



BASIC NLP COURSE

Welcome to the Basic NLP (Neuro-Linguistic Programming) course, where we explore the fascinating interplay of understanding, communication, and non-verbal cues in human interaction. In this course, you'll delve into primary sensory modalities, uncovering how individuals process and interpret their experiences through visual, auditory, and kinesthetic channels. We'll also examine the powerful technique of reframing, which allows us to shift perspectives and transform negative thoughts into positive outcomes. Understanding presuppositions, the underlying assumptions in communication, will enhance your ability to connect with others more effectively. Additionally, we'll explore the concepts of association and dissociation, helping you manage emotional states and improve your overall well-being. Join us on this journey to master the art and science of NLP, enhancing your personal and professional communication



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WELCOME

Course Information

There are two aspects to this course that you will need to complete in order to receive your certificate of completion in Basic NLP.

1. Online Training

Upon registration you were given access to the online training platform on the HPC.teachable.com learning site.

This platform lays out all your requirements in an easy-to-follow step-by-step structure. If you have questions about how to use the platform you can post a comment online and your question will be answered swiftly.

In the online training platform are required to complete the required reading and audio assignments along with their quizzes.

Online, under the section called “Student Training Manual” you will be able to watch the video lessons to complete this manual. Fill-in the blanks as you go along, you can also write down your questions under the section in this manual titled “My Notes” and ask your questions from you coach or on the Zoom Trainings.

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