

International NLP Coaching Certification Training



Human Communications Centre

GLOTTA



Center za novo znanje

Introduction

The ICF ([International Coach Federation](#)) defines professional coaching as "an ongoing relationship that helps people produce extraordinary results in their lives, careers, businesses or organizations. Through the process of coaching, clients deepen their learning, improve their performance, and enhance their quality of life".

Coaching is an interactive process that helps individuals and organisations to develop more rapidly and produce more satisfying results. Coaches or managers and leaders with coaching skills work with clients in all areas including business, career, finances, health and relationships. As a result of coaching, clients/organisations get better goals, take more action, make better decisions, and more fully use their natural resources and strengths.

The International NLP Coaching Certification Training training is following the International Coach Federation's requirements for accreditation, which is the completion of 125 hours of coach specific training. Having completed the training you can apply for accreditation by the ICF according to their criteria.

The International Coach Federation has established 11 core competencies that are used as the foundation for the ICF credentialing process. The training will work to ensure that you gain all of these competencies, which will prepare you for becoming an ICF accredited coach, should you wish to obtain this title.

What makes this training quite unique is its NLP perspective. The NLP technology, both its modelling techniques and the applications of these techniques to relevant fields, is uniquely suited for promoting effective coaching. NLP's focus on well-formed outcomes and its foundation in modelling exceptional performers and its ability to establish procedures for achieving excellence makes it an extremely powerful resource for a coach.

In summary: through this training you will become a certified NLP Coach, who can apply for ICF accreditation and who has been trained professionally to apply advanced NLP principles and know-how in coaching.

Who is it for

It is important to note that International NLP Coach Certification programme is aimed at NLP Master practitioners (a pre-requisite level for enrollment) who want to extend their competences and learn how to apply NLP knowledge, skills and attitude to coaching. The programme is also useful for managers and leaders who plan to use coaching skills for further self-development and the development of their employees.

Training outcomes and the development of competencies

The delegates will

- learn, understand and apply set of coaching concepts and tools
- learn, experience, practice and integrate coaching process
- experience and integrate coaching as a way of being

The delegates will also develop further the following competencies:

- coaching
- clean language patterns
- linguistic awareness
- decision-making
- self-awareness

- openness to change
- self-management
- creative thinking
- possibility thinking
- modeling
- systemic thinking
- time-management
- outcome focus

Content

Module 1

- Roots and definitions of coaching
- Distinctions (coaching, psychotherapy, consulting...)
- Coaching concept 1 – Designing the Alliance
- Coaching concept 2- Building Trust
- Coaching concept 3 – Forwarding the Action
- Coaching concept 4 – Accountability
- Coaching diagnostic tool – Balance wheel
- In-take session
- Attribution styles

Module 2

- Openness to learning (as a client and as a coach)
- Habits-Habituation
- Gallwey's model
- Coaching concept 5 – Acknowledgement vs Praise
- Coaching concept 6- Intrusion
- Coaching concept 7 – Requesting
- Coaching concept 8 – Voicing Intuition
- Feedback models
- Completion call/ session

Module 3

- Beliefs and coaching
- Relationships and language
- Coaching concept 9 – Walking your talk/Integrity
- Coaching concept 10- Asking permission
- Coaching concept 11 – Championing
- Coaching concept 12 – Structures
- Three modes of human action
- Bipolarities of life

Module 4

- Identity/ies and coaching
- The use of Meta programmes in coaching
- Coaching concept 13 – Challenging
- Coaching concept 14 - Inquiry
- Coaching concept 15 – Holding the client's Agenda
- Coaching concept 16 – Dancing in the moment
- Leaking power

- Stress-management

Module 5

- Beyond Identity/ies and coaching
- Emplotment (story lines) in coaching
- Coaching concept 17 – Bottomlining
- Coaching concept 18 - Integration
- Coaching concept 19 – Humour
- Truth vs Blissful ignorance
- Time-management

Recommended literature for further reading

McDERMOTT, I., JAGO, W. (2002) *NLP Coach. A Comprehensive Guide to Personal Well-being and Professional Success* London: Piatkus Books Limited.

WHITMORE, J. (2002) *Coaching for Performance: The New Edition of the Practical Guide*, London: Nicholas Brealy.

Trainers



[Kurt Andersen](#), MSc. (psych), MRes, PGCE (TLHE), is a Danish-born psychologist, coach, trainer, University lecturer and neurolinguistic psychotherapist.

Kurt works with people and organizations in a variety of ways (business and life coaching sessions, individual and group trainings etc.) to help them achieve their goals in business, health and private life. He works successfully with personal and professional issues such as risk, stress and change management as well as with people without any particular 'issues', who simply want to grow, become even better at what they are doing, find ways of optimising their work and/or personal life or find new meanings.

Kurt has studied a variety of academic disciplines from History, Political Science and Philosophy in Finland (BA) and Rhetoric and Linguistics in Denmark (BA) to Psychology (MSc), Research methods (MRes) and Education (MA) in England and is a Fellow of the Higher Education Academy. He has an adult education certificate and is a licensed NLP trainer and certified NLP Coach having trained and worked with many of the leading NLP trainers in the world (e.g. Richard Bandler, Ian McDermott, Ed Reese, Maryann Reese, Suzi Smith, Tim Hallbom, Robert Dilts and Judith Delozier).



[Dr Tatjana Dragovic](#), is a highly successful teacher-trainer, coach and management trainer. She has for many years been involved in training of presentation, leadership and coaching skills, team-building, modelling & knowledge engineering. She is a licensed NLP trainer and certified NLP coach having worked with most leading NLP developers in the world (e.g. Richard Bandler, Ian McDermott, Ed Reese, Maryann Reese, Suzy Smith, Tim Hallbom and Robert Dilts). She has specialized in various fields within NLP ranging from NLP applied to education, business, health and coaching. She has a wide experience in one-to-one coaching

successfully helping people from all walks of life make the best of their potential. She is known as an inspiring and motivating trainer with top class pacing skills, who magically adapts her trainings to all course participants individually and helps them achieve outcomes they never thought possible.

Academic background: BA in English language and Anglo-American literature, Diploma in journalism, MA in Education, Doctorate in Education

Logistics

Format

The training is delivered as nearly a year-long five-modular programme from April 2010 to January 2011 i.e. March 2011 (including the integration/assessment process). Glotta Nova, Centre for New knowledge, Slovenia and Human Communications Centre, UK are co-delivering the training. Each module consists of four days (Thursday to Sunday, 9pm – 5.30pm).

Training methods

The training is actually both an educational review of the concept of coaching and an interactive workshop including scores of practical exercises, real coaching sessions, discussions and case studies. The delegates will get an opportunity to share their experiences and work on examples from their own professional and private contexts. The delegates will be supported by the trainers and their assistance team.

Group size

Up to 30 delegates

Dates

Modul 1: 15.04. - 18.04.2010

Modul 2: 03.06. - 06.06.2010

Modul 3: 26.08. - 29.08.2010

Modul 4: 28.10. - 31.10.2010

Modul 5: 13.01. - 16.01.2011

Integration/Assesment days: TBC

Price

2.045,00 EUR + VAT = 2.454,00 EUR

Venue

The training will take place in Ljubljana, the capital of Slovenia, a beautiful country combining Mediterranean and Alpine landscapes.



More information



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