

NLP FOUNDATION AND PRACTITIONER CERTIFICATION

As per International Standards



UNICHROME

Unichrone Training **Advantages**

- ✓ 4 Day Interactive Instructor-led Online/Classroom or Group Training
- ✓ Course study materials designed by subject matter experts
- ✓ Mock Tests to prepare in a best way
- ✓ Highly qualified, expert & accredited trainers with vast experience
- ✓ Enrich with Industry best practices and case studies and present trends
- ✓ NLP Foundation and Practitioner Training Course adhered with International Standards
- ✓ End-to-end support via phone, mail, and chat
- ✓ Convenient Weekday/weekend NLP Foundation and Practitioner Training Course schedule



About Unichrone

✓ We are a professional training institute with an extensive portfolio of professional certification courses. Our training programs are meant for those who want to expand their horizons by acquiring professional certifications across the spectrum. We train small- and medium-sized organizations all around the world, including in USA, Canada, Australia, UK, Ireland and Germany.



Guaranteed Quality



Handpicked Trainers



Global Presence



Online Training Option

We've trained professionals across global companies

Importance of NLP Foundation and Practitioner Training

- ✓ NLP Foundation and Practitioner Certification offer formal entry to Neuro Linguistic Programming as a practice area. The first level of framework focuses on such basic principles of NLP as communication models, language for influence, and managing emotions and states. NLP skills teach people how they can upgrade themselves for better, and when done successfully, this provides people with a basic understanding of NLP. Practitioner Certification goes further, having more courses within NLP dispense additional information on NLP processes and patterns for goal setting, behavior modification, and emotional connection within interpersonal communications.
- ✓ NLP Foundation and Practitioner Training enables candidates to have working knowledge and practical skills in Neuro Linguistic Programming. Over course of program, candidates will work with such key NLP strategies as representational systems, meta-programs, and anchoring, acquiring the skills to read and control patterns of communication. It covers methods of establishing goals and plans, learning to manage emotions, changing negative patterns of thinking, and developing new effective ways of cognition.

ELIGIBILITY CRITERIA

- ✓ Aspirants need not meet any requirements to pursue NLP Foundation and Practitioner Training Course. However, having prior knowledge is beneficial.

WHO SHOULD ATTEND

- ✓ Any individual who wants to gain skills to understand NLP can enroll in the NLP Foundation and Practitioner Training course.

NLP FOUNDATION AND PRACTITIONER CERTIFICATION ADVANTAGES



CERTIFIES
YOUR TALENT



HELPS
BUILDING
VALUES



GLOBAL
RECOGNITION



PERFECT
EXECUTION



BUILDS
CUSTOMER
LOYALTY



MORE
EMPLOYABILITY
OPTIONS

Syllabus of NLP Foundation and Practitioner Training

Lesson 01 – Introduction to NLP

1.	Overview of Neuro-Linguistic Programming
2.	Communication Excellence
3.	Goal Achievement
4.	Concentration
5.	Stage Management
6.	Positive Mental Attitude
7.	Self-Image, Confidence and Self-Respect
8.	Internal Flexibility and Emotional Strength
9.	Emotional Strength
10.	Creativity
11.	Re-Coding and Changing Views
12.	Learning Methods and Levels
13.	Memory and Information Retention
14.	Milton Model
15.	Appreciating Personal Differences
16.	Motivational Outcomes

Lesson 02 – NLP Modelling

1.	Feedback Loop
2.	New Code
3.	New Code Games
4.	Perceptual Positioning
5.	Association and Disassociation
6.	Representation System
7.	Values and Beliefs

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Lesson 03 – NLP Tools and Techniques

1.	Moving Images
2.	Goal Setting
3.	Advanced Visualisation Techniques
4.	Better Communication
5.	Keeping Motivated
6.	Becoming More Productive
7.	Drama Triangle
8.	Perceptual and Anchoring Techniques
9.	Presupposition
10.	Reframing
11.	Metaphor in Range

Lesson 04 – Neuro-Linguistic Programming

1.	Overcoming Hurdles
2.	Moving Past Belief Limits
3.	Leaving Behind Fears and Phobias
4.	Building and Improving Relationships
5.	Releasing Emotions and Stress

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Lesson 05 – NLP Application

1.	Leadership Management
2.	Sales and Marketing
3.	Education Instruction
4.	Therapy Remedies
5.	Effective Meetings

Lesson 06 – Overview of NLP

1.	Introduction
2.	Decoding NLP
3.	What is Neuro-Linguistic Programming (NLP)?
4.	History and Origin of NLP
5.	How Does NLP Work?
6.	Application of NLP
7.	Presuppositions - Empowering Beliefs
8.	Presuppositions
9.	Power of Beliefs
10.	Representational Systems

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Lesson 07 – NLP Communication Models

1.	NLP Communication Models
2.	Sensory Rich Language
3.	Visual Representational Systems
4.	Kinaesthetic Representational System
5.	Auditory Representational System
6.	Olfactory Representational System
7.	Gustatory Representational System
8.	Component of Meta Model
9.	Meta Model
10.	Deletion
11.	Distortion
12.	Generalisation
13.	Values
14.	Beliefs
15.	Memories and Experiences
16.	Meta Programmes
17.	How Useful are Meta-Programmes?
18.	How to Identify Meta-Programmes?
19.	Common Meta Programmes
20.	Accessing Eye Cues

Lesson 08 – NLP Foundational Concepts

1.	State Management
2.	Importance of State Management
3.	Ways to Boost State Management Skills
4.	Critical Inner Voice
5.	How Does the Critical Inner Voice Affect Us?
6.	How to Conquer Critical Inner Voice?

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Lesson 09 – Sub-Modalities

1.	Introduction to Sub-Modalities
2.	Table Listing Sub-Modalities
3.	Sub-Modalities
4.	Sub-Modalities: Key Building Blocks of NLP Techniques
5.	Types of Sub-Modalities
6.	Critical Sub-Modalities
7.	Driver Sub-Modalities
8.	Example – Using Sub-Modalities for Fears
9.	Common Threshold Patterns

Lesson 10 – Four Pillars of NLP

1.	Four Pillars of Neuro-Linguistic Programming
2.	Pillar 1 – Outcome Orientation
3.	Pillar 2 – Sensory Acuity
4.	Pillar 3 – Behavioural Flexibility
5.	Pillar 4 – Rapport
6.	Techniques to Build Rapport

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Lesson 11 – Anchoring

1.	Anchors
2.	What Can You Use Anchoring For?
3.	Examples of Anchors
4.	Steps in NLP Anchoring
5.	Some Exercises with NLP Anchoring
6.	Keys to Effective Anchoring
7.	Circle of Excellence

Lesson 12 – NLP Techniques

1.	Top NLP Techniques
2.	Time Line Technique
3.	How Does Creative Visualization Work?

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Lesson 13 – Language Patterns

1.	Milton Model
2.	Hidden Elements of Communication
3.	Milton Language Patterns
4.	Embedded Commands

Lesson 14 – Enhancing Life Experience

1.	Enhancing Life Experiences
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Lesson 15 – Introduction to NLP Master Practitioner

1.	What is Neuro Linguistic Programming
2.	Why NLP Master Practitioner?
3.	Neuro Transmitter
4.	Human Brain

Lesson 16 – Preferred Representational System

1.	Preferred Representational Systems
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Lesson 17 – Unconscious Mind

1.	Prime Directives of Unconscious Mind
2.	How the Unconscious Mind Organizes Memories?
3.	Unconscious Mind Represses Memories with Unresolved Negative Emotions
4.	Unconscious Mind Needs Clear Instructions to Follow

Lesson 18 – Working with Values and Beliefs

1.	Values
2.	Types of Values
3.	Areas of Values
4.	Beliefs
5.	Characteristics of Beliefs
6.	Belief Discovery
7.	Understanding Limiting Beliefs
8.	Questions to Identify Limiting Beliefs
9.	Breaking Limited Beliefs

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Lesson 19 – Identity

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| 1. | Identity Blueprint |
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Lesson 20 – Purpose

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| 1. | Purpose |
| 2. | Purpose Questions |
| 3. | Principles of Self-Awareness |
| 4. | Keys to Unlocking Your Purposes in Life |

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Lesson 21 – Neurological Levels

1.	Neurological Levels
2.	Working with Neurological Levels

Lesson 22 – Deeper into Language

1.	Hierarchy of Ideas
2.	Intelligent Mind
3.	What is Meta-Model?
4.	How to Use NLP Meta Model in Daily Life?
5.	Develop Your Meta-Model

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Lesson 23 – Advanced Language Modelling

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| 1. | Meta Programmes |
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Lesson 24 – Goal Setting and Well Formed Outcomes

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| 1. | State v/s Goal |
| 2. | Well Formed Outcome |
| 3. | Applying Vision Boarding in our Life Areas |
| 4. | Smart Vision Boarding for Goal Setting |
| 5. | SMARTER Goals |
| 6. | Stretch Goals |

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Lesson 25 – Principles of Success

1.	Presupposition
2.	Take Action
3.	Cause and Effect
4.	Self Esteem v/s Self Worth
5.	Self-Worth Coaching Model
6.	Tips to Achieve Success in Life

Lesson 26 – Association and Disassociation

1.	Association and Disassociation
2.	Using Modalities and Sub-modalities
3.	Swish Pattern
4.	Submodalities Swish Pattern Script

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Lesson 27 – Conversational Change

1.	Importance of Conversation
2.	Perceptual Positions
3.	Internal Perceptual Positions
4.	External Perceptual Positions
5.	Metaphors
6.	Uses of Metaphors in NLP
7.	Types of Metaphors
8.	Construction of Metaphors
9.	Presenting Metaphors
10.	Metaphors in NLP
11.	Mapping Strategies
12.	Quantum Linguistics
13.	Cartesian Coordinates
14.	Prime Concerns

Lesson 28 – Reframing

1.	What is Reframing?
2.	Types of Reframing
3.	Context Reframe
4.	Separation of Intention and Behaviour
5.	Steps of Reframing

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Lesson 29 – Strategy

1.	Strategy
2.	Why Elicit Strategies
3.	Components of a Strategy
4.	Run through the Strategy
5.	Representational Systems Link to Strategies
6.	TOTE Model
7.	Formal Strategy Elicitation
8.	Strategy Elicitation with Eye Patterns

Lesson 30 – Bringing NLP to Life

1.	Action-Oriented NLP Techniques
2.	NLP Techniques to Bring More Success to Business

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Lesson 31 – Milton Model

1.	Milton Model
2.	Phases of Milton Model
3.	Nominalisation
4.	Mind Reading
5.	Lost Performatives
6.	Modal Operators
7.	Embedded Suggestions
8.	Ambiguity
9.	Meta Vs Milton Model

Lesson 32– Elimination Barriers to Progress

1.	Characteristics of a Fully Functioning Person
2.	Choices of Maturity and Character
3.	Reflection on Maturity and Character Choices
4.	Acceptance of Truth
5.	Sigmund Freud's Defence Mechanisms

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Lesson 33 – Avoiding Communication Blocks

1.	Roadblocks to Communication
2.	Levels of Listening
3.	Paraphrasing and Reflecting
4.	Clean Language Questions

Lesson 34 – NLP in Context

1.	Applications of NLP Model
2.	NLP in Personal Development
3.	NLP in Organisational Development
4.	NLP in Therapy
5.	NLP in Coaching

Exam Format of NLP Foundation and Practitioner Certification

Examination Format	
Exam Name	NLP Foundation and Practitioner Exam
Exam Format	Multiple Choice
Total Questions & Duration	20 Questions, 120 minutes
Passing Score	Minimum passing score of 70%
Exam Cost	Included in Training Fee

To get you fully prepared with the knowledge and skills for NLP Foundation and Practitioner, a training session at Unichrone gives immense importance to mock questions at the end of every module and problem-solving exercises within the session. Prepared by certified faculty, the practice tests are a true simulation of the NLP Foundation and Practitioner exam.

Contact Us

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<https://unichrone.com/>

