



Total Curriculum

An Introduction to NLP

- Defining Neuro-linguistic Programming
- The History of NLP
- Presuppositions of NLP
- The NLP Communication Model
- Principles for Success
- Setting Well-Formed Outcomes

Representational Systems

- Visual, Auditory, Kinesthetic
- Preferred Rep Systems
- Predicates in Rep Systems
- Eye Accessing Cues

Strategies

- Programming of NLP
- Modeling
- T.O.T.E. Model
- Strategy Elicitation
- Buying Strategies
- Motivation Strategies
- Love Strategies
- Learning Strategies
- Designing and Installing Strategies

Improving Sensory Acuity

- Increasing Your Sensory Awareness
- Sensory-Based Language
- The Learning State

Rapport

- Matching and Mirroring
- Pacing and Leading
- Indicators of Rapport
- Instant Rapport
- Group Rapport

Language Patterns

- Linguistic Presuppositions
- The Hierarchy of Ideas
- Agreement and Negotiating
- The Milton Model
- The Meta Model

Submodalities for Change

- Eliciting Submodalities
- Utilizing Drivers
- Contrastive Analysis
- Changing Beliefs
- Swish Pattern
- Fast Phobia Cure

Anchoring

- Keys to Anchoring
- Steps of Anchoring
- Building Resource Anchors
- Collapsing Anchors
- Chaining Anchors
- Moving from Procrastination to Motivation

Reframing

- Context Reframing
- Content Reframing
- Six-step Reframe
- Parts and Positive Intentions
- Parts Integration
- Negotiating

And More!