



OR Training & Personal Development Ltd

OR

*NLP Master Practitioner
Programme*



October 2018 - June 2019

Syllabus & Timetable





OR NLP MASTER PRACTITIONER PROGRAMME

“THERE IS ONLY ONE CORNER OF THE UNIVERSE YOU CAN BE CERTAIN OF IMPROVING AND THAT’S YOUR OWN SELF.”

ALDOUS HUXLEY

Why Take On The Challenge of Becoming A Master Practitioner of NLP?

Mastery in any field is not a journey for the faint-hearted.

It should be about more than just a certificate or a title.

Real Mastery is about challenging yourself to do more, be more and become more.

It's about questioning your current perceptions and tackling your limiting beliefs;

It's about honing your knowledge and skills and being able to apply them easily and effectively;

It's about learning how to adapt what you know to new and challenging situations and stepping up to a whole new level of ability and achievement.

The achievement of becoming a Master Practitioner of NLP is recognised as a mark of skill and quality.

It is a sign of dedication to continued professional development in the field.

Where a good Practitioner Programme should already have equipped you with the fundamentals of NLP, a Master Practitioner Programme is the next step on the journey to deepen your understanding and your application of the skills, techniques and attitudes of NLP so that they come naturally and effortlessly to you.

Becoming a Master Practitioner of NLP means enhancing your skills, deepening your knowledge and developing your own elegance, fluency and effectiveness in using NLP to create the results you want in life, either personally or professionally.

NLP skills and methodologies are now being widely used to improve outcomes in areas as diverse as Business, Health, Education, Politics, Community Development & Sport and NLP principles are at the heart of the approach taken to developing the Northern Ireland Programme for Government.

Learning NLP has also become an essential element in many professional development programmes for Leaders and Managers and it is a key part of the toolkit for many Life, Executive and Leadership Coaches, Trainers and Consultants.

Now, perhaps more than ever, there is an opportunity for skilled, ethical and committed Master Practitioners of NLP to make a real difference in our society.

Are you ready for the challenge?



The OR NLP Master Practitioner Programme

An experiential learning journey with 9 Masterclass Seminars over 18 full days of face to face teaching, coaching and support in the elegant surroundings of the Canal Court Hotel, Newry.

The OR NLP Master Practitioner Programme will equip you with the knowledge, experience and practical expertise you need to be confident in applying your skills in the real world to make an ethical difference as an NLP Master Practitioner; and is recognised by the Association of Neuro-Linguistic Programming (ANLP), the Association for NLP Professionals.

- **18 Days Face To Face Teaching and Coaching with award winning* NLP Trainer and ANLP Ambassador, Michael Dunlop.**
- **Comprehensive 1:1 Coaching & Support throughout your journey.**
- **Learn the skills for acquiring Mastery in NLP and explore both the theory and practice of Mastery itself.**
- **Enhance and deepen your own coaching and leadership skills.**
- **Explore the skills that make change processes work and learn how to tailor them precisely for yourself and others.**
- **Learn advanced linguistic patterns to improve your effectiveness and enhance your ability to influence and motivate others.**
- **Explore a wide range of Advanced NLP Modelling approaches and then design, research and professionally write up your own successful NLP modelling project.**
- **Integrate the key skills of NLP Mastery into your daily life and achieve our recognised high standards with rich feedback and intensive coaching.**
- **Build networks, establish regular practice groups and make lasting connections with fellow NLP Master Practitioners.**
- **Celebrate your achievement as a successful NLP Master Practitioner Graduate!**

****Best Organisational Training Provider' & 'Leadership Coach of the Year'***
2017 Northern Ireland Enterprise Awards hosted by SME News



NLP Mastery Diplomas

We use our tried and tested modular approach to experiential learning with a 2-day face to face seminar helping you to build your skills and experience during each month of the Programme.

Successfully complete each of the **3 Professional NLP Mastery Diplomas** that make up the **NLP Master Practitioner Programme**, including a full NLP Modelling Project and Assessments, and you will have earned the right to be recognised as a Master Practitioner of NLP.

More importantly, you will have taken your skills and experience to a whole new level.

You can also choose to complete any of the **3 Professional NLP Mastery Diplomas** that make up the **NLP Master Practitioner Programme**, as a standalone course.

This provides an alternative path to completing the full Master Practitioner Programme at your own pace.

If you are already an NLP Master Practitioner it also gives you the opportunity to deepen your existing knowledge and skills as a CPD programme.

Get In Touch To Find Out More

To find out more or to register your interest in the

OR NLP Master Practitioner Programme,

you can contact us directly at michael@liveitorleadit.com,

call us on **07833230136**

or visit our website www.liveitorleadit.com.

Dates: As Per Syllabus

Times: 9:00am – 5pm Each Day

Venue: The Canal Court Hotel, Newry



NLP MASTER PRACTITIONER PROGRAMME

DIPLOMA 1 - NLP COACHING SKILLS MASTERY

This 3 Seminar (6 Day) Diploma will help you to develop your own brand of effortless excellence as you master the skills and approaches to create real and lasting change for yourself and others through Coaching with NLP.

SEMINAR 1

Frameworks for Mastery and Information Gathering

SEMINAR 2

Values: The Heart of the Matter

SEMINAR 3

Mastering Change Processes and Mock Assessment

DIPLOMA 2 - NLP CHANGE LEADERSHIP MASTERY

Whether you are a Leader, a Coach or a Professional Change Agent, this Diploma will greatly enhance your ability to lead and create change with yourself and others. Explore the advanced skills and approaches of Modelling and use those skills to help others dramatically improve their own performance. Learn how to identify the underlying narratives and thought patterns that hold people & organisations back & develop your own elegance with language.

SEMINAR 4

Advanced Language Skills

SEMINAR 5

Metaprograms and Metaphors

SEMINAR 6

Advanced Research and Modelling Skills

DIPLOMA 3 - ADVANCED NLP SKILLS MASTERY

Integrating your learning as a Coach and Leader and with our rigorous Assessment and Coaching process, this Diploma ensures that as a successful NLP Master Practitioner you can be confident and congruent in applying the skills you have mastered with integrity in any setting you choose

SEMINAR 7

NLP New Coding and Personal Mastery

SEMINAR 8

Integrating Mastery: Review and Coaching

SEMINAR 9

Assessment, Coaching and Integration



NLP COACHING SKILLS MASTERY DIPLOMA

Seminar 1: **2 Days** **13/14 October 2018**

Frameworks for Mastery & Precision Information Gathering

Learn the skills for acquiring mastery and explore the theory and practice of mastery itself. Discover how to enhance your coaching skills by generating precision questions and how to know which intervention will work best.

- **The Practices of Mastery**
- **Reflective Journaling**
- **Effective Practice Groups**
- **Ken Wilber's Integral Practices**
- **Precision Information Gathering**
- **The Well-Formed Issue**
- **Effective Diagnostic Strategies**

Seminar 2: **2 Days** **10/11 November 2018**

Values: the Heart of the Matter

Our Values determine how we live our lives, right down to the smallest choice. Yet our values are often unconscious, and most conflicts are ultimately values conflicts. Develop your NLP coaching skills to be able to surface out-of-conscious values in any area of life, identify conflicts, and re-align the key values so as to eliminate the conflicts and clarify your purpose in life.

- **Working with the conscious/unconscious interface**
- **Tracking transitions through symbols and archetypes**
- **New code modelling and intuitive processes**
- **Choice points, congruence signals and editing formats**
- **The generative NLP format and the SOAR model**
- **Choosing perceptual filters & using multiple descriptions**
- **Integrating mind and body, reason and intuition**

Seminar 3: **2 Days** **15/16 December 2018**

Mastering Change Processes and Assessment

Explore the core skills that make all change processes work and learn how to tailor them precisely for yourself and others. A comprehensive assessment will also help you to clarify your own strengths and weaknesses and plan your own ongoing skills development.

- **Enhanced Diagnosis**
- **Diagnostic Testing**
- **Delivering Advanced Change Processes**
- **Tailoring Interventions**
- **Mastering New Change Processes**
- **Master Practitioner Criteria and Assessment Process**



NLP CHANGE LEADERSHIP MASTERY DIPLOMA

Seminar 4: **2 Days** **11/12 January 2019**

Advanced Language Skills

Language has power. Our words can wound and heal; anger and inspire; start wars and create peace. Language can trap us in our problems or illuminate fresh solutions. Developing your language skills is one of the most effective ways of improving your professional and personal effectiveness. You will be learning a wide range of advanced linguistic patterns including:

- **Conversational/Linguistic Change Processes**
- **12 Temporal Predicate Patterns**
- **22 Presupposition Forms**
- **Sleight of Mouth Patterns**
- **Design Strategy for Transformational Interventions**
- **Live Response Calibration**

Seminar 5: **2 Days** **9/10 February 2019**

Understanding Self & Other: Metaprograms and Metaphors

Mastering Metaprograms is one of the most powerful steps you can make in understanding people, increasingly valued by Leaders, Mentors and Coaches for influencing and motivating others. The mind is a creature of metaphor. The metaphor skills covered range from the deep metaphors we live by, through design and delivery, to installing new strategies through metaphor.

- **The 12 Key Metaprogram Patterns**
- **Distributions**
- **Diagnostic Questions**
- **Covert Recognition Strategies**
- **Utilisation**
- **Elicitation and Change of Operational Metaphors**
- **Therapeutic Metaphors and Resolutions**
- **Metaphors and Identity**

Seminar 6: **2 Days** **9/10 March 2019**

Advanced Research and Modelling Skills

You will be learning a wide range of approaches, from self-modelling and “conversational” modelling, right through to how to design, run and write up a major organisational research project. You will also design, research and write up your own modelling project.

- **Project Clarification**
- **Well-Formedness Conditions**
- **The 7 Main Feature Detection Processes**
- **The 6 Key Pattern Recognition Skills**
- **Advanced Strategy Elicitation**
- **Diagnostic Modelling**
- **Self-Modelling Strategy**
- **Methodologies and Write-Up Protocols**



ADVANCED NLP SKILLS MASTERY DIPLOMA

Seminar 7:

2 Days

13/14 April 2019

NLP New Coding and Personal Mastery

New Code NLP was developed by John Grinder and Judith DeLozier as a new set of NLP patterns/skills with what they saw as three main advantages: they were simpler, more effective and made more use of the unconscious mind. Learn how to tap your intuitive wisdom and 'genius' with these skills.

- **Choice Points**
- **Personal Congruence Signal**
- **Personal Editing Formats**
- **Breathing Edit**
- **Walking Edit**
- **Stalking**
- **Characterological Adjectives**

Seminar 8:

2 Days

11/12 May 2019

Integrating Mastery: Review & Coaching

Integrate the diversity of the skills that you have been mastering on this programme and prepare for the final assessment. A comprehensive 'practice' assessment will allow you to identify and work with their own strengths and weaknesses. Key parts of the course are reviewed and coaching used throughout to bring your core NLP skills up to a high standard.

- **Mastering coaching skills**
- **The 3 Principles Approach**
- **Practicing assessment**
- **Presentation and evaluation of modelling projects**

Seminar 9:

2 Days

8/9 June 2019

Assessment, Coaching and Integration

Consisting of a variety of exercises designed to bring students up to our recognized high standards, this assessment seminar further integrates the key skills of NLP mastery. The effectiveness comes from the multilevel (self, peer, tutor and trainer) evaluation and multiple description approach, with intensive coaching. Celebrate your achievement as a successful Master Practitioner Graduate!



NLP MASTER PRACTITIONER PROGRAMME

(Awarded on Successful Completion Of All 3 Diplomas):

FULL COST: £2,250 (IF PAID IN FULL BEFORE THE PROGRAMME STARTS);

CHARITY/VOLUNTARY SECTOR COST: £2,000 (IF PAID IN FULL BEFORE THE PROGRAMME STARTS);

GRADUATE CPD COST: £1750** (IF PAID IN FULL BEFORE THE PROGRAMME STARTS)

TO SUIT YOUR OWN DEVELOPMENT NEEDS YOU CAN ALSO CHOOSE TO COMPLETE EACH DIPLOMA SEPARATELY AS A STANDALONE COURSE:

NLP COACHING SKILLS MASTERY DIPLOMA:

FULL COST: £850

CHARITY/3RD SECTOR COST: £750

GRADUATE CPD COST: £700**

NLP DIPLOMA IN CHANGE LEADERSHIP MASTERY:

FULL COST: £850

CHARITY/3RD SECTOR COST: £750

GRADUATE CPD COST: £700**

ADVANCED NLP SKILLS MASTERY DIPLOMA:

FULL COST: £850

CHARITY/3RD SECTOR COST: £750

GRADUATE CPD COST: £700**

** TO QUALIFY FOR THE GRADUATE CPD PRICE YOU MUST ALREADY BE A CERTIFIED NLP MASTER PRACTITIONER FROM A RECOGNISED SCHOOL

A PAYMENT PLAN IS ALSO AVAILABLE ON REQUEST



What People Say About Us:

Michael is one of the most inspirational trainers I have ever had the pleasure of training with, the training is informal but packed full of practical knowledge and very key information to be the best version of a practitioner you can be. The 9 months I spent training with Michael were really worth it, not only benefitting my life but those of my family and others I have coached along the way.

Couldn't recommend Michael more highly.

Patrick Cordell. Art of Brilliance Trainer, Advanced NLP Practitioner and Winner of the 2017 UK NLP In Education Award.

'With NLP change need not be a daily struggle fuelled by willpower; change is within my own reach and I can choose how I feel, behave and react. Michael shines with enthusiasm, integrity and generosity of spirit. He is a great teacher of NLP and creates a safe space for learning and practice.'

Alana Jones. Workplace Solutions: Executive Coaching; Training; Organisational Development

'I first got in touch with Michael about a year ago as I've always been interested in NLP but didn't know much about it. I finally recently attended his Live It or Lead It programme and the results for me began immediately.'

The biggest tribute I could pay to Michael is to say that he's a guy who knows so much he could bowl you over; but he doesn't. Like any good facilitator or coach Michael finds a way to transfer learnings in an engaging and simple fashion.'

Craig Thompson. Director, Vibrant Talent Development

'Michael is an exceptional communicator, who is passionate about NLP and very knowledgeable on the subject. The combination makes for an outstanding trainer!'

Cathy Mullan. NLP Trainer & Coach



'Michael is one of those rare individuals who can captivate an audience with outstanding presentation skills and make the complex seem simple. He has an expert knowledge of NLP which together with his passion for the subject and his skill in training makes him an excellent trainer for anyone seeking to learn more about NLP.'

Peter Maunder. Director, Ethical Learning

'Some people you remember. Michael made a powerful impression on me the moment he started presenting. He not only cares genuinely about his work and those he leads but is an expert NLP Trainer, a professional and genuinely honest person. Michael embodies the best of NLP, high values, skill, is a model of success, a fantastic Coach and a really nice guy'.

Joanna O'Brien. Career Consultant at Inside Out NLP Coaching

Life changing. Since completing the Advanced NLP Practitioner Programme, people have commented: "Even though you were a great coach beforehand, it's on a whole new level. It's natural and you have loads of confidence in your approach and you use it for the better good in helping others. It's just helping you get to a new level of excellence!"

LMcK

Get In Touch To Find Out More

To find out more or to register your interest in the

OR NLP Master Practitioner Programme,

you can contact us directly at michael@liveitorleadit.com,

call us on **07833230136**

or visit our website www.liveitorleadit.com



OUR LEAD TRAINER & CONSULTANT

Michael Dunlop is an award winning* NLP Trainer, Coach and Master Practitioner. In addition to his Coaching and Professional Consultancy work, Michael is also a Visiting Lecturer at the University of Ulster on 'Developing Leadership Competencies' at Masters Degree Level and has worked with some of NI's most recognisable organisations in the Public, Private and Community & Voluntary Sectors.

Michael is also an International Ambassador for the Association of Neuro-Linguistic Programming (ANLP), the Association for NLP Professionals.

****'Best Organisational Training Provider' & 'Leadership Coach of the Year'***
2017 Northern Ireland Enterprise Awards hosted by SME News

OR TRAINING & PERSONAL DEVELOPMENT LTD

At OR, we believe in the power of choice.

You can put up with the same old issues, problems and frustrations in your life, work or organisation...

OR

You can choose to **do something different.**

We work with people and organisations who are ready to make that difference and get better results in life.

With our particular expertise in **Neuro-Linguistic Programming (NLP)**, Leadership & Systems Thinking Skills, we provide **NLP Coaching, Training & Consultancy** for both individual clients and organisations to help you to think, communicate, and act more effectively, to improve your results and to empower you to meet the challenges of life and work with confidence.

Alongside our training, coaching and consultancy with individuals, groups and businesses we also work 'in-house' with some of Northern Ireland's most recognisable organisations in the Public, Private and Community & Voluntary Sectors.

What can we do to help you make a difference?

