



NLP Breakthrough Intensive

GUIDELINES & PACKAGES



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What?

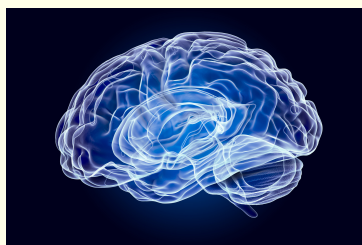
Neurolinguistic Programming (NLP) is a psychological approach that aims to understand and model human behaviour, language, & thought patterns to achieve **personal development** & **effective communication**.

NLP is the practice of understanding how people organise their thinking, feeling, language & behaviour to produce the results they do.

A key element of NLP is that we form our unique internal mental maps of the world as a product of the way we filter and perceive information absorbed through our five senses from the world around us

NLP can potentially help you in various ways, primarily by:

- Improving your communication skills
- Enhancing self-awareness
- Empowering you to make positive changes in your life





What?

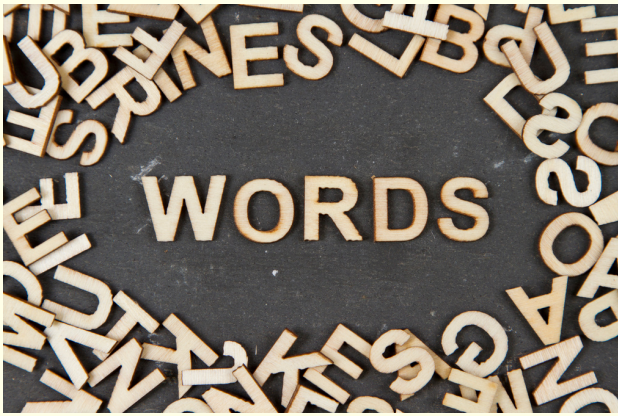
Neuro...

Neuro refers to the idea that all human experience is processed through the neurological system, including the brain & nervous system.

We each have a unique mental filtering system for processing the millions of bits of data being absorbed through our senses which results in internal images, sounds, tactile awareness, internal sensations, tastes & smells from which we create & understand our experience of the world.

These sensory modalities, collectively referred to as VAKOG, include:

- Visual
- Auditory
- Kinaesthetic
- Olfactory
- Gustatory



What?

Linguistic...

Through our senses, we then assign personal meaning to the information being received from the world outside by assigning language to the internal images, sounds & feelings, tastes & smells, that form our everyday conscious awareness.

The "linguistic" aspect of NLP highlights the significance of language as a tool for:

- Shaping our thoughts, perceptions, & behaviours
- Influencing & connecting with others

These patterns include using specific:

- Words
- Tonality
- Pacing
- Other language cues

These resonate with an individual's preferred communication style.



What?

Programming...

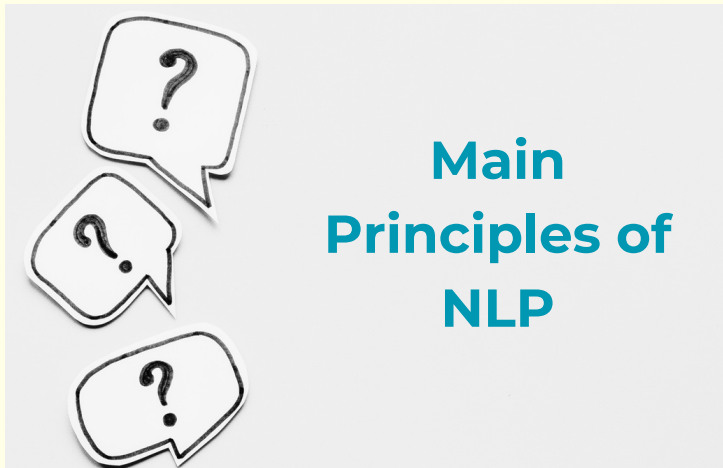
NLP views human behavior as a set of learned patterns & responses. The "programming" aspect suggests that these patterns can be modified, replaced, or enhanced through intentional techniques.

This includes:

- Changing habits
- Overcoming fears
- Adopting new behaviors that align with one's goals.

Programming also refers to the idea that human experiences & behaviours can be modelled & understood, allowing individuals to reprogram themselves to achieve specific goals & outcomes.

Programming is the behavioural response that occurs as a result of sensory filtering & language assignment.



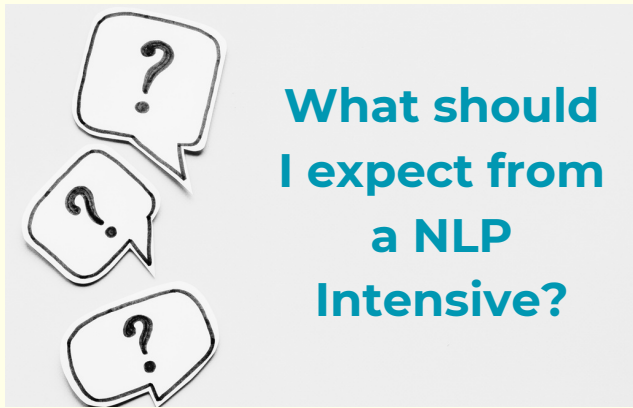
What?

- **Subjective Experience:** NLP acknowledges that each person's perception of the world is subjective & unique, influenced by your internal representations, beliefs, & past experiences.
- **Rapport:** Building rapport & establishing a connection with others are crucial aspects of effective communication. NLP provides techniques to enhance rapport-building skills.
- **Modelling Excellence:** NLP emphasises the concept of modelling the behaviour & strategies of successful individuals to achieve similar outcomes. By understanding how someone excels in a specific area, others can learn & replicate their success.
- **Anchoring:** Anchoring is a technique used in NLP to associate specific emotions or states with certain triggers or stimuli. By anchoring positive emotions to specific actions or thoughts, you can access those emotions more easily when needed.
- **Reframing:** NLP encourages you to reframe your perspectives & reinterpret situations in a more positive or empowering light, which can lead to behavioural changes & emotional well-being.



Why?

- You want to improve your communication for better understanding & communicating with others
- You want to enhance your self-awareness by gaining insights & identifying unhelpful patterns & building new habits
- You want to overcome self-limiting beliefs & imposter feelings by reframing negative beliefs into more positive, helpful ones
- You want to set & successfully achieve goals using effective strategies & overcoming obstacles
- You want to regulate your emotions by understanding your triggers & building resilience
- You want to improve learning strategies by understanding your preferred learning style
- You want to reduce stress
- You want to enhance your leadership skills



How?

1. Detailed Personal History

Exploration

We'll take a look at the highs & lows in your life & identify any behavioural patterns, both helpful & unhelpful. The more I know about you, the better the intervention will be. I will provide a safe, non-judgemental space & guide you through the process.

2. Values Elicitation

Hierarchy

I'll take you through a process of drawing out the values most important to you in your life or career depending on what is appropriate for your situation. We'll review how satisfactorily these are currently serving you & how to increase this.

3. Prime Concern

Outcomes & Framework

At this stage, we'll dig deeper to really understand what the problem is - your prime concern. We often discuss a presenting problem & don't get down to the root cause for sustained change. We'll use a language pattern to dislodge this & revisit at the session outcome.



How?

4. Timeline Therapy

Negative Emotions & Limiting Beliefs

We'll remove the negative emotions of Anger, Sadness, Fear, Hurt & Guilt and the limiting decision that created the limiting beliefs in relation to your prime concern. You'll instantly feel the benefits.

5. Hypnotherapy

Embedding positive thoughts

We'll carry out a gentle hypnosis to embed positive language, you will be aware of what's going on & feel a sensation similar to when you are drifting off to sleep.

6. Set Future Goals

Action Planning

We'll revisit your original goal & tweak if/as necessary. We'll test it & develop an action plan to get you to your goal. You'll also be sent some post-session tasks so as to put you in charge of maintaining success.

1-2-1 Follow-up Coaching - Optional

Refer to packages on page 11.



Benefits of a NLP intensive?

Why?

- Provide clarity on your vision, purpose & values
- Help you to overcome limiting beliefs
- Increase your self-confidence
- Provide you with a strategy to understand the capabilities, strategies & mindsets of successful people
- Provide you with the ability to deal with unexpected situations
- More freedom & choice over your mindset
- Provide you with the ability to break behavioural patterns
- More energy & relaxation in your life



NLP / Coaching Packages

1

NLP Intensive Package

1 Day NLP intensive

£750

2

NLP & Coaching x3 Package

1 Day NLP intensive

3 x 60 minutes of 1-2-1 coaching

£1,250

3

NLP & Coaching x6 Package

1 Day NLP intensive

6 x 60 minutes of 1-2-1 coaching

£1,650

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Get in touch today...



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**CHECK OUT CLIENT FEEDBACK AT:
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