



## NLP PRACTITIONER AND COACH CERTIFICATION (ABNLP)

- The Basis of NLP – the foundation and fundamental assumptions about NLP and how it works
- Goal-setting - The 11 principles of achieving your goals used by all successful goal setters
- Rapport – how to create instant connection and agreement with other people
- Representational Systems - How we use our 5 senses to represent internally the information from the world.
- Submodalities – The secret programming software of your mind
- Language Patterns - How to understand the impact of the words you choose and use
- Anchoring – How to control your state
- Strategies - How to control your mental sequence of internal processes to create specific results
- Parts Integration – How to detect and stop inner conflicts

## TIME LINE THERAPY™ CERTIFICATION (TLT ASSOCIATION)

- Move through yours and others internal blocks
- Eliminating negative emotions, beliefs and decisions
- Create goals and ensure they come to be by putting them in your future
- Make the right decisions for you
- Get to know what you really want
- Get and stay motivated
- Learn how to visualize your future so it's more compelling, motivating and exciting for you

## HYPNOTHERAPY CERTIFICATION (ABH)

- History of hypnosis
- Trance levels and identification
- Arm catalepsy
- Ericksonian indirect permissive Hypnotherapy
- In addition, the training allows you to receive certification as a Hypnotherapist if you choose
- Change Your Life and Assist Others to Change Theirs
- Create Effective Suggestions to Use In Hypnosis
- Create Powerful Motivation for Change
- Stop Overeating
- Stop Smoking
- Eliminate Stress
- Record Onto CD or Digital Audio
- This Training meets the standards of the American Board of Neuro Linguistic Programming so your certification has worldwide recognition.
- It is also approved by the Time Line Therapy™ Association and the American Board of Hypnotherapy

