



## ...Grow, Transform and Ignite your Potential

NLP, Time Line Therapy® and Hypnsosis

What is NLP?

NLP is the art and science of communication or the subjective study of experience  
In the word of the creators...

*"The strategies, tools and techniques of NLP represent an opportunity unlike any other for the exploration of human functioning, or more precisely, that rare and valuable subset of human functioning known as genius."*

*John Grinder (co-creator of NLP)*

*"NLP is an attitude which is an insatiable curiosity about human beings with a methodology that leaves behind it a trail of techniques."*

*Richard Bandler (co-creator of NLP)*

We see NLP as both an art and a science.

As the artistry of change, creation, innovation and generativity - inspired by curiosity and fuelled by wanton experimentation.

This artistry has a bed, a grounding element - the science, the underlying order – together the two form a model, which has the potential to solve anything if only we ask the right questions and pay attention to the answers....



With the 7 day Practitioner Certification Programme you can take this artistry and make it your own.

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Firstly **why** would you want to study NLP?

Learning NLP is one of the most transformational experiences there is. Attending an NLP practitioner Training gives you a solid grasp of why we do the things we do. Are you **curious** about the human mind?

Do you want to learn how the human mind really works, what's really going on inside? Discovering the true connection between the mind and the body and how this can be utilised in so many ways to transform your physical health, the results you achieve, your relationships and you name it this is covered on the Practitioner training.

**When** you are thinking of studying NLP, stepping onto the path of personal and professional growth and the study of excellence. You are investing your time, energy and resources so there are many considerations – Firstly, **who** should you train with?

Should you do a 20-day or 7 day practitioner programme?

Where would you like to train which area are you in and is it of value for you to **invest** time and energy in traveling to a **really good** NLP institute?

Here at simple life solutions what's important to us is that you make the right decision for you so that when you do decide to train in NLP with us you know that you are making the right decision.

## Why would you want to take the NLP Practitioner training with us?

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- When you do attend our 7 Day Practitioner Training you receive a certification in NLP and Hypnosis and an introduction to your Time Line and how this works for you personally. In addition you will have the opportunity to attend the Time Line Therapy® certification top up weekend in late 2009 or 2010.

An attractive combination, which afford you the ability to propel your personal effectiveness to a whole new level.

- By attending our 7 Day Practitioner Training above a 20 day programme you are saving yourself 13 days - this alone is a good enough reason!
- The certifications you receive are recognised **worldwide** giving you the flexibility to practice anywhere.

- Your Trainer at Illuminating Training is Victoria Whitney.

When you sign up for the 7 Day Practitioner Training you receive telephone coaching from Victoria and on completion and certification you are entitled to a one hour coaching session around establishing a firm foundation from which you can build your next steps from.

- In addition you receive coaching from simple life solutions exquisite Hypnosis Trainer Sue Whitney combined with highly qualified and experienced coaching assistants from a variety of NLP specializms. To ensure you make the most of your learning experience with us.

## What will you learn?

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### The foundations of NLP

- Mind opening principles bringing fresh perspectives.
- The keys to communication, simple concept with huge applicability.
- What actually runs your body and what effect our thoughts have on this.

### Rapport – the magic of influence

- What it takes to instantly connect with people in any given situation.
- The body language myths explained
- Create unconscious identification with anyone anywhere.
- Use our body, your words and your voice to achieve this either independently or together.
- Keys to maintaining agreement.

### The Keys to achievable outcomes

- Gain clarity and congruence about what it is you and others really want
- Save your business time energy and resources with this process
- Create goals and objectives, which actually support their achievement.

### Representational systems – our sensory experience.

- Discovery of the variety of ways we experience the world.
- Learn the route to communication in the language people use inside, matching this for maximum results
- Learn to notice peoples eye movements and patterns and what this tells you.

### Submodalities – Fine tuning your brain!

- Attune to your brains own thinking language
- Discover how to simply change beliefs!
- How to turn a like into a dislike and vice versa
- Learn to do the famous SWISH to banish unwanted behaviors.

### Language patterns - with punch

- How to use language to engineer results
- Learn the value of how you communicate when you do it with precision
- Patterns of language, which enable you to elegantly craft and convey your real message to any audience.
- Modes of questioning which enable you to swiftly retrieve the detail you want
- Negotiation models to increase your elegance and impact.
- Learn how to elegantly overcome objections and maintain agreement.

## Anchoring – State management at your fingertips

- Resource anchoring, stacking useful states
- Collapse anchoring, banish unwanted states in self and others.
- Enable people to transform their speed of results by moving from stuck states like procrastination to motivation using chaining anchors.

## Strategies – The machine behind the behavior

- Learn the value of the TOTE model.
- Learn how to elicit other peoples strategies
- Ramp up your sales process by utilizing strategies to sell with integrity.

## Parts – The gateway to experiencing and delivering personal congruence

- Learn how to work with parts
- Learn how to elegantly assist others in integrating parts
- Be astounded by the clarity and congruence this brings to yourself and others

## Hypnotherapist certification – As a Practitioner of Hypnosis

- Learn the prime directives of the unconscious mind
- The suggestability tests
- Use your existing rapport skills to transform your ability to carry out non - verbal suggestions.
- Work with the scripts of the Master Milton Erikson especially his favorite.
- The History of Hypnosis
- The general healing paradigm
- How to structure and embed Post Hypnotic suggestions.
- Dispelling any myths about who is in control during the Hypnosis session.

## Time Line Therapy™ Certification – Emotional Control

- How to elicit your time line
- The Prime directives of the unconscious mind
- The relationship between Negative emotions and disease
- Release the negative emotions anger, sadness, hurt fear and guilt
- Release limiting decisions from the past.
- How to Create the Future
- Become a Certified Practitioner Of Time line Therapy™ so that you can use your skills with clients in the future

All this plus a top up weekend in September to elevate your certification level to Practitioner of Time Line Therapy™ That's THREE certifications...

## How can you learn this in just 7 days?

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Firstly as soon as you book on the Practitioner Training your Training Begins when you receive a comprehensive pre study pack, this is created by The Performance Partnership and Master Trainer David Shephard and we use this because we believe the quality of this pre study exceeds any other out there. Completing the pre study takes approximately 70 hours. Every moment along the way you are building your skills as a Practitioner of NLP so when complete you know you are prepared fully for the Practitioner Training itself. The training itself is a dynamic mix of informational learning and exercises. Presented to you in a fun and energized way, which makes learning so much easier. This way you will most definitely leave with your certificates in hand, with an undeniable experience of knowing everything you need to know as a Certified Practitioner of NLP, Hypnosis and Time Line Therapy®.

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## Where is the Training?

In Cornwall, within easy reach of Transport links like Newquay Airport who now offers flights direct to London

City Airport in addition to National Rail Links, and road links from the A30

## Who is Training me?

The Training is delivered by Victoria Whitney, who is inspiring and enchanting as a trainer and motivational speaker and Coach and Therapist. Victoria has Trained and assisted on Trainings Nationally and Internationally so her experience really does know no bounds

*"Vicky is an extremely talented trainer with extensive knowledge of NLP. Her warmth and humour enables her to build rapport naturally and quickly with her audience. Vicky's training is entertaining and engaging, with a small element of unpredictability that keeps us intrigued throughout. Vicky's passion for NLP and training are very much apparent in her classes. I definitely recommend you signing up to her courses."*

*Killian Mc Dermot*

*"Victoria Whitney is an exceptional trainer, she brings the valuable combination of knowledge and*

*humour to her training. I really enjoyed the laughing whilst learning.*

*I was impressed by her skills in presenting whilst being very natural. I felt that she succeeded in making NLP understandable and interesting, making the time and money spent incredible value."*

*Dr Richard Brighton-Knight*

"I have observed Vicky as a trainer of NLP. Her knowledge of NLP is extremely thorough and she is very professional in her approach and communication with other members of her team and with the students. As a presenter she has energy and power as well as imagination in what she is presenting and she is effective in gaining excellent rapport with the group. Her demonstrations are also of a high standard where she is clean and effective in demonstrating the techniques. Her use of pauses and deliberation are fantastic. She has clear channels of communication and includes humour and fun in her sessions. She is a pleasure to work with."

*Philipa Harwood*

"I would like to recommend Vicky as a highly qualified trainer of hypnosis and NLP. Vicky has a great gift to find a path to your heart and to your right-brain if you are client or just a friend." August 7, 2009 Audrius Ribskis ,  
*Project Manager and Partner , In Capital*

Victoria is a Certified Trainer on NLP, a Certified Instructor of Hypnosis and a Master Practitioner of Time Line Therapy™ and The Creating your Future™ Coaching Process in addition to being a certified NLP Coach, Reiki Master -Teacher and Holding an LLB honours degree. Victoria is passionate about unlocking potential:-

In Victoria's words "...Potential is something everyone has, and everyone has the opportunity to realise it fully – in Walt Disney's words, ' if you can Dream it, You can do it' ....We all have dreams and we also have, whether we are aware of them or not, infinite resources, to achieve what we want to achieve - often we can find ourselves achieving more than we thought we could, and to do it consistently - NLP is a very valid way to tapping into those resources whether as a client be it Business or Personal or by Training as a Practitioner and Master Practitioner to really engage your flexibility and create the results you want in your life and assist others in doing the same..."

In simple terms If Walt Disney can Enchant the world with a Dream and a mouse.. Imagine what you can do with a little imagination, a little illumination and a little attention in the right direction.

PLUS.... Yes there is MORE included in the NLP Practitioner Certification Package!

When you sign up for our NLP Practitioner certification, and Receive your Pre Study to make sure you maximize the learning experience for you, you receive UNLIMITED coaching on the Pre study by calling or emailing us at the Illuminating Training Office.

## What if you do attend the simple life solutions 7 Day Practitioner Certification Programme?

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As you think about it now, what is your reason for doing this training and how are you now planning to use your new skills? As you use these skills daily moment - by - moment you notice the results you are achieving improve, in both number and quality. You actually feel so much more centered you know what you want and you are fired up to go get it! You are free from the residue of past negative emotions, Anger, Sadness, Hurt, Fear and Guilt, so now everything is different. Following your Practitioner Certification Training you are so much more aware of the communication streams between people and you utilise this with great effect. You continue creating massive results in every area of your life, noticing more and more opportunities to succeed. Your performance professionally has improved beyond measure – people notice this and you notice them noticing. Communications become more elegant and relationships improve in every area of your life. You may even be thinking of an additional stream of income using your NLP and Hypnosis skills. Whatever it is you want to do, as a Practitioner of NLP the possibilities are endless – and you know you have the power to make them happen.

So, Now the question is no longer why – the question you have is now when!

May 2010 is what you need to know right now – then, now, Call Booking line ( +44) 01736 787979 – 077 99 33 43 92 or e - mail @ [info@simplelife-solutions.co.uk](mailto:info@simplelife-solutions.co.uk) for Dates and Venue and to discuss your personal requirements.

Investment Price £1800

Early Booking Price £1600 \*

Early booking prices available until 10<sup>th</sup> August 2010

\*Available only independent of other discount streams

Call Victoria today on 077 99 33 43 92 Or ( 01736 ) 787 679 to discuss your requirements or mail - [info@simplelife-solutions.co.uk](mailto:info@simplelife-solutions.co.uk)