:30 P.M.*

<b>Time</b>	<b>Item</b>
<b>08:30-09:00</b>	<b>Arrival and Welcome</b>
<b>09:00-10:30</b>	<b>Practical Overview of course</b>
<b>10:30-10:45</b>	<b>Break</b>
<b>10:45-12:15</b>	<b>Practical Demonstration of skills Test</b>
<b>12:15-13:15</b>	<b>Lunch Break</b>
<b>13:15-14:45</b>	<b>Presentation of certificates</b>
<b>14:45-15:00</b>	<b>Break</b>
<b>15:00-17:00</b>	<b>Debrief</b>
<b>17:00</b>	<b>Adjournment</b>