

# "Achieve more success with your Unlimited Powers"

## NLP-Follow-up course

### Welcome

Good to participate in this NLP follow-up course! You have done the basic course "Your Unlimited Powers" and may still have done one or more follow-up courses. You have learned a lot of NLP techniques and already noticed how much you have got out of using the techniques.



**You can jump higher than you think**

Would you like to focus even more on solutions instead of problems in your life? Do you have still thoughts that others seem to do better than you? Do you feel sometimes inhibited to do what might provide you more success? Do you want to connect even easier with your partner, your family members, your colleagues in order to communicate more successfully? Would you want to stand better up for yourself in your work, home, club, leisure time and at the same time support the group better? Would you like to practice more with NLP to create more successful situations?

During the basic NLP course you have learned to use many of your "Unlimited Powers". In this advanced course you do again one step further in your personal process to learn how to use your abilities better and to discover new ones.

You will learn how to integrate new and already known techniques better into your daily life. You will learn how to get valuable successes. How good does it feel to use your opportunities in the reality of your life and to realize what you really want. First, you did not actually believe that you could do something, then you started to feel more secure noticing that with practice the new beliefs, already are beginning to lead you to more success. And when you have achieved the success that you wanted, you know what it means to you to realize what is for you the essence of your life. You get the taste of success. You see, hear and feel the taste of success. With this follow-up NLP course you take the steering wheel of your life bus even better in your hands. You make yourself aware of your unconscious possibilities and you learn what messages you can give to your unconscious to get advantage of it. You will learn to use new methods in your everyday life

As you have experienced in our NLP-courses, you will get on one hand explanation of instructional models and on the other hand understanding how processes are working. There is plenty of space to experiment with these models and techniques to discover how useful they are to you. In the "open frames" you can choose the topics and situations you want to work on in your personal or professional life in a safe environment.

What we do in this advanced course includes renewing and going deeper into the following topics from the basic course:

What makes NLP so successful?

What values do you want to achieve in your life?

Which goals do you want to reach in your life?

What to do with fear, anger, feelings of hopelessness?

How to make easier rapport giving yourself and others a good feeling, being connected with your heart?

What presuppositions of NLP are working very well in your life? Which ones can you integrate still more?

Which internal representations offer you the most support to realize what you really care about in your life?

What words can you choose the best to motivate yourself and others?

New techniques that are trained in this course:

How can you make rapport easier by recognizing eye patterns ?

How does recognizing the 'lead system' of someone help in your communication?

What new perspectives do you get to the 'dead end street' and the six-steps-reframing?

How can NLP support yourself and other people in processing bad memories, giving meaning to these, changing the negative beliefs and getting back on track of your life?

How effective is the timeline to change your personal history and how effective is it when you focus on the future even more?

How can you apply solution focused techniques in your work and personal life? Which new perspectives result from working with the scale questions? What are coping questions and how can they help you?

How do you use NLP techniques and non-violent communication in conflict situations?

You practice with your own everyday life examples in a safe, intimate and relaxed environment. Your continuing personal growth is again central in the course. The handbook contains a wide range of exercises, techniques and theory.

The course consists of 30 hours of training. Did you do one or two advanced courses, we'll make sure you get plenty of opportunity to grow at your level. Participants are expected to have at least a basic course of 30 hours or a similar course. After 120 hours of training you can join the examination day for a NLP Practitioner certificate, which is internationally recognized. This certificate meets the requirements as indicated by the American Board of NLP. See: [http://www.abnlp.com/nlp\\_practitioner\\_level.htm](http://www.abnlp.com/nlp_practitioner_level.htm)

We would be very pleased to support you in making a success of this course!

Marlies and Sytse Tjallingii

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Marlies Tjallingii 003138-4608461, 0031623869715, email: [marliestjallingii@home.nl](mailto:marliestjallingii@home.nl) e-mail: Marlies is NLP Master Practitioner and Trainer AVP, Co-counsel teacher and mediator and has a lot of experience with giving NLP courses and Nonviolent Communication workshops.

Dates and times in Gaza March 2014:

Saturday 29 March 8.30 – 15.00

Sunday 30 March 8.30 – 15.00

Monday 31 March 8.30 – 15.00

Tuesday 1 April 8.30 – 15.00

Wednesday 2 April 8.30 – 15.00

Fee for the course: IS 100,-

Saturday 5 April Practitioner Examination day: 8.30 – 15.00

Fee for the examination day: IS 20,-

(Times can be changed if all the participants agree)

(The course is subsidized by the Dutch, Norwegian and German Quakers, which makes it possible to keep the fees low.)