



NLP & LIFE COACHING PRACTITIONER ASSESSMENT OVERVIEW

LEVEL 4

LEAD TRAINER

MARK SHIELDS

+44 1462 431112

mark@lifeppractice.co.uk

SKYPE NAME:lifeppractice

COURSE ADMINISTRATOR

KAREN SHIELDS

+44 1462 431112

info@thecamcoach.com

PART 1 - THE BEGINNING OF YOUR JOURNEY



COURSE DISSERTATION

- Talking Therapies and their role today as a medical alternative
- 5000 word requirement
- Due before commencing Part 2



MULTIPLE CHOICE ASSESSMENT

- 50 questions
- Open book allowed
- Pass mark 60%
- 3 attempts allowed



PART 2 - COACHING YOURSELF WITH NLP

COURSE EXERCISE

- Exercise 1 - Personal Relationships
- Exercise 2 - Business Relationships

MULTIPLE CHOICE ASSESSMENT

- 50 questions
- Open book allowed
- Pass mark 60%
- 3 attempts allowed



SUMMARY & FEEDBACK FORM

- Completion of form for your Trainer

PART 3 - COACHING OTHERS

CASE STUDY



- Life Coaching Case Studies B & C
- NLP Case Study B & C
- Live Case Study Assignment



COURSE EXERCISE

- Volunteer Practice Exercise



SUMMARY & FEEDBACK FORM

- Completion of form for your Trainer

PART 4 - LIFESTYLE MEDICINE



COURSE EXERCISE

- Exercise on Stress - 500 words



SUMMARY & FEEDBACK FORM

- Completion of form for your Trainer



NLP & LIFE COACHING PRACTITIONER ASSESSMENT OVERVIEW

LEVEL 4

LEAD TRAINER

MARK SHIELDS

+44 1462 431112

mark@lifeppractice.co.uk

SKYPE NAME:lifeppractice

COURSE ADMINISTRATOR

KAREN SHIELDS

+44 1462 431112

info@thecamcoach.com

PART 5 - GOING FORWARD



COURSE EXERCISE

- The Breakthrough Session
- Core Competency Assessment - email your Tutor to arrange



SUMMARY & FEEDBACK FORM

- Completion of form for your Trainer

RECOMMENDED READING

COURSE PART 1

- NLP in 21 days by Harry Alder
- NLP at work by Sue Knight
- The NLP Coach by Ian McDermot
- The Ultimate Introduction to NLP by Richard Bandler
- Understanding NLP by Peter Young

COURSE PART 2

- The Life Coaching Handbook by Curly Martin
- Unlimited Power by Anthony Robbins
- Human Givens by Joe Griffen and Ivan Tyrell
- Coaching with NLP by Joseph O'Connor and Andrea Lages
- The Hypnosis Handbook by Dr Mark Baker
- The Art of Hypnosis: Mastering Basic Techniques
- My little Book of Helpfulness - By Monica Black
- Mindstore by Jack Black

COURSE PART 3

- The Big Book of NLP by Shlomo Vaknin
- Stop Thinking, Start Living by Richard Carlson
- Theory and Practice of NLP Coaching by Bruce Crawley

COURSE PART 4 - WELLNESS AND NUTRITION

- The 4 Pillars of Health - Dr Rangan Chatterjee
- The Optimum Nutrition Bible by Patrick Holford
- GI Made Against Depression by Peter D Cramer
- The Low GL Made Easy by Patrick Holford
- The Serotonin Power Diet by Judith J Wurtman and Nina T Frusztajer
- Brilliant Stress Management by Mike Clayton
- Happiness by Design by Professor Paul Dolan

COURSE PART 5 - BUSINESS

- The CAM Coach by Mark Shields and Simon Martin