



NLP *Austin*
NLP Practitioner Certification Training

Dear Prospective NLP Learner,

The class described in the brochure you're holding right now can teach you the basic techniques and skills of Neuro Linguistic Programming. This 8-weekend, 16-day class, usually taught in 1-2 weekends per month, over the course of 5-8 months, includes more than a dozen core skills and 20+ distinct techniques for approaching your career, your personal relationships, and your inner world with the most effective strategies available.

Successful graduates can claim the title Certified NLP Practitioner. Some attendees come to add to their existing certifications as Licensed Professional Counselor, Social Worker, Massage Therapist, Physical Therapist, Registered Nurse, Project Manager, Minister, Coach, or Medical Doctor. Some participants show up in service of their division, department, company, or team. Other graduates attend for their own betterment and in service of friends and family.

I have come to describe NLP as a way to help myself and others shift my behaviors and my emotions using the gateway of the mind. Ask any NLP Practitioner and they will have their own definition, from descriptions of this body of work being like "an app for personal effectiveness" to "the how-to manual for self leadership" to "the key to living well, in friendship, love, health, money, and career."

And this class is so much more than that. When I first started learning NLP as a class participant myself, I came back to class over and over because I found it to be the easiest, most elegant,

most flexible methodology for helping myself, my friends, families, and colleagues, and the world at large to transform into something better.

NLP classes are best taught in the format where you see and hear a masterful trainer demonstrate each technique or skill with a live client, and then you have the opportunity to try out the process demonstrated as a client and as a guide.

If it's of interest to you, I encourage you to talk to others who have taken this NLP Practitioner training and ask them how they think about this methodology. Or jump in and take the first weekend or two of this training to find out if it might be something relevant and helpful to you.

Our lives are in part about finding flow, balance, clarity and peace as we face inevitable change. I continue to offer this course because even 15 years later, I still find this set of skills and techniques to be the most efficient, graceful way for participants to learn and

Here's to your success,

Katie Raver
Certifying NLP Master Trainer
Owner, NLP Austin

Class Topics

Classic NLP Anchoring

Learn how to choose the most useful internal state for a given situation, step out of less resourceful or “stuck” states, and use environmental and behavioral cues to build the series of experiences you want in your life.

Outcomes

People who appear to have “discipline” and easily achieve their goals think about goals in a very particular manner. You’ll learn and practice the components of successful goal achievement and learn to transform the objections and road blocks.

The Art of Noticing

What if there’s more visual, auditory, and kinesthetic information in the world than you realize? You can improve your sensory acuity through practice and begin to interact with what’s happening now even more. You can also learn to improve your ability to notice what’s most useful in a given moment.

Rapport

Developing that “felt sense” of similarity with another person - even a person you previously found difficult to communicate with or be around - can improve your communication clarity and flexibility. You will learn and practice the technical components of rapport.

Thought Qualities (or Submodalities)

You will learn to recognize the structure of your thoughts and easily shift them to create the results you want. You’ll use classic NLP patterns such as the phobia/ trauma cure and the Godiva chocolate pattern to eliminate unwanted responses.

Language Patterns of Integral Influence

Learn the patterns developed by the father of hypnosis, Milton H. Erickson, M.D. to create receptive states of mind in service of a goal or outcome.

Metaphor

Learn to use story and metaphor conversationally to respectfully introduce new choices and solutions into your interactions with others. Metaphor is the most respectful way of communicating.

Beliefs

Learn to identify core beliefs and how they limit or encourage certain behaviors, emotional states, and thoughts.

Quick Facts

- About the 8-Weekend NLP Practitioner Certification Training:
- Small class format means more feedback and face time with trainer and assistants.
- In person training with experienced trainer feedback is key to making sure you receive NLP training you can actually use (more than just theories!), that supports your personal and professional development, and that connects you to a learning community that will continue to support your success even beyond the training.
- Trainer Katie Raver teaches NLP in London, Austria, Belgrade, Switzerland, and Brazil. Take advantage of this training while she offers it in our home town of Austin!
- This class is only offered once per year in the Weekend Format in Austin, Texas.
- Register with a deposit for the first 2 weekends, try out the class, then continue with payments if you wish to complete all 8 weekends of class.

Tuition & Class Dates

Two registration choices:

- 1) Pay In Full: \$2200 by April 10th
(*\$2575 after April 10*)
- 2) Pay \$535 deposit

This covers your first two weekends of class. If you decide to continue after that, you'll pay just 4 payments of \$535.

Weekend Dates for 2017:

Weekend 1: **April 22-23 or May 6-7**

Weekend 2: **May 20-21 or June 3-4**

Weekend 3: **June 24-25**

Weekend 4: **July 8-9**

Weekend 5: **July 29-30**

Weekend 6: **August 12-13**

Weekend 7: **August 26-27**

Weekend X: **September 2-3**

(reserve in case makeup weekend is needed)

Weekend 8: **September 23-24**

512.699.7322

(text preferred when possible)

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Skills

Noticing/ Calibration

- Detect specific behavioral changes in another person: visual, auditory, calibrate to a variety of key states such as confusion, recognition, resourceful, unresourceful, etc.
- Identify when a state is fully accessed.

Behavioral Flexibility

- Demonstrate behavioral shifts: visual, auditory, physical.
- Understand and can utilize NLP presuppositions.

Rapport

- Pacing and Leading Behavior -- Detect, match, and lead behavior via what you/ another person:
- See (posture, gestures, movements, breathing and facial expression)
- Hear (voice, tone, tempo, volume, pitch, rhythm)
- Feel (pressure, tempo, rhythm of touch, emotions)
- Recognize the difference between matching and mismatching.
- Elicit and maintain states of excellence in another and self.

Process Words

- Determine whether a person is using visual, auditory, and/ or kinesthetic process words in conversation, and match whatever process words are being used to create a better sense of rapport.

Backtrack

- Appropriately feed back to the another person through a paraphrase or a summary of what s/he the other person said.

Break State

- Recognize when yourself or someone else is in an unresourceful state.
- Shift self and the other's state through methods that are physically/ socially respectful.

Future Pace

- Rehearse for future success using a particular state, behavior, or capability in the future.

Outcome Specification

- Orient towards a positively stated outcome with all the well-formed outcome conditions.
- Identify "ecological" outcomes that take the entire person/ system into consideration.

Language Patterns:

- Use meta-model challenge questions to specify more detail.
- Use language patterns of influence in service of someone else's outcome.

Techniques

Here are some of the techniques that are usually covered in class.

- Perceptual Positions
- New Behavior Generator
- Circle of Excellence
- Changing Personal History
- Well Formed Outcome Frame
- Meta Outcome Questions
- Language of Influence Patterns
- Future Pacing
- Aligning Neurological Levels
- Swish for More Resourceful Identity
- Phobia/ Trauma Cure Procedure
- Transforming Negative Self Talk
- Reframing
- Conditional Close
- Parts Integration
- Tape Editing
- Mentor Pattern
- Walking Belief Change
- Sage Advice

About NLP Austin

NLP Austin is located in a private residence in a beautiful, wild neighborhood in far, far South Austin called Radiance. Drive a few minutes outside of the downtown hustle and find yourself slowing down to listen and look with more acuity. Classes are taught in the downstairs main house or the upstairs Treehouse, with plenty of room to take a walk on breaks, enjoy a cup of coffee with other participants, and enjoy the scenery. Class sizes under 30 participants ensure that local resources are not over-extended and that participants get plenty of feedback and interaction with the trainer and assistants.

Address: 4 Sage Court, Austin, Texas 78737

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