

Course Title:	NLP (Neuro-Linguistic Programming and Hypnosis - Introduction)	
Course Description	Understand what 'Personal Power' is and how to get it. Understand and use concepts of the Conscious and Unconscious Mind; how the mind, body, behaviour and personality interact and inform each other personally and how to learn and unlearn behaviour. Fundamentals of NLP including the communication model, presuppositions of NLP rapport. Classic NLP techniques for rapid change including 'Swish', like into dislike. How to induce hypnotic trance and create beneficial suggestions. Ideo-motor response (IMR) and catalepsy.	
Learning goals	By the end of this course you should be able to:	
	<ul style="list-style-type: none"> ▪ Carry out all activities with regard to the safety of yourself and others. ▪ Understand NLP & Hypnosis and how they are used for positive benefit ▪ Discover how to learn behaviour and our personality and how to 'unlearn' ▪ Learn some of the techniques of NLP and Hypnosis and their applications for changing behaviour and resolving psychological and physiological problems. 	
Is this course suitable for you?	Anyone interested in understanding NLP and Hypnosis and how they can be used for positive benefit to themselves.	
Assessment/Feedback	Learners will receive continual feedback and informal assessment from the teacher and will be encouraged to monitor their progress using an Individual Learning Plan.	
What should you bring with you to the first session?	<ul style="list-style-type: none"> • Pen, folder, paper 	
Additional costs	<ul style="list-style-type: none"> • No additional cost 	
What next?	Subject Specific Courses:	General:
	<ul style="list-style-type: none"> • Half-day workshops on specific topics • Two-day personal breakthrough workshop • Clinical Hypnosis & NLP Foundation training • NLP and Time Line Therapy audio course • NLP and Time Line Therapy Certified Practitioner training 	Please see our brochure, visit our website (www.lutonacl.ac.uk) or call us for further details (01582 490033).
	LACL offer free group workshops on CV writing, job search and interview techniques held by our trained nextstep advisor. Please contact us to book your free place.	
Help Us to Help You	<p>The service is committed to ensuring that all learners whatever their needs have the best possible chance to enrol, progress, complete and achieve their course goals. Funding may be available to support the following:</p> <p>Examination fees; Travel costs; Books & Equipment; Registration Fees; Childcare; Hardship costs; Additional course costs; Learners with a learning difficulty or disability; Learners with skills for life needs.</p> <p>For further details contact us on 01582 490033.</p>	