

# The Phil Parker Training Institute

*Training Professionals  
with Genius*



## NLP & Coaching Course...

## NLP Life Skills

*“Have no doubt that you will personally gain from attending this course no matter who you are or what you are searching for.” **Nikki***

*“It’s a great antidote for being stuck in negative reactions and attitudes. It has given me the tools to approach life with positivity, excitement and enthusiasm.” **Stephanie***

*“Fascinating course if you’re interested in the link between brain and body – it will change how you think about your life and how you live it. And Phil is an inspirational speaker, but it all makes intellectual sense. And best of all – it’s fun!” **Judy***

This two day course introduces you to the exciting field of Neuro-Linguistic Programming (NLP) and coaching. Discover how these skills will help you, and those around you, to have a happier, more successful and positive life. It’s also a great course following the Lightning Process as it will compliment the skills you have already learnt perfectly!

You will be able to develop some skills to:

- Improve your communication
- Empower your relationships
- Realise your confidence
- Achieve your goals
- Benefit your work and home life

Special Price: £190 +VAT (£228)

### **Dates coming up in 2017 in London...**

Wednesday 19<sup>th</sup> & Thursday 20<sup>th</sup> April  
Wednesday 12<sup>th</sup> & Thursday 13<sup>th</sup> July  
Saturday 9<sup>th</sup> & Sunday 10<sup>th</sup> September



*“Great 2 days. Phil’s style of presentation is energetic relaxed and full of humour. He has a great depth of knowledge and was skilled in meeting the needs of a broad range of attendees. I found the course interesting, well paced, and met some lovely people. It’s left me seriously considering doing the practitioner training with Phil – something I wouldn’t have considered before.” Belinda*

## Course Content

### Day 1

- Introducing NLP and Coaching
- Applications of neuroscience – discovering how to make your brain work for you
- How to rewire your brain for success
- Tools for making change as easy as possible
- Putting the extraordinary power of your mind to great use
- The power of words to change lives and health
- The missing manual – the user’s guide to the mind
- Using the skills of the morning to make awesome change
- Rapport – the secrets to building successful relationships at work and at home
- Create deep relaxation – for yourself and others
- Identify issues – help yourself and others to rapidly recognise blocks
- Setting Supercharged Coaching goals with NLP to break through those blocks

### Day 2

- Creating a new, more creative, way of looking at the world with NLP
- Deepening states – skills to help yourself, and anybody else, into a life changing mindset
- Reducing anxiety and stress – key NLP techniques to change how you feel
- Coaching skills – tools to work compassionately and effectively, at home, work or in any situation
- Anchoring – how to recall great feelings and experiences in an instant
- Changing futures with words – understanding the power of your words to a new level
- Moving your life onwards – tools to break through blocks and eliminate procrastination
- Key NLP technique of the Circle of Excellence – becoming your best you, everywhere and with anyone
- Integration of your new skills

# Phil Parker

Designer of the Lightning Process

PhD Health Psychology Researcher

Hay House Author

Master Trainer in NLP

Executive Coach

His core principle is that people are geniuses with amazing skills, qualities and talents, and he hopes he can help as many people as possible to find that out about themselves.



## To book a place on the NLP Life Skills course...

Click here to book online: <http://www.philparker.org/product/nlp-life-skills>, give us a call 020 7374 0233 or drop us an email: [info@philparker.org](mailto:info@philparker.org)

This course follows onto others if you are interested in training to be a practitioner or expanding your skillset. You can find more information out about our whole range of courses here: [www.philparker.org/training](http://www.philparker.org/training)

On completion of the course you can request to receive a certificate of attendance which you can use for your CPD (Continuing Professional Development).

Contact us so that we can discuss the best option for you...

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Email: [info@philparker.org](mailto:info@philparker.org)

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