

A portrait of Peggy Guglielmino, a woman with dark, wavy hair, smiling. She is wearing a dark brown lace top and a necklace with a gold ring pendant. The background is white.

the
smart
school

Peggy Guglielmino
Head of NLP & Hypnotherapy

Person
Centred **NLP &**
Hypnotherapy
Certification



Nick Bolton, Founder

With a natural passion for developing people, Nick founded the Smart School to create coaches and NLP practitioners who use their skills with joy, conviction and the confidence to make a difference in the world.

All through his business and coaching life, Nick has shown an infectious joy of learning, discovery and development which today makes his Smart School a fantastic place not only to master your skills, but to learn about yourself and become part of a wonderful community.

Nick's commitment to ensuring that everything the school does brings about real results and lasting skills has meant that this unique NLP Practitioner course sets a different standard, fully described inside.

Peggy Guglielmino, Course Director and Trainer

Peggy is the lead trainer on this NLP course and will take you through the 12 days of exploration, discovery and learning.

A highly experienced therapist using NLP, hypnotherapy and coaching tools to help people overcome issues such as depression, low self esteem and anxiety, Peggy has also spent the last five years helping people recover from chronic illnesses using NLP techniques and has developed a strong interest in working with cancer and other kinds of immune disorder.

From her time as a professional musician with the London Philharmonic to running her full time NLP therapy practice Peggy is passionate about everything she does and combines this with natural humour, warmth and caring. She will be your ideal guide for this journey.



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Introduction

Thanks for your interest in this powerful NLP and hypnotherapy (NLP/H) course.

This course is not your typical NLP Practitioner course. It has been designed specifically for people who want to create change for their clients at a therapeutic or transformational level. That's why you'll notice some key differences.

For a start, we train our course over six months rather than the more typical one week of training offered by so many training companies. You also work with real clients throughout your training to ensure you become highly skilled.

You'll notice too the emphasis on person-centred in our NLP/H certification. The person-centred approach is about developing a richer, more enduring process of change by establishing an authentic relationship between client and therapist. This approach will allow you to work with clients and issues that most NLP practitioners would feel ill-equipped to deal with.

Finally you'll see we refer to NLP/H. That's because we give equal weight to the importance of hypnotherapy where in so many NLP courses it is skimmed over in passing.

I am very proud of this course and what it sets out to achieve for those who study with us.

If you're interested in becoming a great practitioner of NLP and hypnotherapy at a therapeutic and transformational level, you can be confident that you've found the right course.

Nick Bolton

Founder



What is Person Centred NLP and Hypnotherapy?

NLP is a way of thinking about we process and deal with our experiences, how we live our lives according to our model of the world and how we can take control of changing our model where it doesn't work for us.

In practice, NLP gives us a set of concepts and techniques to understand and alter how we think and behave so that we get the emotional, physiological and practical results we want.

Since its first formulation, NLP has progressed and changed continuously to offer a powerful therapeutic approach for human change.

Unfortunately, in recent years, a great deal of NLP training has lost touch with its roots and focuses on a set of quick-fix techniques in a very rigid fashion. The quality of the relationship between the client and the therapist or coach is often lost in a search for the right technique or scripted process.

The person-centred approach to NLP taught at the Smart School puts the relationship right back at the heart of the change work.

Person-centred work is a commitment to and belief in the client having the resources to find and create the change that is right for them and a belief in the place of the therapeutic relationship as the cornerstone for facilitating that change.

For the person-centred NLP practitioner then, NLP is a powerful set of tools and concepts that enhances the person-centred work.

Often working seamlessly alongside NLP, hypnotherapy allows the therapist to work directly with the client's unconscious mind through trance and hypnosis.

This can vary from a mildly relaxed state to full hypnosis. The art of the hypnotherapist is the induction of the trance state and the artful use of language to talk to the unconscious mind to produce powerful, lasting change.

Often side-lined in many NLP course, hypnotherapy is an integral part of this course and is practised throughout with clients to build confidence in your skills.

It's this powerful combination of the person-centred relationship blended with NLP and hypnotherapy that means our practitioners will feel confident to work on issues that most people trained in the traditional way would feel ill-equipped to work with.

Creating change for others

As an NLP practitioner and hypnotherapist, you'll be able to use your skills with different kinds of clients in many areas of life and create a path that you're passionate about.

You might work with people at a therapeutic level on issues of self-esteem or poor health. The approaches you learn here create lasting change that can often see clients overcome trauma, pain, limiting beliefs and much more that has held them back for years.

You might work with clients to create exciting futures and then help them move towards it. You'll gain exceptional skills at helping tap into the motivation and behaviours to help someone make rapid progress in their life, be that in business, in their career or any other aspect of their life.

You might find yourself working with clients to achieve optimal performance in their field of expertise. Perhaps they are musicians, sports people, actors, public speakers. With the tools you learn here you'll help them achieve the right state of mind and set of habits to be successful time and again.

You might help people face everyday challenges to be less stressed or be happier, to change habits such as smoking or procrastination or to improve their relationship with other people.

You'll be able to help in all these ways and more. Whatever you choose to do as an NLP practitioner and hypnotherapist, this training will give you the skills, confidence and experience to do them.

Creating change for yourself

An important element to the NLP/H certification is your own personal development. As a practitioner working with a range of issues with your clients, it's crucial that you are exploring your own model of the world and developing a more empowered approach to life.

We call this self-mastery.

You'll master **communication** to connect, influence and persuade at a level you have never experienced before.

You'll master creating **personal change** at the unconscious level so that you see rapid results in your life. Old fears, limiting beliefs, unwanted emotions even poor health can be tackled quickly and powerfully for transformations in yourself and others.

You'll be able to take **control of your own life** and be confident and forward-looking. You might notice how you begin to take responsibility for creating the life you truly want.

Whether at work, in your own business or in your daily life, you **develop new skills** and ways of doing things make old, ineffective ways redundant.

You'll learn to develop even more **positive relationships** with the people in your life both in terms of how you communicate with them and how you understand them.

And you'll join a **vibrant community** of people who understand the joy of life and encourage you to take the steps to a rich, rewarding life.



Person
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Person-centred NLP and Hypnotherapy Certificate

If you want to truly master NLP and hypnotherapy in practice, our structure, support and philosophy will get you there.

We're all about developing genuine, proven mastery NLPH over an extended period of time so that it sticks for life.

You will get:

- 12 full days of training over 6 months
- One to one and group supervision on client work
- 30 hours of NLP and hypnotherapy work with real clients
- Hugely experienced master practitioner and hypnotherapist as your trainer
- Small groups for the focused attention
- Online material and support

Our commitment is to helping you use NLP/H at the highest level to bring about massive change for the people you work with. We want you to get fantastic results in the most challenging of circumstances, whether that's in coaching, therapy or business.

You'll learn the full range of NLP/H skills, techniques and concept putting them in to practice with real people both in and out of the formal training.

You'll also receive a very high level of supervision and support that will help you become an exquisite practitioner.



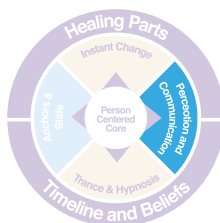
How is this course different?

Smart School Person Centred NLP/H	Typical accelerated NLP Practitioner course*
Duration	
6 months - 12 days	8 days consecutive
Practising skills	
30 hours supervised working with real clients	No real-life practice
Class size	
Small group training	Often very large group lectures
Trainer	
Highly experienced practitioner	Little real-life experience
Place of hypnotherapy	
Core skill, explored and practised throughout	Usually side-lined to one session then forgotten
Practice philosophy	
Person-centred, natural and responsive	Scripted and formulaic

* We recognise that the nature of the accelerated NLP course shown above is a generalisation and by no means applies to all such courses but it's a fair reflection of the large number of such courses offered today.

Course content

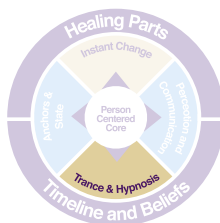
The course is delivered over six highly experiential, advanced weekends of learning and practice with the person centred approach being core to all the weekends.



Perception and Communication

In your opening weekend you'll explore the fundamental assumptions and models upon which NLP is built. You'll explore how people absorb and interpret the external world in order to construct an internal model of the world from which all their behaviour, their communication and hence their outcomes are determined. And you'll discover how you can navigate people's maps using a range of approaches.

Covered here: NLP Presuppositions, Neurological Levels, Communication Model, Representational Systems, Eye Patterns, Sensory Acuity, Rapport, Meta-Model and Reframing



Trance and Hypnosis

This weekend you'll start exploring hypnotherapy, learning the core elements of creating and maintaining trance and working with the unconscious mind to create powerful change from within.

Covered here: Prime Directives of the Unconscious, Trance Induction, Milton Model Hypnotic Patterns and more.



Anchors & State

Over the course of this weekend, you will master the art of anchoring and the processes in which they form a core element. You'll learn to elicit states and work with them to create lasting change and powerful resources.

Covered here: Well-formed Outcomes, Anchoring, Chaining Anchors, Aversion Technique, Spatial Anchoring



Instant Change

This weekend you'll learn to create rapid change by working with the mind to bring about instant alterations of perception. You'll discover how to help people overcome phobias, change how they behave habitually, give up unhelpful cravings and manage the way they go about core activities in their lives.

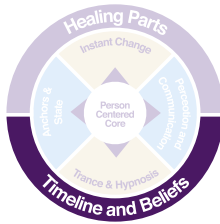
Covered here: Submodalities, Swish, Belief Change, Phobia Cure, Strategies



Healing Parts

In this weekend, you'll learn how to help people to heal internal conflict by working with their parts. The process is taught in greater depth than traditional NLP courses allowing for a much deeper change to occur. You'll also learn how to communicate with the unconscious mind using stories, or metaphors which produce organic change.

Covered here: Parts Acknowledgement, Parts Integration, Metaphors



Timeline and Beliefs

In the final weekend you will explore how to create change around the perceptions of past, present and future using timeline work. Finally, you'll discover how to create change at the level of core beliefs to allow people to move forward congruently in their lives.

Covered here: Timeline work, Childhood Decision Change, Childhood Emotion Change, Future Life



Comprehensive support

Our NLP Practitioner course offers excellent support throughout including a range of distance-learning support material.

Micro-Group Mentoring throughout your journey

Throughout your journey into mastering NLP/H, you will attend online group mentoring. This is done in micro groups with fixed membership so that you build trust with one another to share case-issues openly with the group and course leader. The mentoring is a vital element in ensuring your on going success with applying the skills you learn in the real world.

Comprehensive manual and materials

You will receive a comprehensive manual covering all of the course information in one convenient and easy to read place. In addition, you'll be able to access all the templates you need for use with clients including contracts, session notes, session record sheet and much more.

Recorded videos of the course

You will have full access to the videos of the whole course from day one. This means you can fully embed the learning by watching the course leader demonstrating techniques as well as delivering the training content and running Q&A sessions.

Monthly webinars

Finally, you will be able to attend live webinars on a monthly basis in which the course leader will teach content and address emerging questions...all from the comfort of your home!



Qualifying on the NLP Practitioner Course

In order to qualify you will need to complete the following:

- 30 hours of NLP/H work with clients
- Written case studies
- Evaluative assignment
- Final live NLP/H breakthrough session

Qualification takes 6 - 10 months depending on your completion of practice hours.

Accreditation and Recognition

The Smart School's NLP and Hypnotherapy Certificate is accredited by the British Institute of Hypnotherapy and NLP.

On completion of the course you automatically gain a year's membership of the British Institute of Hypnotherapy and NLP with the full range of benefits and recognition this entails, including an entry on their searchable registry of NLP Practitioners.



**British Institute of
Hypnotherapy**



Ready to book your place?

If you know you want to gain true mastery of NLP and that training as an NLP Practitioner with the Smart School is the right step for you, then you can choose the start date and book directly online.

Or call us on 0844 656 0444 to talk with us and reserve your space.

It'll be great to have you along for your journey.



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www.thesmartschool.co.uk

The Smart School Ltd
16th Floor, Portland House,
Bressenden Place, London SW1E 5RS

T: 0844 656 0444 - e: info@thesmartschool.co.uk

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