NLP Diploma

Programme Content & Learning Outcomes

The criteria for successfully completing The Congruent NLP Diploma are assessed across three broad categories:

- **ATTITUDE:** (embodiment of the presuppositions of NLP)
- **CONTENT KNOWLEDGE:** (principles, techniques & skills)
- **BEHAVIOURAL SKILL:** (demonstrated integration of skills)

Requirements for Certification for the CongruentNLP Diploma:

- Trained by an ANLP Accredited Trainer of NLP
- Attendance in all sessions and modules is mandatory
- The programme is a minimum of 30 hours tuition across 4 learning days.

The candidate has successfully met the competency standards set out above as assessed by the Accredited Trainer.

Attitude:

You are expected to demonstrate your behavioural integration and embodiment of the three legs of NLP at all times.

Content Knowledge:

You are expected to know the following NLP content at appropriate levels of principles, techniques and skills:

- **The History of Neuro-Linguistic Programming**
- **The Three Legs of NLP**
  - Know in detail what your outcome is (and is not)
  - Have the sensory skills to know when you are achieving it
  - Have the flexibility to change your behaviour until you get it
- **The NLP Communication Model**
  - The filters everyone has through which they perceive events
  - How an external event causes an internal representation
  - The effect of internal representations on our state, physiology and behaviour
- **Rapport; how to build and improve relationship skills**
  - Matching & mirroring; how people like people who are like themselves
  - Pacing & leading; how to test whether you have built a successful relationship
- **Sensory Acuity**
  - Fine tuning your senses to better understand the reactions of others (and yourself!)
- **The Feedback Model**
  - How to give and receive feedback positively
- **Well-formed Outcomes**
  - Ensuring that what you think you want really is what you want

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- **An Introduction to Submodalities**
  - Understanding how you (and others) think
  - Change of Perspective / NBG (New Behaviour Generator): a simple tool for solving problems and generating creativity
- **Language**
  - The power of positive language: say what you want to happen, not what you don't!
  - Chunking: the essentials of negotiating
  - Presuppositions: words that create mindsets (if, but, try)
  - Visual, auditory, and kinaesthetic styles, how to recognise them and use them to improve your communication
- **Presuppositions of NLP**
  - The keys to personal development
- **Simple kinaesthetic anchoring**
  - How to "store" your resources (e.g. confidence, happiness, calm) and then regenerate the appropriate resource whenever it is needed
- **An introduction to Memory Re-Solution® & CongruentMind**
  - Discover how you personally structure time, and how to place a clear goal in your future.

Behavioural Competence

- ALL of the NLP skills listed above are required to be behaviourally demonstrated with both self and others.

CongruentMind
Identity, Resilience, Capability

MEMORY RE-SOLUTION®

THE ASSOCIATION FOR NLP
ANLP
ACCREDITED TRAINER

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