

Information

There is a handbook in English and Croatian that is made for the course. You will find it on the website:

www.jeongekendevermogens.nl

The program will be possible adapted according to the needs of the participants. The instructions will be done in simple English. Translation will be done as much as necessary.

The trainers are Drs. Sytse Tjallingii, (international certified NLP-trainer, from the Netherlands) with Drs. Marlies Tjallingii- van der Werf (NLP Master Practitioner). Sytse and Marlies were running this course for many years in the Netherlands, seven times in Croatia and six times in Palestine.



Information

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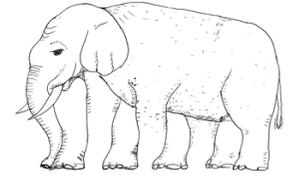
NLP: Key to personal growth and successful communication



“YOUR UNLIMITED POWERS”

A Basic course in Neuro Linguistic Programming (NLP)

By Drs. Sytse Tjallingii,
international certified NLP-trainer and Drs Marlies
Tjallingii NLP-Master Practitioner



You have more power than you think!

How successful are you in your life?

Many people will recognize this: If you are supporting victims and witnesses in court you are not so successful as you wish; it looks as if you are drawn in the emotions of your client. You have no idea of how this happens and what you could do better. Or: you want to support another person but it seems that you don't get connection. Sometimes you meet people who seem to have more success than you, and you wonder how you could get this success as well.

Improving your communication with yourself and others

At school we did not learn to communicate with others nor with ourselves. This basic course in NLP is about: How to improve your communication? How to communicate in a way that others really understand you? How do you really reach what you want to reach in your life? Which messages do you want to give to your unconscious? How to chose empowering emotions? How to become even more successful in your work as a volunteer, your study, your private life, in society?



experience personal growth

Neuro refers to our brains, nerves and senses and representation systems. Our thoughts and behaviour start with the observations by our senses. Neuro means how to bring into play the senses (see, hear, feel, smell, taste) more effectively. To see small changes in someone's facial expression or hear when a voice starts to change. Neuro is about the nerve system. Everything you are doing, thinking or feeling is the result of what is happening in your nerve system.

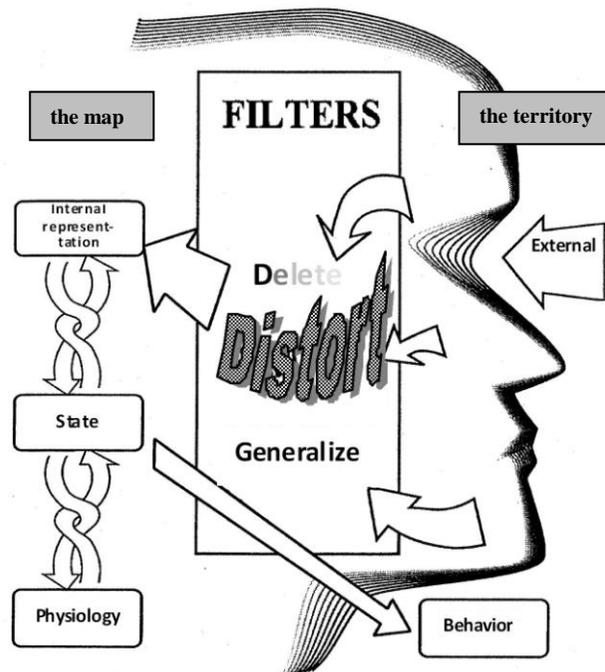
Linguistic refers to the way we represent our experiences in language. Knowledge and experience are organised in language. Linguistic means to improve drastically the language for the external and internal dialogue, which every human being has.

Programming refers to the metaphor of the computer. With a program we mean: the way in which a person takes in information from the outside world or the way in which the memory digests this information to reach results. Programming means that there is a systemic logic in the functioning of our brains and senses, which you can improve by training.

Why would you attend this NLP basiccourse?

- To enlarge your self-trust, for personal growth
- To create more success in your life
- To take initiatives more easier
- To become more conscious about how you want to improve your life
- To improve your communication with yourself and others

The NLP-communication model, the map is not the territory



Sharpen your senses and focus on what you want

Attending an NLP course is a bit like attending a 'driving' school for using your brain more successfully. You will learn to recognize the 'traffic signs' in communication by sharpening your senses and learn more about the different meanings of them. It is about choosing which thoughts you want to focus on. You will learn to see the reality from different perspectives, so you will have more freedom in your interpretations and you will be able to understand better the model of the world of your partners in private, society and your daily life. NLP isn't about the content of your message. It is about the structure of your communication. NLP makes you conscious about unconscious processes and patterns.

NLP Neuro-Linguistic Programming is a way of modelling successful people.

The subjects:

1. The NLP-model of communication
2. The effective presuppositions of NLP (like the map is not the territory)
3. Sharp use of your senses, visual calibration.
4. The neurological levels
5. To stay at the side of the cause and not of the result.
6. The 4-steps learning process.
7. Your unlimiting convictions
8. Your central nervous system cannot keep a denying
9. Anchoring
10. Representation systems
11. Reframing, the three perceptual positions
12. Working with sub modalities, swish
13. Meta and Milton language
14. Hierarchy in language

Where do you want to be in your 'life bus', at the back or at the steering wheel?



