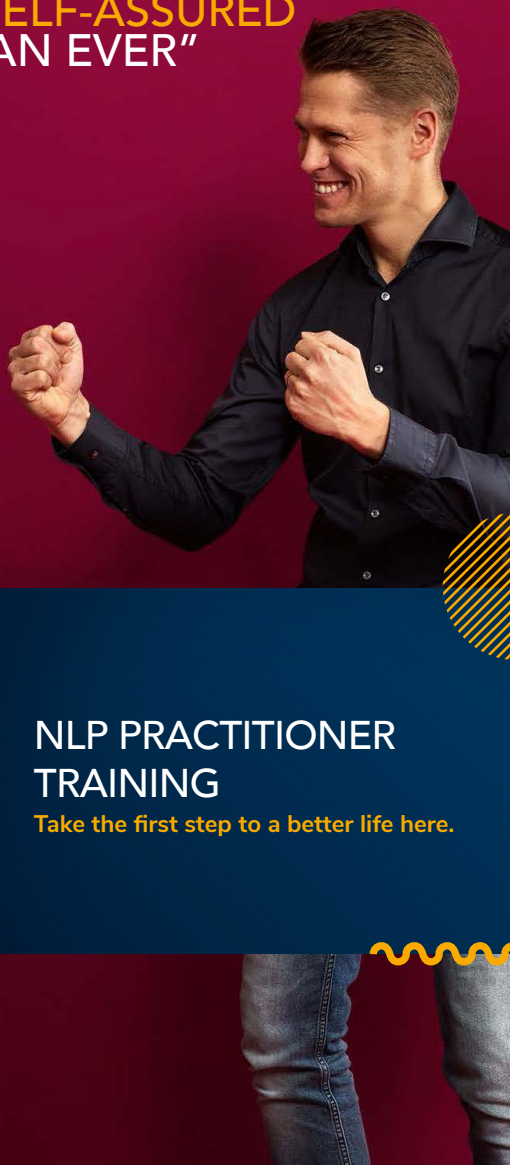


"LOOK AT HER; SHE
IS BEAMING. SHE IS
MORE SELF-ASSURED
THAN EVER"



NLP PRACTITIONER TRAINING

Take the first step to a better life here.



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FOREWORD

Thank you for your interest in our NLP Practitioner training! In this brochure we provide you with practical information about the course.

Many of our students follow the Practitioner training because they:

- Want to discover what they really want in life. So that in 10, 20 or 30 years they are able to look back with satisfaction and feel that they have achieved everything they wanted.
- Want to gain more insight into themselves and others, so that they can communicate more effectively.
- Want to achieve their goals (lose weight, live healthier life, became financially independent, or anything else that is important to them).
- Just want to be happier, more relaxed and energetic, and live with purpose.

The NLP Practitioner training gives you practical insights, techniques and skills to achieve the aforementioned goals. Readily applicable. Immediate results. No prerequisites required.

We hope that this brochure will inspire you to complete this course that you will benefit from for the rest of your life. You deserve a better life!

With kind regards,

Dr. Vincent van der Burg en Marcel Meijlink
Founders UNLP

"HAVE A MORE
FUN LIFE, YOU
DESERVE IT"

Vincent & Marcel




DE NLP PRACTITIONER TRAINING IN A NUTSHELL

The NLP Practitioner is a blended learning course: 15 days in class and over 60 hours of video material (in Dutch) with assignments. It is a mix of scientifically proven theory, live demonstrations, practical exercises and plenary sessions. Everything to recognize your unconscious processes and change them, if necessary. You will receive extensive personal guidance from our trainers and coaches, so that you can take what you have learned during the course and apply it to your life.

ACCREDITATION

UNLP is the only institute in the Netherlands affiliated with both the Dutch Association for NLP (NVNLP) and the International Association of NLP (IANLP). This accreditation guarantees that UNLP's certificates are of a high standard and are recognized nationally and internationally.



I use the learnings of NLP Daily. I am a better communicator and a calmer and happier version of myself. It give you clear and usable guidelines and it brings new and amazing perspectives.

Lynn, Compliance Training Specialist



WHAT WILL I LEARN AS NLP PRACTITIONER?

In the NLP Practitioner training you learn to eliminate the 6 obstacles that are currently holding you back from living the life you want.

1: BELIEFS

Beliefs are the invisible motor behind the things you do well or don't do well. "I can't do it" or "I'm not worthy " are common unhelpful beliefs that often prevent students from making their dreams come true.

That's why we work on:

- Discovering your unconscious limiting beliefs.
- Turning limiting beliefs into empowering beliefs.
- Installing empowering beliefs on a subconscious level.

SO THAT

Your self-image changes positively. You have a new zest for life (see new possibilities, face your fears), without any hesitation.



2: COMMUNICATION

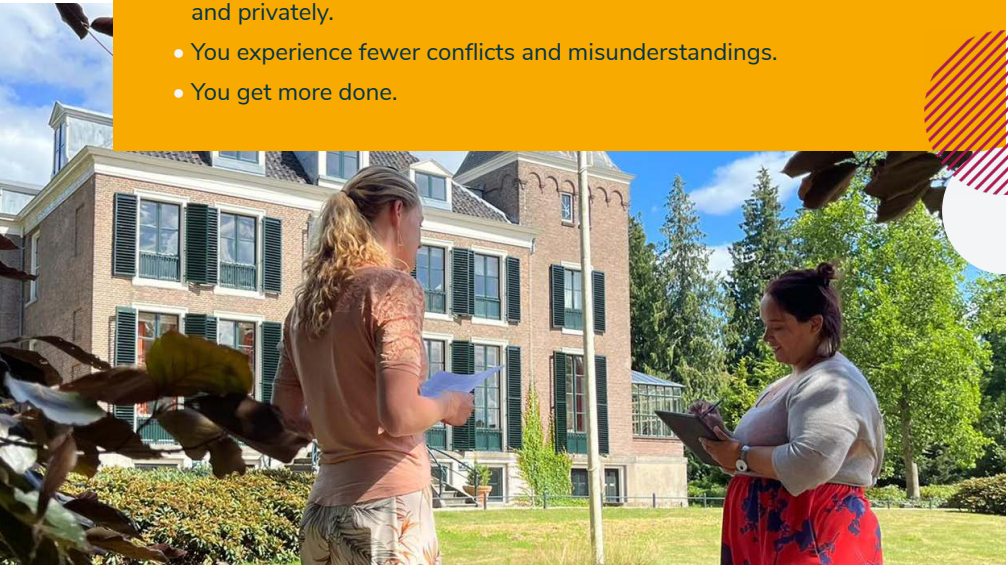
Connection - having genuine connections with others and allowing yourself to be your authentic self - this is a desire that all of us have. Unfortunately, many people often experience miscommunication: they are afraid to express themselves, are misunderstood, or misunderstand others. This is frustrating and can sabotage your goals.

That's why we work on:

- Developing insight into how non-verbal communication has an impact on how others interpret your message. How does the language you use, your tone and body language influence this? And how can you influence this affect as an expert?
- Understanding the key to fast and meaningful connections with others: ask effective questions and be able to switch communication styles to better suit the other person: visual, auditory, kinesthetic (feeling, tasting, smelling) and thinking.

SO THAT

- You have improved and deeper contact with others, both professionally and privately.
- You experience fewer conflicts and misunderstandings.
- You get more done.



3: THOUGHTS

Your thoughts are the “glasses” through which you look at the world. Thoughts become words, words become deeds, deeds become experiences, experiences become beliefs, beliefs become choices, and choices become your life. See how your thoughts are directly related to what your life looks like now?

That's why we work on:

- Recognizing your internal dialogue. How do you think about yourself and about others? Which negative thoughts are consciously or unconsciously on repeat? How do those thoughts sabotage your life at this moment?
- Discovering how you can permanently change your internal dialogue to your advantage.
- Experiencing the positive effects of changing your inner voice.

SO THAT

Your thoughts no longer sabotage your goals, but rather help you achieve your goals.



4: EMOTIONS

Emotions determine how you experience your work, your relationships, and your body. How great would it be to be in a different mood, even if things in your life are not going well? Think about how this would help you make the right decisions even in difficult times.

That's why we work on:

- Specific techniques and effective strategies to achieve a desired result at any time, such as self-confidence, passion or peace. Of course, sadness and disappointment are a part of life. But with these techniques, you don't get hung up on negative emotions. You can flip the switch to think differently and allow yourself to feel a different emotion.
- Managing traumas. NLP techniques help you understand the impact of traumatic events and to change the impact that those events have had on your life. Recounting traumatic experiences is difficult, but through doing so, you can learn to reduce the intensity of the emotions attached to those traumas.

SO THAT

- You continue to feel and recognize your emotions, but in a much faster and helpful way. With more self-confidence, energy, strength, or perspective.
- You can already take the steps during the training to bring you closer to your goal.



5: BODY

Your mood affects your body. But did you know that it also works the other way around?

That's why we work on:

- Letting your body work for you and not against you.
- Powerful techniques for integration of the mind, heart and gut.
- Changing your body position and thus influencing your mood.

SO THAT

You experience a positive mood more often, making it easier to take new steps towards your goal. You experience that fun and relaxed life sooner. By understanding your needs and what works for you, you can redirect your life sooner. You prevent frustration and psychological or physical complaints.



6: SUBCONSCIOUS

Long ago, cognitive psychologists discovered that 90% of our behavior, beliefs, and thoughts are determined by our unconscious.

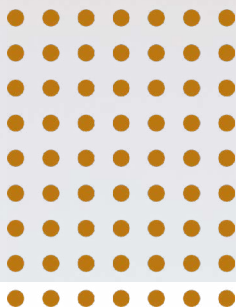
That's why we work on:

- Recognizing and changing the unconscious.
- Subconsciously influencing your own beliefs and thoughts.
- Installing unconscious behavior.

SO THAT

You build new, unconscious pathways in your brain that help you with new behavior in order to help you achieve your goals. New behavior can happen unconsciously rather than consciously. This way you don't have to think every time, but it will just happen naturally, which saves a lot of energy.





WHICH TYPE OF TRAINING WORKS BEST FOR ME?

Weekday training

3 or 4 days during the week in a row. Ideal for those wanting to complete the training during the workday.

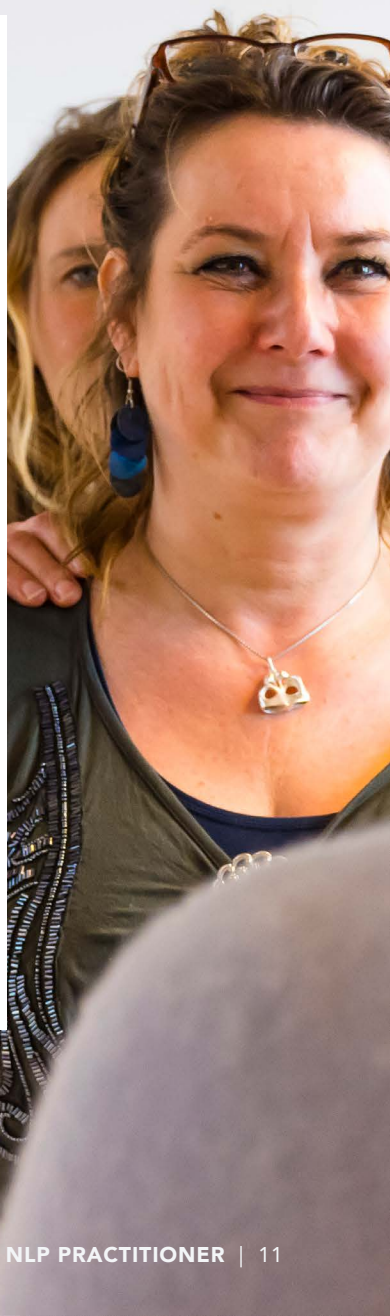
Weekend training

5 weekends in about 5 months, with an occasional Friday or Monday as well. Ideal if you don't have time during the week.

Intensive training

5 days in a row for 3 times, with 5 or 6 weeks in between. Ideal for those who travel.

Every NLP Practitioner course consists of a total of 130 hours. The content of the courses is identical across all the courses.



8 REASONS TO DO YOUR NLP TRAINING AT UNLP

1.


Renowned training institute

International Certification by NVNLP & IANLP. Unique in the Netherlands. Accredited by professional associations for coaches, therapists and trainers (including BATC). You are guaranteed a high quality training.

2.

Ease of movement through the course

At UNLP you can enter and progress at all levels. Not just on beginner level ("Practitioner"), but also advanced ("Master Practitioner").



This course has helped me literally break through my limiting beliefs. There are so many golden nuggets that will help me make an impact on my personal growth. I am grateful to be held by the trainer, colleagues and the wonderful group I had the pleasure of training with.

Michelle, English Practitioner

3.

Straightforward and concrete approach

NLP is not a vague or impractical course but you don't have to be a bookworm either. UNLP courses are clear and concrete. You can immediately apply what you have learned to your life, so that you work towards achieving your goals from day 1.

4.

Lots of personal guidance. During and after training

During the training you will not only be guided by the NLP trainer, but also by certified NLP (Master) Coaches who help you to implement what you have learned into practice and help you if you have any questions. This is how we work on achieving maximum results in your daily life.

5.

Personal and professional growth

Are you here for personal development? You should also expect growth in your work. Are you using the NLP training for business? You can also count on your personal relationships improving and the impact on your personal life will also be enormous.

6.

Subsidy for individuals with low incomes

We believe that NLP should be available to everyone. We have a number of subsidies available for people with low incomes. After the subsidy is approved, you can participate at a reduced rate. In addition, there is an option to pay in installments.

7.

Repetition of the NLP Practitioner

You are UNLP'er for life. After completing the NLP Practitioner course, you can follow the training again at any time! You then only pay € 30 per day for the arrangement costs.

8.

The results of the Practitioner training

Of course, the results depend on your goals. But one thing all participants have in common is they gain insights and learn techniques that will change their lives. Because you change from your core, your beliefs change, your behavior changes and therefore your life changes.

The NLP Practitioner course should be a foundation of any organisation, relationship and personal development. The insights / wisdom of it is transformative on so many levels.

Aquila Allucina, Art Director and Holistic

NLP helped me to further develop myself and better understand others. Everybody who is looking for tools and techniques that help with enhancing communication and unlocking the potential....this is the place!

Fabiola

HOW CAN WE HELP YOU?

REGISTER DIRECTLY

Are you interested in the NLP Practitioner training? Sign up right away and take advantage of our early bird discount. Go to our [website](#) or call 020-261 07 07.

PREFER TO MEET FIRST?

Would you like to meet the trainers first? Taste the atmosphere at UNLP as an educational institution? Want to experience how NLP works for you in practice? You can! Read below what the possibilities are.

Consultation

Would you like more information about the Practitioner training or do you want to know what the Practitioner training can do specifically for you? During a consultation, one of our growth session coaches will meet with you and discuss where you stand, what your goals are and how you want to achieve those goals in order to help you make those first steps. Schedule your meeting with trainer [Danielle](#) via the training page.

DO YOU HAVE ANY QUESTIONS?

Feel free to contact our Student Support via info@unlp.nl, 020-261 07 07 or take a look at the [frequently asked questions](#) on our website.

YOU CAN LEARN TO HAVE A MORE FUN LIFE!

If only you know how. Our NLP Practitioner training provides you with all the tools to take big steps towards a more enjoyable life full of happiness, relaxation, purpose and satisfaction. Don't wait any longer: a better life awaits you!



WWW.UNLP.NL

