

BREAKTHROUGH COACHING & NLP DIPLOMA





INTRODUCTION TO BREAKTHROUGH COACHING WITH NLP

CONTENTS

1. The program
2. Training and SMART goals
3. Meet your team
4. Wheel of life
5. Stages of learning
6. Next steps

CREATE THE LIFE YOU WANT



INTERNATIONAL CERTIFICATIONS



MEMBER OF THE ASSOCIATION FOR NEURO LINGUISTIC PROGRAMMING

- Ethics
- Integrity
- Professionalism
- Standards



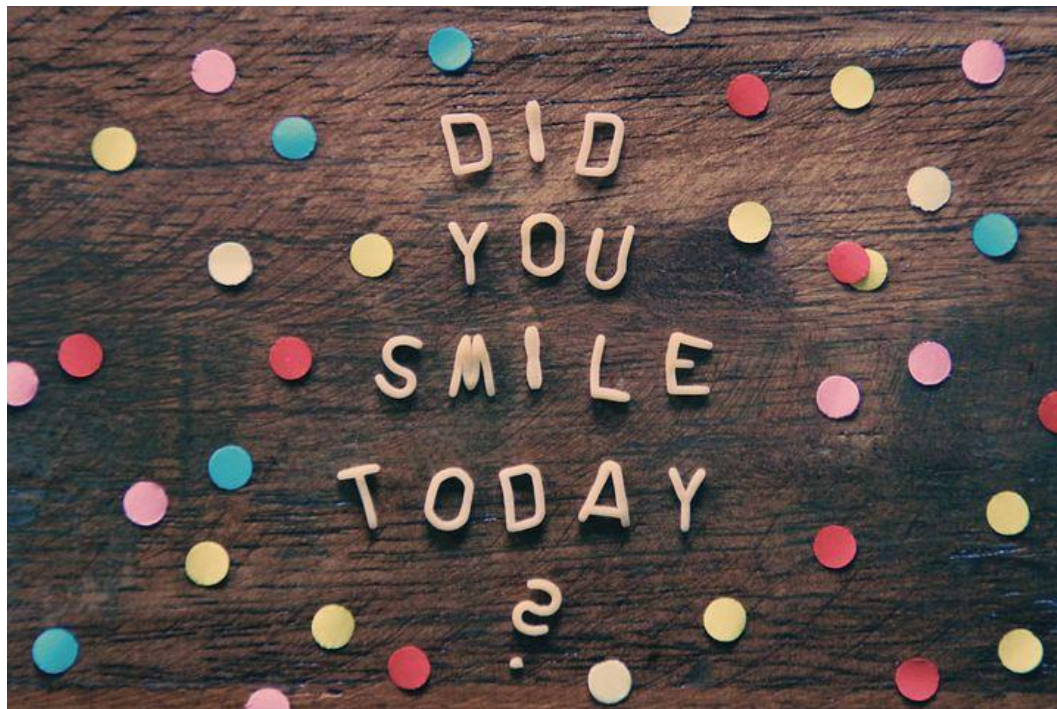
Timeline Technology PRACTITIONER

Approved by Vitality LIVING College



Approved by **Vitality LIVING College**

THREE PARTS TO THE PROGRAM



COACH YOURSELF TO
CREATE WHAT YOU
WANT
10 days



MAKE A DIFFERENCE
THROUGH COACHING
5 days



MASTERY IN
COACHING
5 days

ACCELERATED LEARNING TECHNIQUES



1. 10 days X 5 hours = 50 hours learning
2. 5 days x 5 hours = 25 hours certification
3. 5 days x 5 hours = 25 hours mentoring
4. 200 different techniques
5. One 3-hour Breakthrough session

HOW TO BE SUCCESSFUL



1. Build and maintain rapport

2. Have an outcome for everything

3. Maintain confidentiality and integrity

4. Complete the test

5. Clean language

6. Attitude of curiosity

7. Open to experiment

8. Highest and best for all concerned

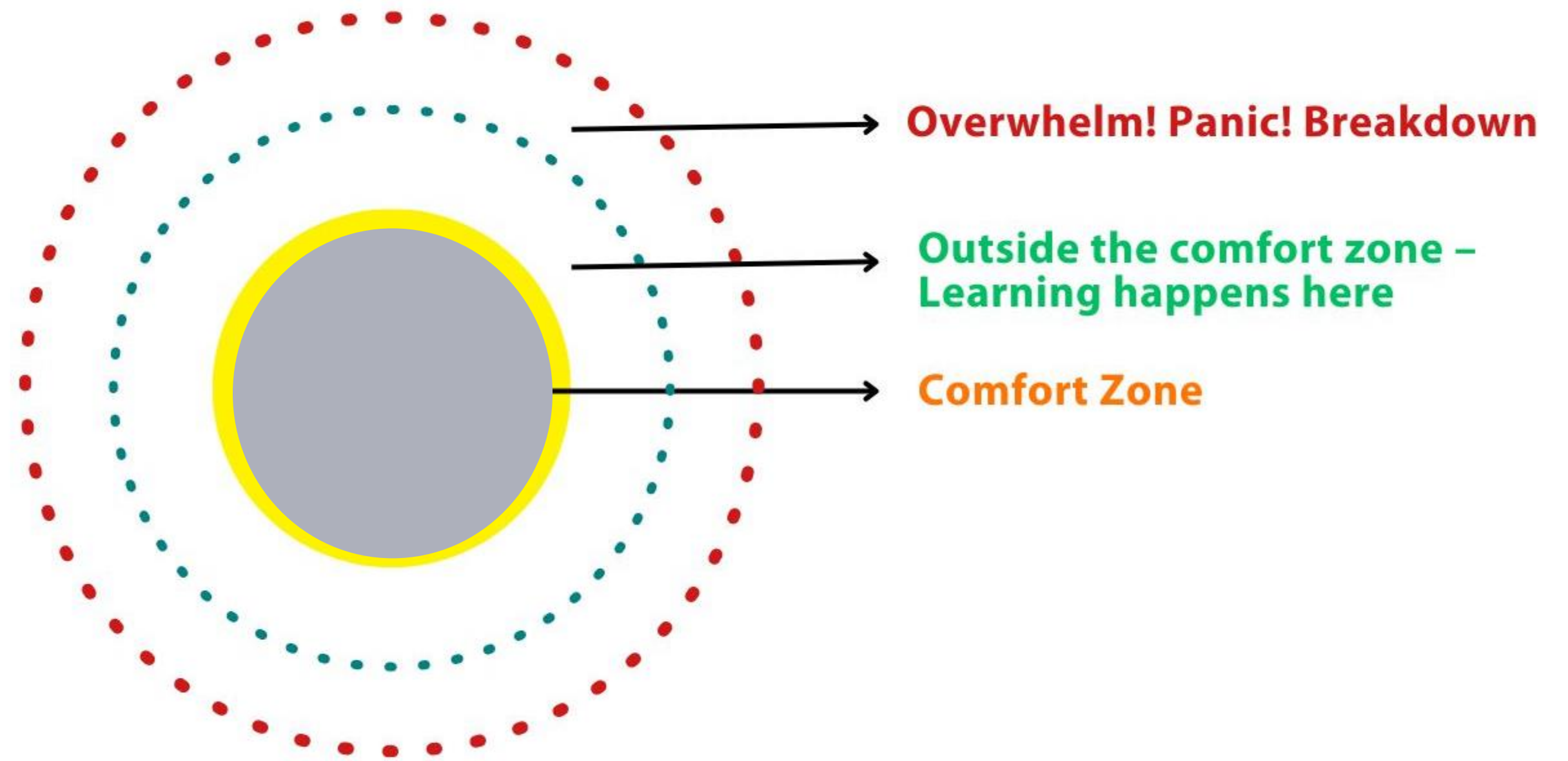
9. Daily personal development log

COMFORT ZONE



Life begins at
the end of
your comfort
zone.

COMFORT ZONE



PERSONAL DEVELOPMENT LOG

What did I love about the day?	What can I do even better?
What did I learn?	How will I use what I learnt?

I.K.T.

ONLINE ETIQUETTE



1. Reactions

2. Chat
function

3. Breakout
rooms

4. Stay in
the Breakout
room

5. Close the
room on time

6. Waiting
room

7. Can't see
or hear

8. Continue
on WhatsApp

9. Daily personal
development log

WHERE TO GET HELP?



1. WhatsApp Group

2. Assist Team

3. Assist Leaders

4. Head Trainer

5. Facebook Group

6. VLC Contact

7. Each other

8. The VLC Portal


9. Yourself!

PRACTICE TEAM ROOM

MEET YOUR TEAM

1. Introduce yourselves
 - Name
 - Location
 - What do you do? Known
 - Not known
 - Reason for joining
2. Write their name and team number, Example
1 – Name.
3. Team name

VITALITY LIVING COLLEGE PORTAL



BREAKTHROUGH COACHING NLP PRACTITIONER TRAINING
COACH YOURSELF AND OTHERS TO SUCCESS
INTERNATIONAL CERTIFICATION PROGRAM

0% Complete


1. Module 1: Introduction to Breakthrough Coaching NLP (Full Video) ▾

- 1. Module 1: Introduction to Breakthrough Coaching NLP (Full Video)
- 2. Live Demonstration - Training Goals
- 3. Live Demonstration - Training Goals
- 4. Live Demonstration - Training Goals
- 5. Live Demonstration - Training Goals

BREAKTHROUGH COACHING / 1. Module 1: Introduction to Breakthrough Coaching NLP

1. Module 1: Introduction to Breakthrough Coaching NLP (Full Video)

Mark Complete



3:28:22

Next Lesson ▶

<https://portal.vitalitylivingcollege.info/trainingprograms/breakthrough-coaching>

TRAINING GOALS



What would your goals have to be such that when you achieve them before the end of the training it would cause you to honestly say to yourself...

“That’s the best training I have ever done in my life!”?

PRACTICE WORKSHEETS

TRAINING GOALS EXERCISE

What would your goals have to be such that when you achieve them before the end of the training it would cause you to honestly say to yourself...

“That’s the best training I have ever done in my life!”?

<https://portal.vitalitylivingcollege.info/trainingprogram/breakthrough-coaching/479/1>

S.M.A.R.T. GOALS



SPECIFIC



MEASURABLE



ACHIEVABLE

S.M.A.R.T. GOALS



RELEVANT



TIME BASED



S.M.A.R.T.E.R

S.M.A.R.T.E.R. GOAL EXAMPLE



PRACTICE WORKSHEETS

SMART GOALS EXERCISE

- Revise your training goals to make them S.M.A.R.T.E.R.
- Fill it in your worksheet

PRACTICE TEAM ROOM

SHARE YOUR GOALS

1. What are your training goals?
2. Share your S.M.A.R.T. training goals

GOAL SETTING



Start goal

Next goal

Means goal

End goal

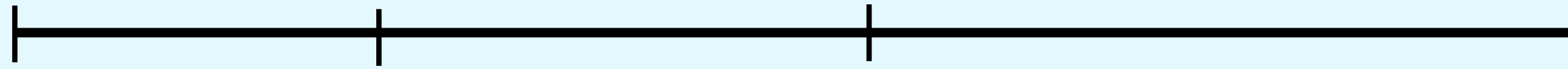


Start goal

Next goal

Means goal

End goal



Think about taking the first step and come up with plan.

Exercise daily to increase fitness levels.

Increase fitness with a boot camp and complete a practice trek by October 2009.

I want to go on a trek to a mountain of spiritual significance in India by November 2009.

PRACTICE WORKSHEETS

TRAINING GOALS EXERCISE

Write down your:

- End goal
- Start goal
- Next goal
- Means goal

WHEEL OF LIFE

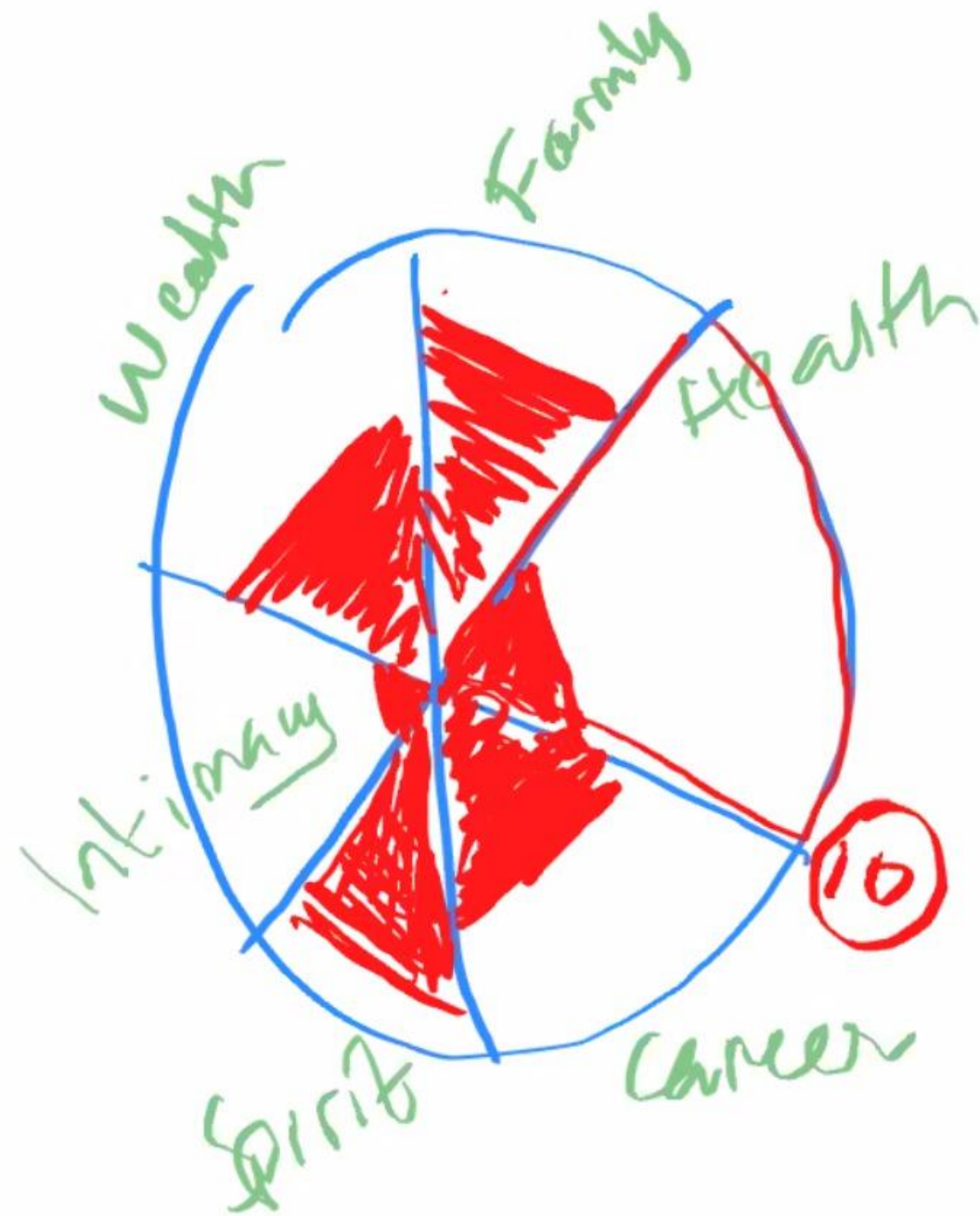


PRACTICE WORKSHEETS

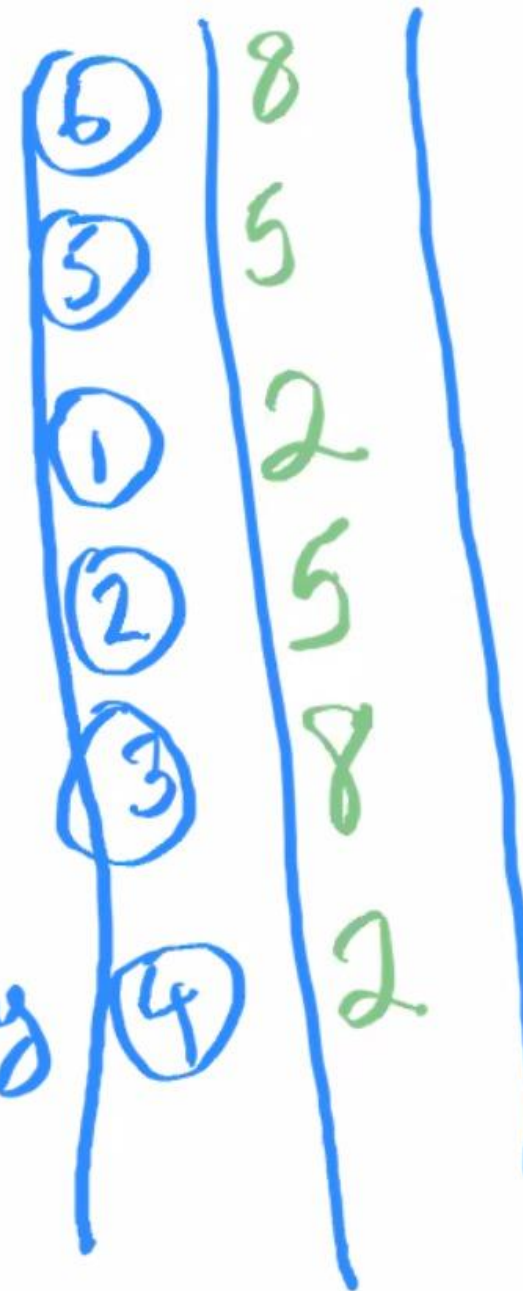
WHEEL OF LIFE EXERCISE

1. Draw a circle and split into 6 segments.
2. Write a list of your 6 most important areas of your life.
3. Force rank them from 1-6.
4. For each area evaluate the quality of that area of life on a scale of 1 to 10, where 10 is high quality and 1 is low quality.
5. Map out your results on the circle.
6. Identify your 2 top priority areas.

WHEEL OF LIFE EXAMPLE



1. Family
2. wealth
3. Health
4. Career
5. Spirit
6. Intimacy



PRACTICE BREAKOUT ROOM

WHEEL OF LIFE EXERCISE

1. Pairs
2. Share your wheel of life and learning
3. 4 minutes each

PREMISE OF NEURO-LINGUISTIC PROGRAMMING



If you do what you
have always done,
you will get what you
have always got.

So do something different!

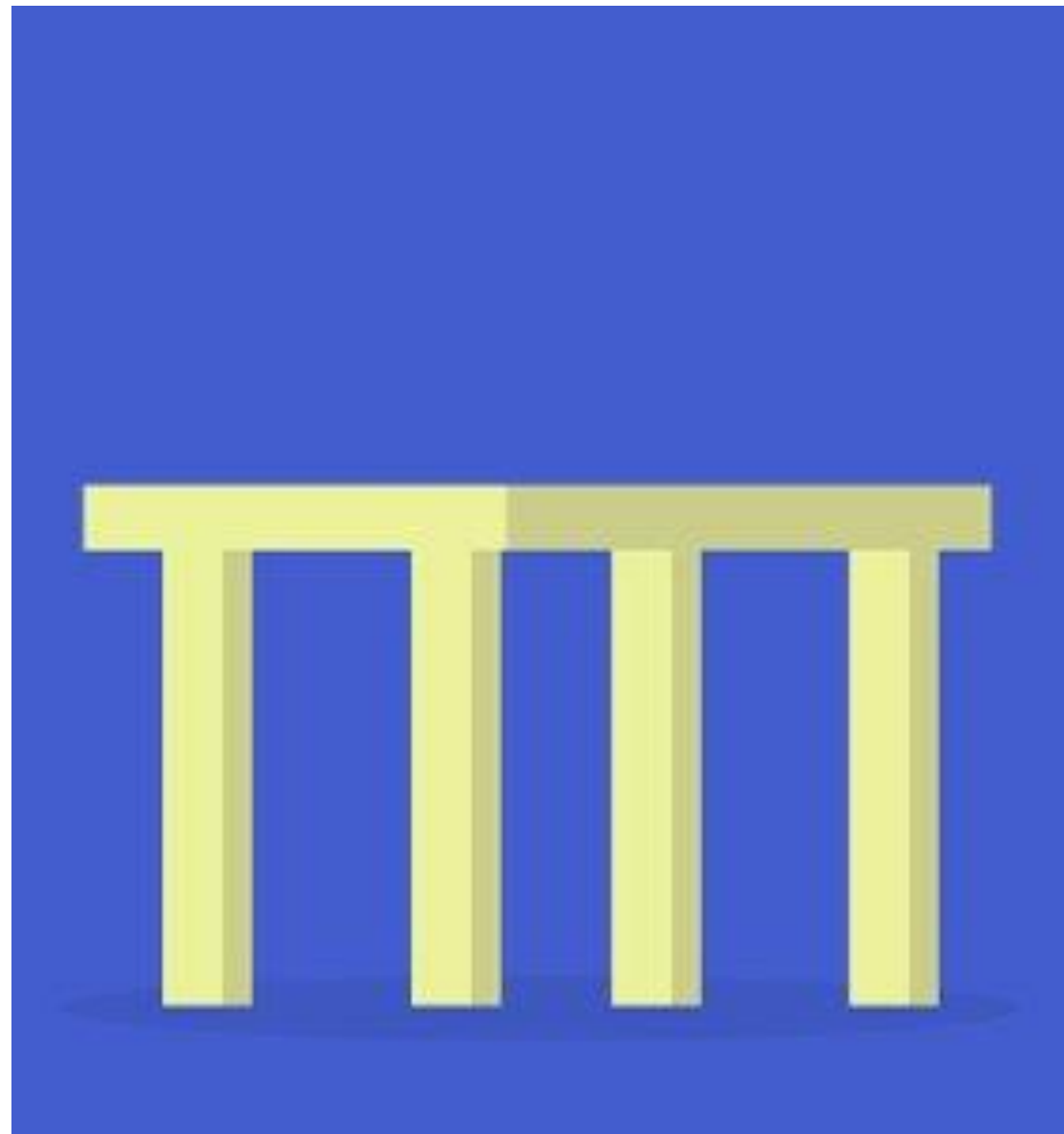
BACKGROUND OF NLP

- *An attitude of curiosity that leaves behind a series of techniques,*
Richard Bandler
- Began by modelling the best communicators:
 - How outstanding individuals get outstanding results
 - Being flexible achieves the best results
 - Greater control over the ability to be the best
- A set of skills to create the life you want

DEFINITION OF NLP

1. Neuro – your mind and how we think
 - Nervous system
 - Mental pathways of our 5 senses
2. Linguistics – how you use language and how it affects you
 - How words mirror our mental words
 - Our silent language of postures, gestures and habits
3. Programming – how you take on particular action steps to achieve a goal
 - Our thoughts, feelings and actions are habitual programs which we can change

THE FIVE LEGS OF NLP



1. Know what you want to achieve.
2. Be alert and have sensory acuity.
3. Be flexible enough to keep changing your behaviours until you reach your outcome.
4. Take action now.
5. Adopt the physiology of excellence.

PRACTICE BREAKOUT ROOM

YOUR DEFINITION OF NLP

1. Pairs
2. Create your own definition of NLP
3. Keep it simple!
4. 5 minutes



VISUAL SQUASH

PRACTICE MAIN ROOM

VISUAL SQUASH

1. Physiology of depression and excitement.
2. Put a pen in your mouth, head to the sky with a smile on your face and try to be depressed.



TRIAD OF SUCCESS

MY TRIAD OF SUCCESS

What I say to myself?

My body and breathing

My focus

PRACTICE WORKSHEETS

MY TRIAD OF SUCCESS EXERCISE

1. Write down your TRIAD OF SUCCESS for confidence.
2. Put yourself in that state.
3. Now what about courage, calm and kindness.

PRACTICE BREAKOUT ROOM

MY TRIAD OF SUCCESS EXERCISE

1. Pace and lead your partner to shift from their disempowering state to a state of confidence.
2. Be resourceful and supportive!

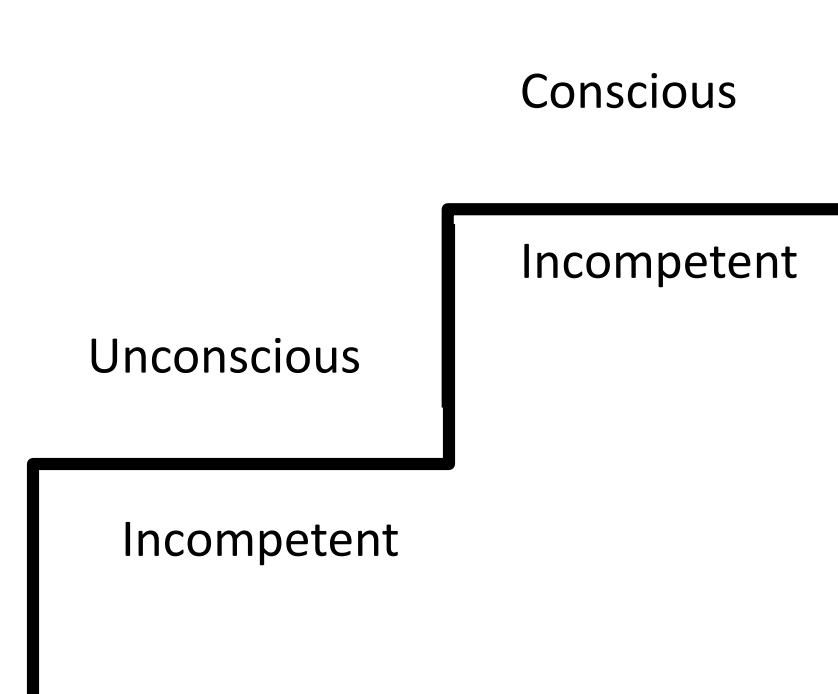
STAGES OF LEARNING



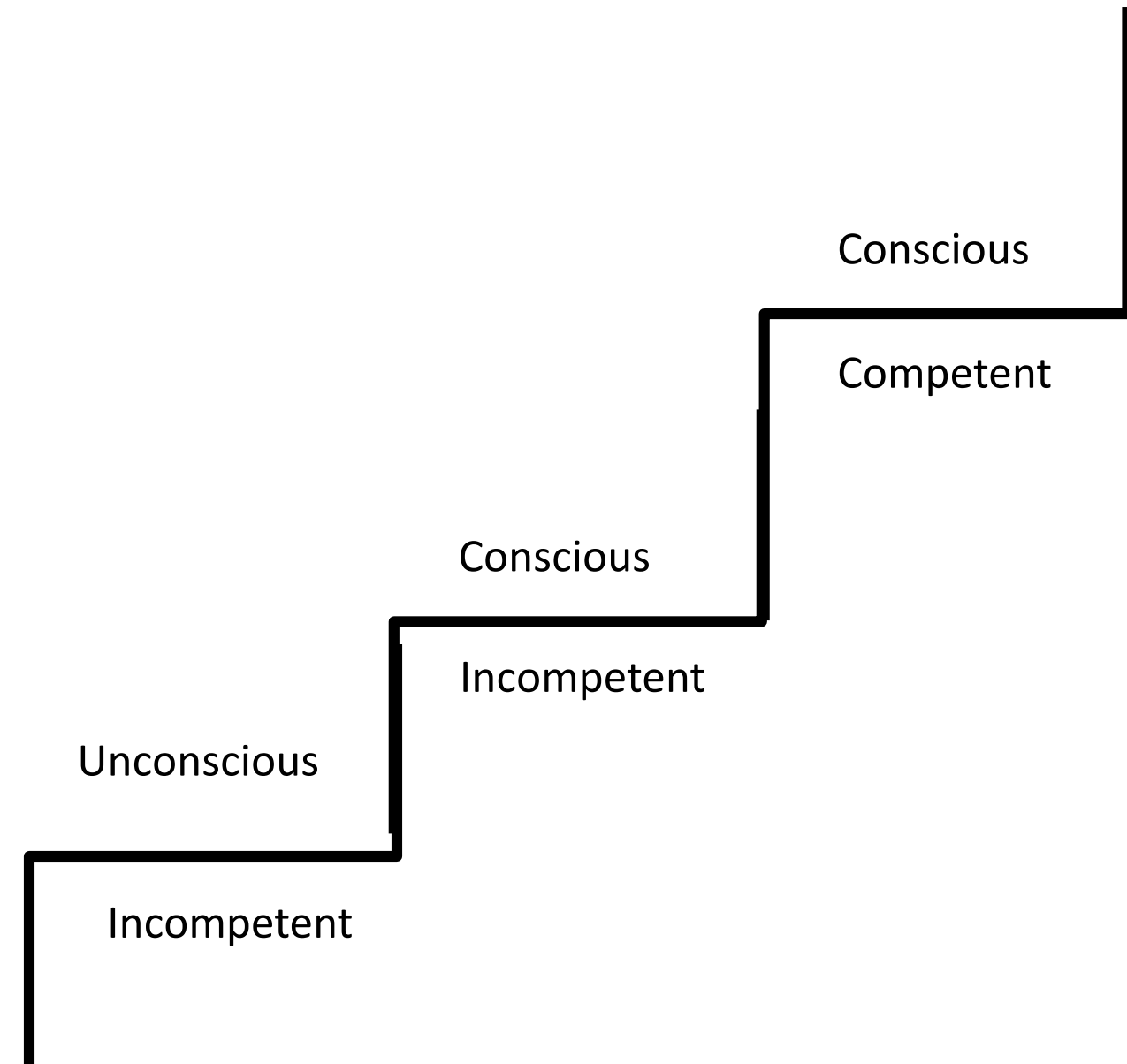
Unconscious

Incompetent

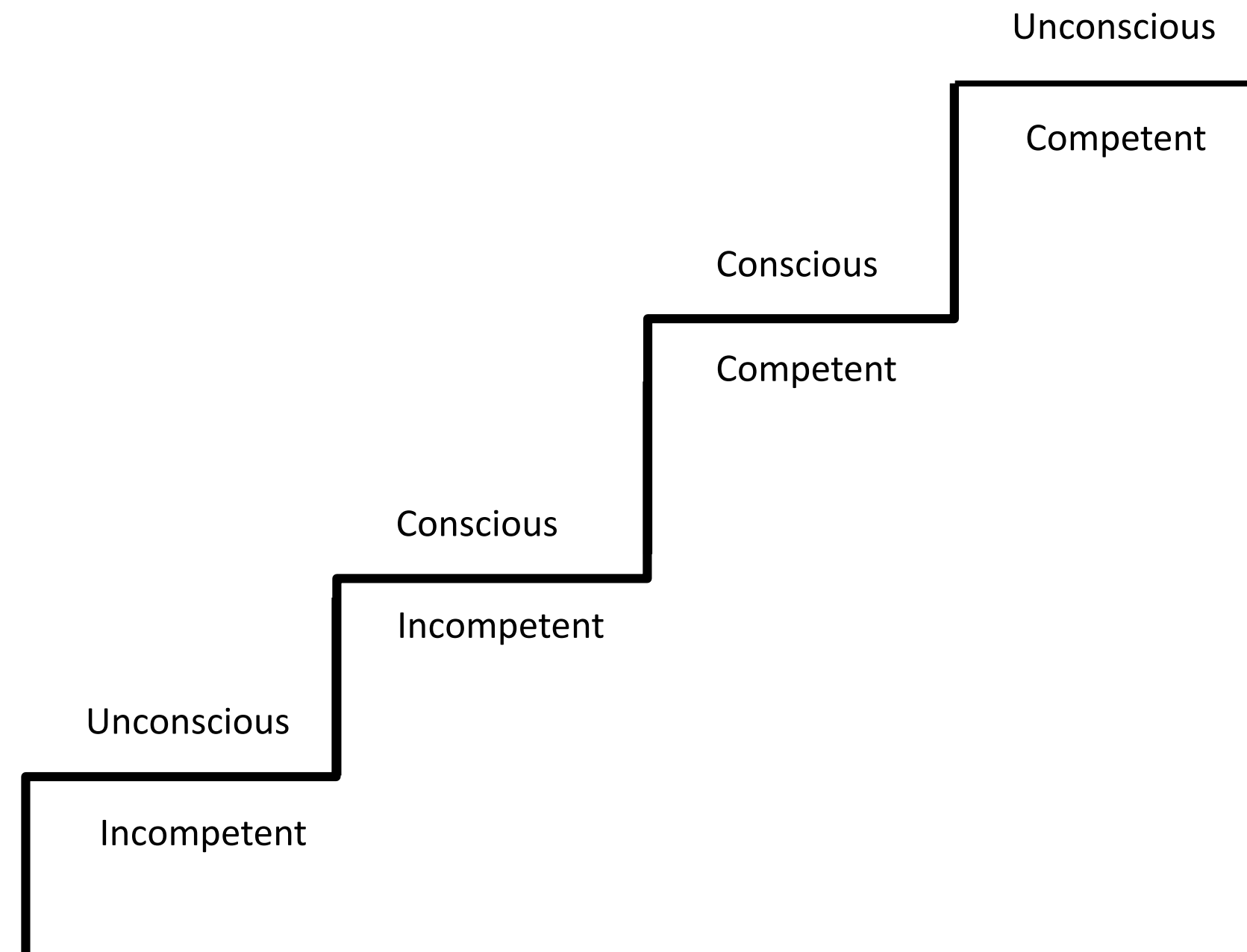
STAGES OF LEARNING



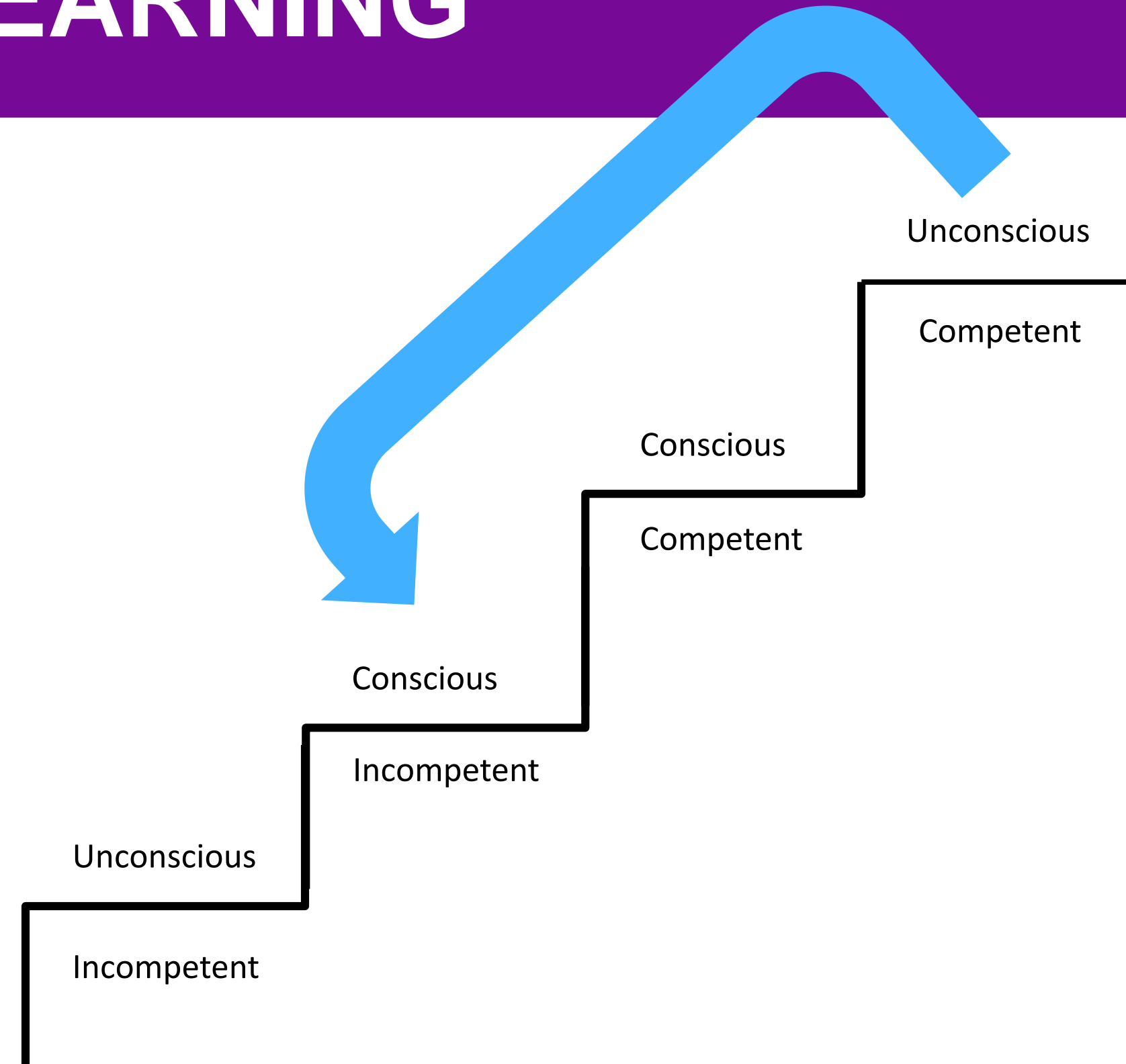
STAGES OF LEARNING



STAGES OF LEARNING



STAGES OF LEARNING



PERSONAL DEVELOPMENT LOG

What did I love about the day?	What can I do even better?
What did I learn?	How will I use what I learnt?

NEXT STEPS

1. Personal development log, <https://portal.vitalitylivingcollege.info/trainingprogram/breakthrough-coaching/506/1>.
2. Practice your TRIAD OF SUCCESS for confidence, <https://portal.vitalitylivingcollege.info/trainingprogram/breakthrough-coaching/506/6>.
3. Your body as a pharmacy, <https://www.instagram.com/reel/CpktqJPlnwe/?igshid=YmMyMTA2M2Y=>
4. Zeitgest, https://youtu.be/6nSwT_5GoJk

SUMMARY

1. The program
2. Training and SMART goals
3. Meet your team
4. Wheel of life
5. Stages of learning
6. Next steps

BREAKTHROUGH COACHING & NLP DIPLOMA



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SUMMARY

1. The program
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6. From old to new model
7. Next steps

EXAMPLE OF A SMART GOAL: WEIGHT LOSS

Become a size 12 by losing 20 pounds of weight and increase energy levels by November 2024 by following a healthy diet and exercise plan.

- Specific: Become size 12 and lose 20 pounds by November 2024 by following a healthy diet and exercise plan.
- Measurable: Track progress by weighing myself every week and taking body measurements every month to ensure that I am on track to meet my weight loss goal.
- Achievable: Losing 20 pounds in a year is a safe and realistic weight loss goal that can be achieved by following a healthy diet and exercise plan.
- Relevant: Losing weight will improve my overall health and well-being, increase my self-confidence, and help me achieve my long-term health goals.
- Time-bound: The goal is time-bound, with a specific deadline of November 2024 for achieving the desired outcome.

EXAMPLE OF A SMART GOAL: LOVE

Attract a life partner by the end of the year through taking intuitively guided actions.

- **Specific:** Attract a compatible life partner by the end of the year by actively seeking out opportunities to meet new people, joining online dating websites, and attending social events.
- **Measurable:** Keep track of the number of dates and social events attended each month, and set a goal of going on at least one date per week.
- **Achievable:** Attracting a compatible life partner within a year is a realistic goal that can be achieved by actively seeking out opportunities to meet new people and putting effort into the dating process.
- **Relevant:** Attracting a life partner is a relevant goal that aligns with personal values and desires for a fulfilling relationship.
- **Time-bound:** The goal is time-bound, with a specific deadline of the end of the year for achieving the desired outcome.

EXAMPLE OF A SMART GOAL: WEALTH

Increase monthly income by \$2000 within 6 months by launching a side business selling handmade crafts online.

- Specific: Increase monthly income by \$2,000 within the next 6 months by launching a side business selling handmade crafts online.
- Measurable: Track progress by setting monthly income goals and comparing them to actual earnings. Aim to increase monthly earnings by 25% every month.
- Achievable: Increasing monthly income by \$2,000 within 6 months is achievable by launching a side business, setting realistic sales goals, and consistently promoting the business online.
- Relevant: Increasing monthly income is a relevant goal that aligns with personal financial goals and aspirations.
- Time-bound: The goal is time-bound, with a specific deadline of 6 months for achieving the desired outcome.

TIPS TO GOAL SETTING

1. Set specific and measurable goals: Use the SMART system.
2. Set challenging but achievable goals: Use the SMART system.
3. Prioritise goals: Wheel of life exercise.
4. Break goals down into smaller steps: Start, next, means and end goal system.
5. Create a plan of action: Declare the plan.
6. Use positive language: Not I do not want to feel fear but I want to feel confident.
7. Celebrate achievements: Focus on the small and big wins - like winning points!

Start goal

Next goal

Means goal

End goal

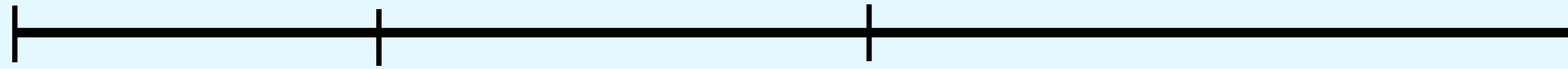


Start goal

Next goal

Means goal

End goal



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Increase fitness with a boot camp and complete a practice trek by October 2009

I want to go on a trek to a mountain of spiritual significance in India by November 2009

VITALITY LIVING COLLEGE PORTAL



0% Complete

1. Module 1: Introduction to

1. Module 1: Introduction to Breakthrough Coaching NLP (Full Video)

2. Live Demonstration - Training Goals

3. Live Demonstration - Training Goals

4. Live Demonstration - Training Goals

5. Live Demonstration - Training Goals

BREAKTHROUGH COACHING / 1. Module 1: Introduction to Breakthrough Coaching NLP

1. Module 1: Introduction to Breakthrough Coaching NLP (Full Video)

Mark Complete



Next Lesson ▶

<https://portal.vitalitylivingcollege.info/trainingprograms/breakthrough-coaching>

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PERSONAL DEVELOPMENT LOG

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What did I learn?	How will I use what I learnt?

ONLINE ETIQUETTE



1. Reactions

2. Chat
function

3. Breakout
rooms

4. Stay in
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7. Can't see
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WHERE TO GET HELP?



1. WhatsApp Group

2. Assist Team

3. Assist Leaders

4. Head Trainer

5. Facebook Group

6. VLC Contact

7. Each other

8. The VLC Portal

9. Yourself!

WHATSAPP GROUPS

BREAKTHROUGH
NLP 2023

TEAM X – TEAM
LEADER OR TEAM
NAME

BREAKTHROUGH
POSTER DATES

PRACTICE EXERCISES

MAIN ROOM
EXERCISES
WORKSHEETS

PAIRS OR
TRIADS

SMALL
GROUPS

TEAM ROOM

YES MOVE



PRACTICE TEAM ROOM

MAGIC MOMENTS

1. Share with your team
2. Game time: Treasure hunt

2

THE FORMULA FOR CHANGE

CONTENTS

1. Triad of success and stages of learning
2. From the old model to the new model
3. Cause versus effect
4. You are what you think
5. Understand the model of the world
 - 6 Human needs
 - Languages of love
6. Next steps

MY TRIAD OF SUCCESS

What I say to myself?

My body and breathing

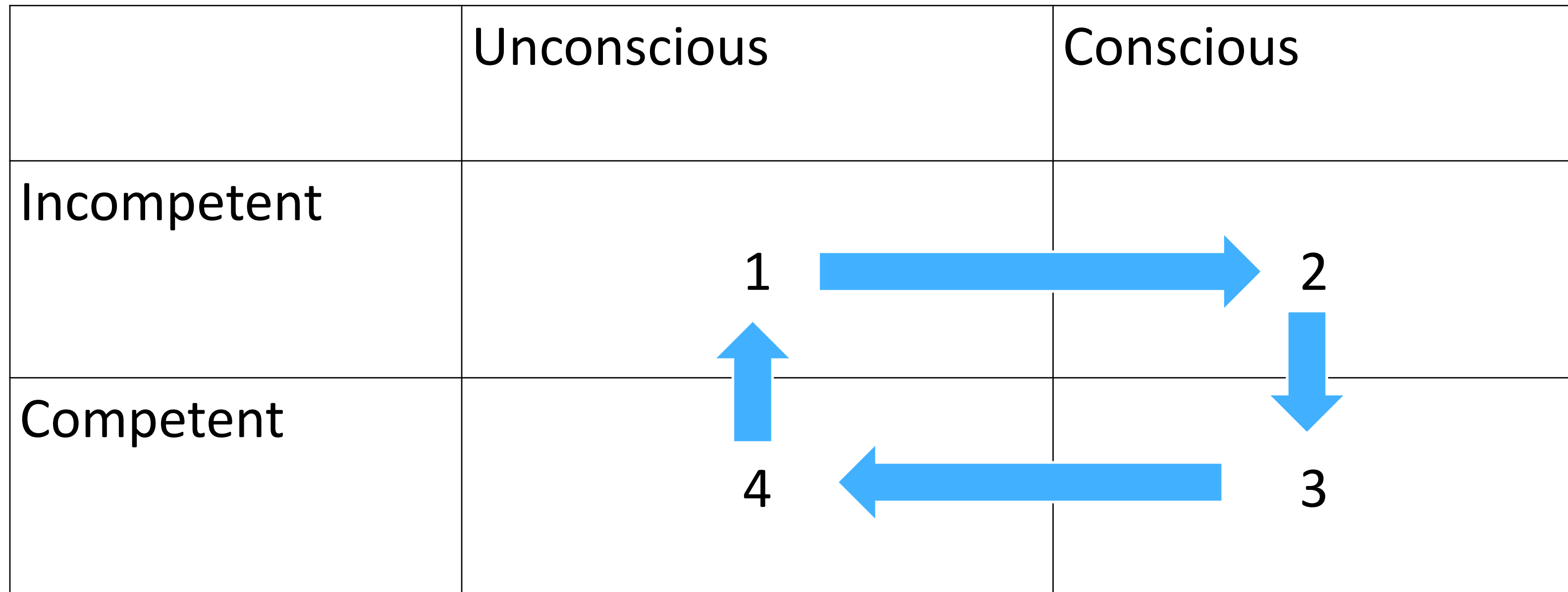
My focus

PRACTICE BREAKOUT ROOM

MY TRIAD OF SUCCESS EXERCISE

1. Pairs
2. Person A adopts the TRIAD OF SUCCESS of confidence and Person B matches the body language.
3. Person A adopts the TRIAD OF SUCCESS of another emotional state and Person B has to match and mirror everything and guess the emotional state.
4. Do one more emotional state and switch.
5. 5 minutes both ways.

STAGES OF LEARNING



STAGES OF LEARNING



STAGES OF LEARNING



STAGES OF LEARNING



STAGES OF LEARNING



PRACTICE BREAKOUT ROOM

LEARNING EXERCISE

1. Pairs
2. Share an example of when you learnt something.
3. Notice how you went through the stages of learning.
4. Share your TRIAD OF SUCCESS that made learning easy.
5. Provide an example of when you become an unconscious competent and what did you learn as a result.

<https://portal.vitalitylivingcollege.info/trainingprogram/breakthrough-coaching/480/1>

PRACTICE WORKSHEETS

LEARNING EXERCISE

1. Write down an example of when you learnt something.
2. Notice how you went through the stages of learning.
3. Notice your TRIAD OF SUCCESS that made learning easy.
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2 - 4 mil bits



134 bits

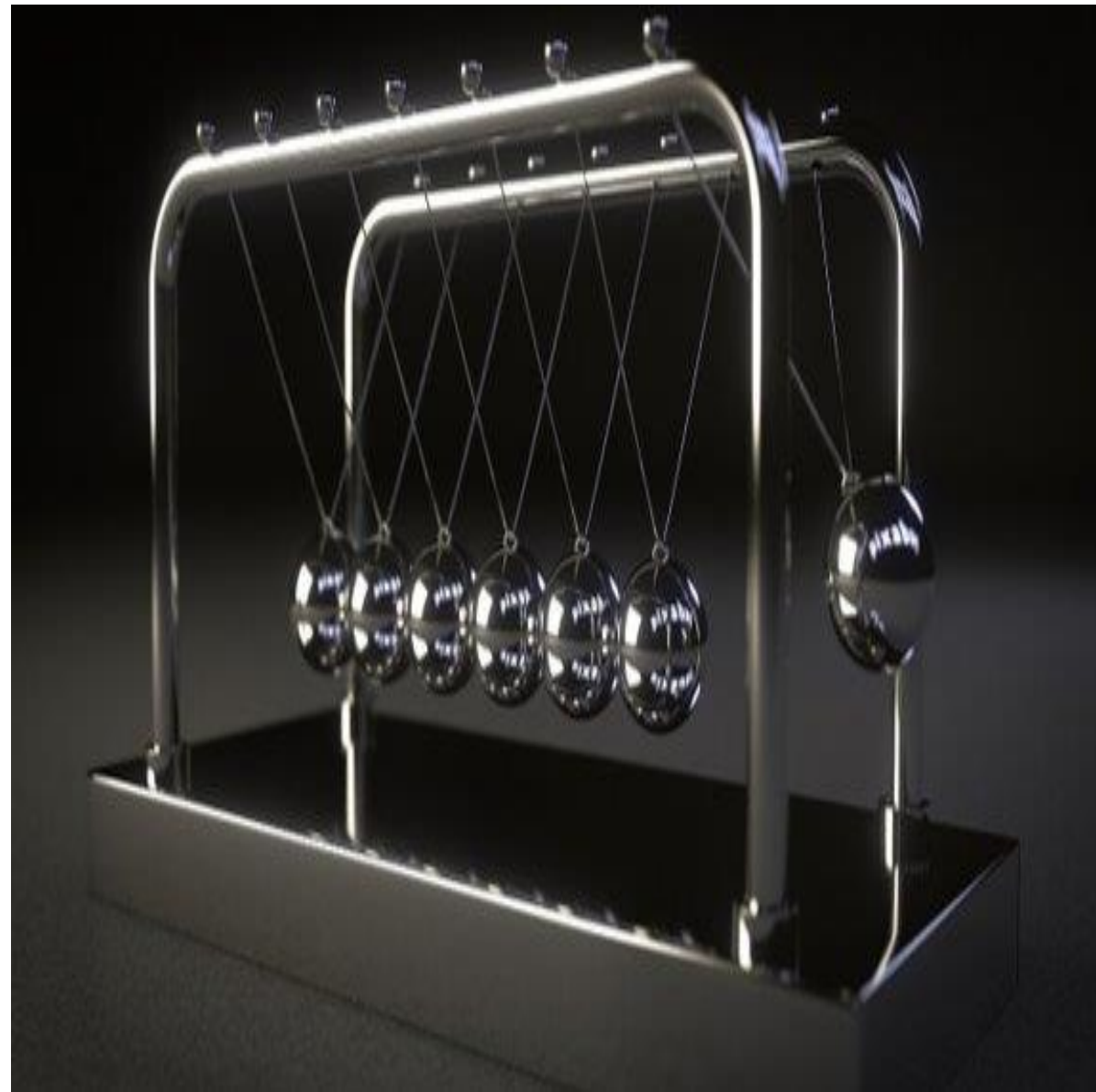


PRESENT STATE – OLD MODEL OF THE WORLD

1. Understand and appreciate the current model of world, issue and desired state.
2. What prevents or persists?
3. Soften the current model.
4. Change work.
5. Condition the desired state.
6. Test and make it real.
7. Take action and celebrate.

DESIRED STATE – NEW MODEL OF THE WORLD

CAUSE VERSUS EFFECT



- Effect = Surface
- Cause = Root

PRACTICE BREAKOUT ROOM

CAUSE VERSUS EFFECT EXERCISE

1. Pairs
2. Ask your partner to share a problem
3. Then ask them, “How is that a problem?”
4. Reply by using the words, “It’s a problem because...”
5. 5 minutes each way

PRACTICE WORKSHEETS

CAUSE VERSUS EFFECT EXERCISE

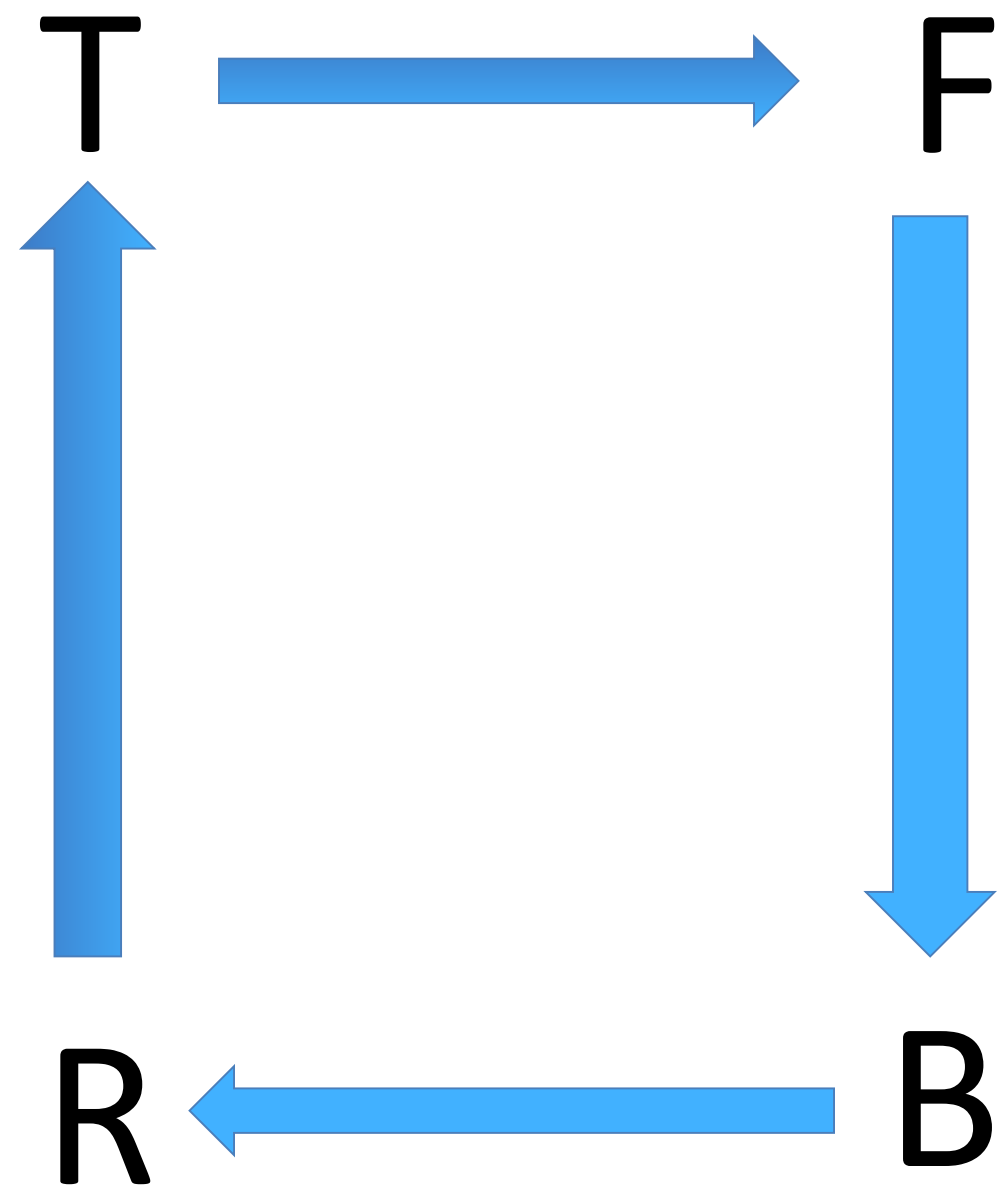
1. Write down a problem.
2. Then ask yourself, “How is that a problem?”
3. Frame your answer with the words, “It’s a problem because.”

RESPONSIBILITY FOR CHANGE



- Close the eyes
- Relax the muscles around the eyes
- So they are so relaxed you can't relax them any more
- Holding on to the relaxation
- Test them and make sure you can't open them

YOU ARE WHAT YOU THINK



- What you think affects your feelings
- Your feelings affect how you behave
- The way you behave or act determines your results
- So get the results you want
- Change your pattern of thinking
- Change your thinking for best results

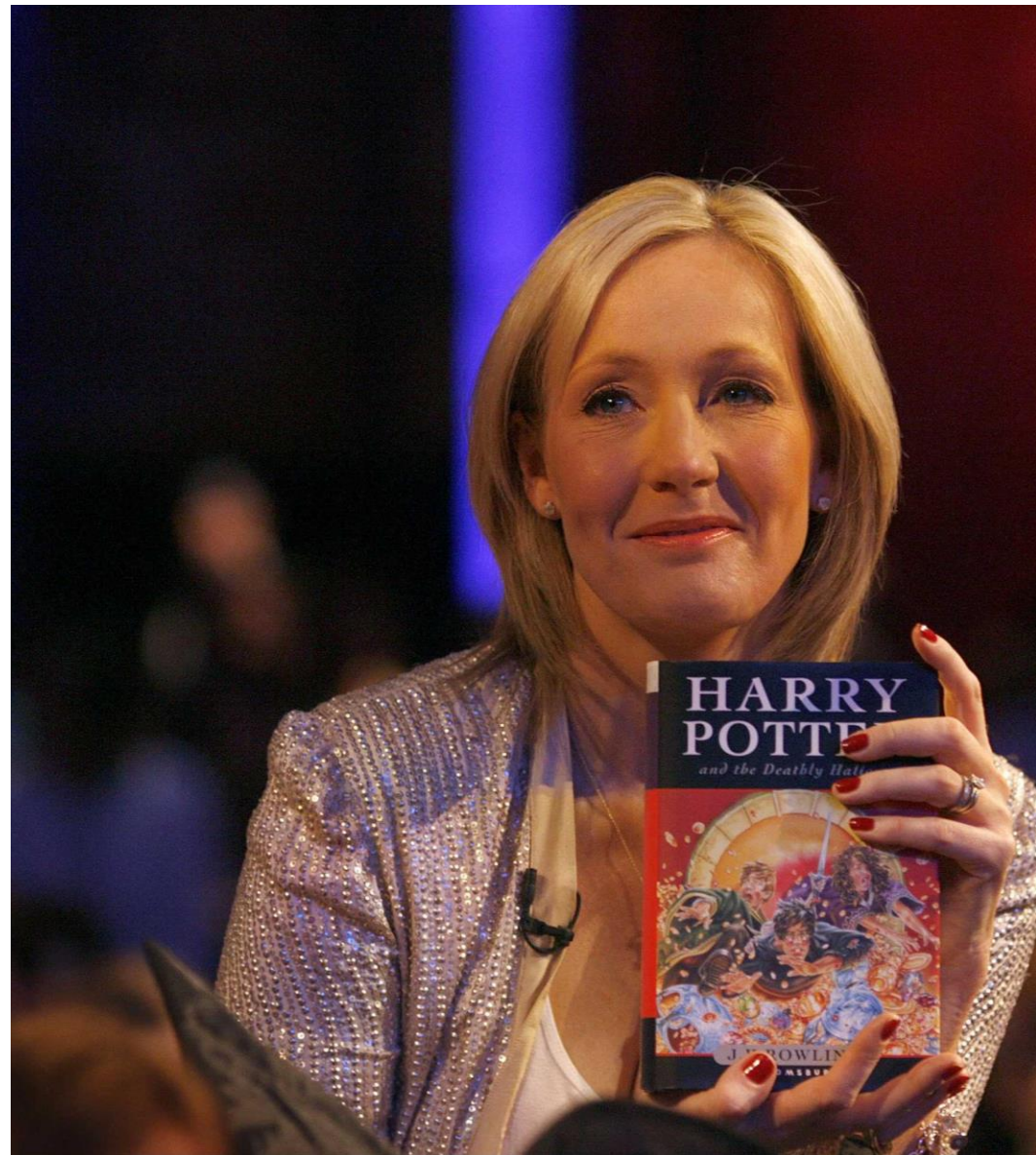
THINKING DETERMINES SUCCESS



“Whether you think you can, or you think you can’t, you are right.”

Henry Ford

THINKING DETERMINES SUCCESS



"It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all— in which case, you fail by default."

J.K. Rowling

THINKING DETERMINES SUCCESS



PRESENT STATE – OLD MODEL OF THE WORLD

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DESIRED STATE – NEW MODEL OF THE WORLD

PRESENT STATE – OLD MODEL OF THE WORLD

1. Understand and appreciate the current model of world, issue and desired state.
2. What prevents or persists?
3. Soften the current model.
4. Change work.
5. Ignite the desired state.
6. Test and make it real.
7. Take action and celebrate.

DESIRED STATE – NEW MODEL OF THE WORLD

UNDERSTAND - 6 HUMAN NEEDS



- Significance
- Certainty
- Variety
- Love / Connection
- Growth
- Contribution

UNDERSTAND - 6 HUMAN NEEDS

Human Needs	You	Others
Significance		
Certainty		
Variety		
Love / Connection		
Growth		
Contribution		

PRACTICE WORKSHEETS

HUMAN NEEDS EXERCISE

1. Rate your requirement for each human need on a scale of 1 to 10.
2. Rate someone you love.
3. Notice the similarities and differences.
4. Jot down your learnings.

PRACTICE BREAKOUT

HUMAN NEEDS EXERCISE

1. Pairs or Three's
2. Share your learnings

THE LANGUAGES OF LOVE



- Words
- Acts
- Touch
- Gifts
- Time

<https://5lovelanguages.com/quizzes>

APPRECIATE – LOVE ABOUT THEM



- Want to influence someone?
 - Notice what you love about them first
- What to influence yourself?
 - Notice what you love about yourself

PERSONAL DEVELOPMENT LOG

What did I love about the day?	What can I do even better?
What did I learn?	How will I use what I learnt?

NEXT STEPS

1. Personal development log
2. Languages of love, <https://5lovelanguages.com/quizzes>
3. Learn more about the 6 human needs, <https://portal.vitalitylivingcollege.info/trainingprogram/breakthrough-coaching/480/1>.

SUMMARY

1. Triad of success and stages of learning
2. From the old model to the new model
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PRACTICE BREAKOUT

HUMAN NEEDS AND LANGUAGES OF LOVE EXERCISE

1. Pairs or Three's
2. Share your learnings

PRACTICE BREAKOUT ROOM

POSTER DATES

1. Impress date.
2. Share with your breakout buddy what have you learnt so far.

NEXT STEPS

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3. Learn more about the 6 human needs, <https://portal.vitalitylivingcollege.info/trainingprogram/breakthrough-coaching/480/1>.

3

**WHAT DO YOU
WANT?**

MAKING SENSE WITH SENSES EXERCISE

- In your groups complete one of the following assignments:
 - A TV advert – 60 seconds
 - A radio advert – 60 seconds
 - A social media sponsored advert – 60 seconds
 - A publicity leaflet or bill-board advert
- Explain the benefits of coaching, making it attractive, enticing, engaging and entertaining
- Use VAK words to make the end result look, sound and feel positive and enticing

PRACTICE BREAKOUT ROOM

MAKING SENSE WITH SENSES EXERCISE PART 1

1. Team groups
2. Decide what you want to do
3. 20 minutes to prepare and come back to the main room

PRACTICE BREAKOUT ROOM

MAKING SENSE WITH SENSES EXERCISE PART 2

1. Team 1: Presents for 60 seconds
2. Team 2: Gives feed-forward
3. Team 3: Gives feed-forward to the feed-forward team.
4. Feed-forward format
 - What was really great?
 - What, if any 1 thing could be better?
 - Overall learnings
5. Decide who is going to write the feed-forward in chat.

CONTENTS

1. Evolutionary versus revolutionary model
2. Sensory acuity
3. Calibration
4. Rapport
5. Well formed outcome
6. Creating powerful states
7. Next steps

REVOLUTIONARY VERSUS EVOLUTIONARY MODEL



- A. Illusion of certainty
- B. Uncertainty
- C. Life is not so good
- D. DIE - D D D
- E. Change
- F. Progress
- G. Sustainable change

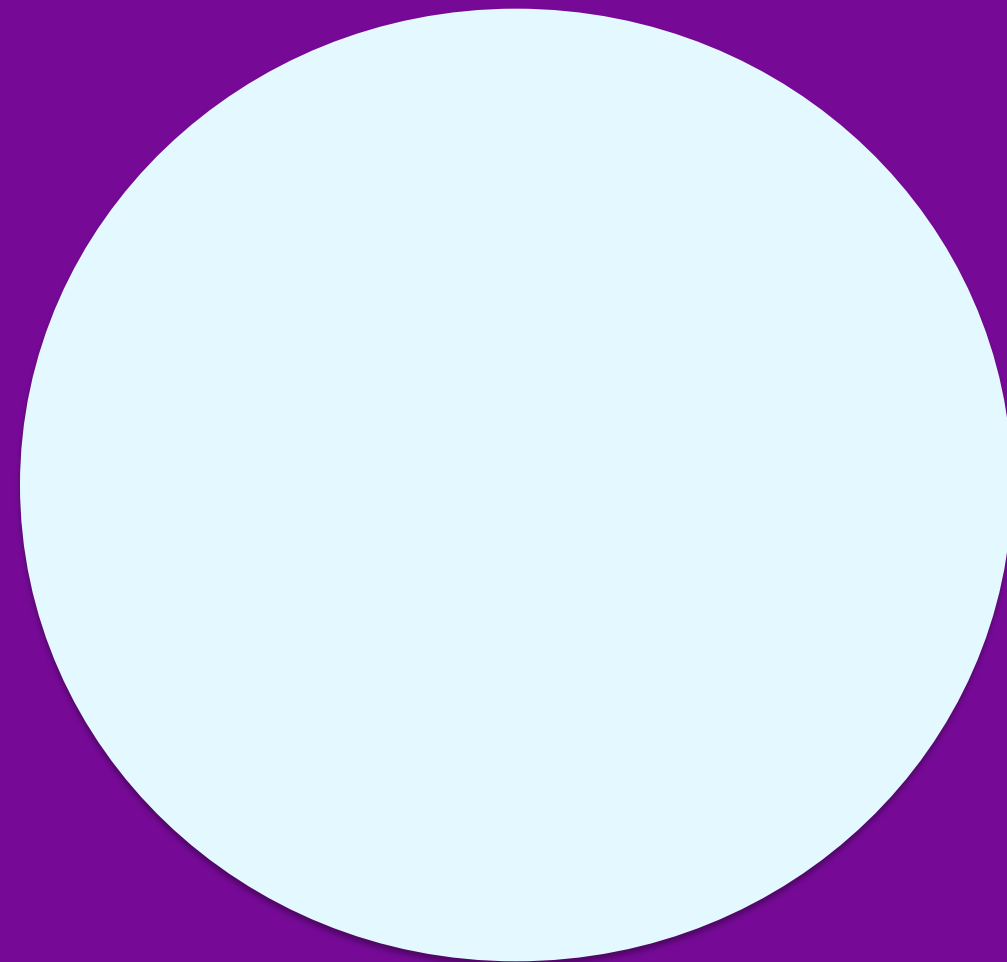
PRACTICE BREAKOUT

EVOLUTIONARY EXERCISE

1. Pairs or Three's
2. Share your learnings

FISH HANDSHAKE





PRESENT STATE – OLD MODEL OF THE WORLD

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DESIRED STATE – NEW MODEL OF THE WORLD

SENSORY ACUITY



To be acutely aware through your senses:

- See
- Hear
- Feel (touch)
- Smell
- Taste
- Intuition (sixth)

CALIBRATION



To be able to observe and pick up on cues, while being sensitive to someone's verbal and non verbal behaviours.

SENSORY ACUITY – CALIBRATION - SEE



- Posture
- Skin colour
- Skin tone
- Breathing
- Lower lip size
- Eyes
- Congruence

SENSORY ACUITY – CALIBRATION - POSTURE



SENSORY ACUITY – CALIBRATION – SKIN COLOUR



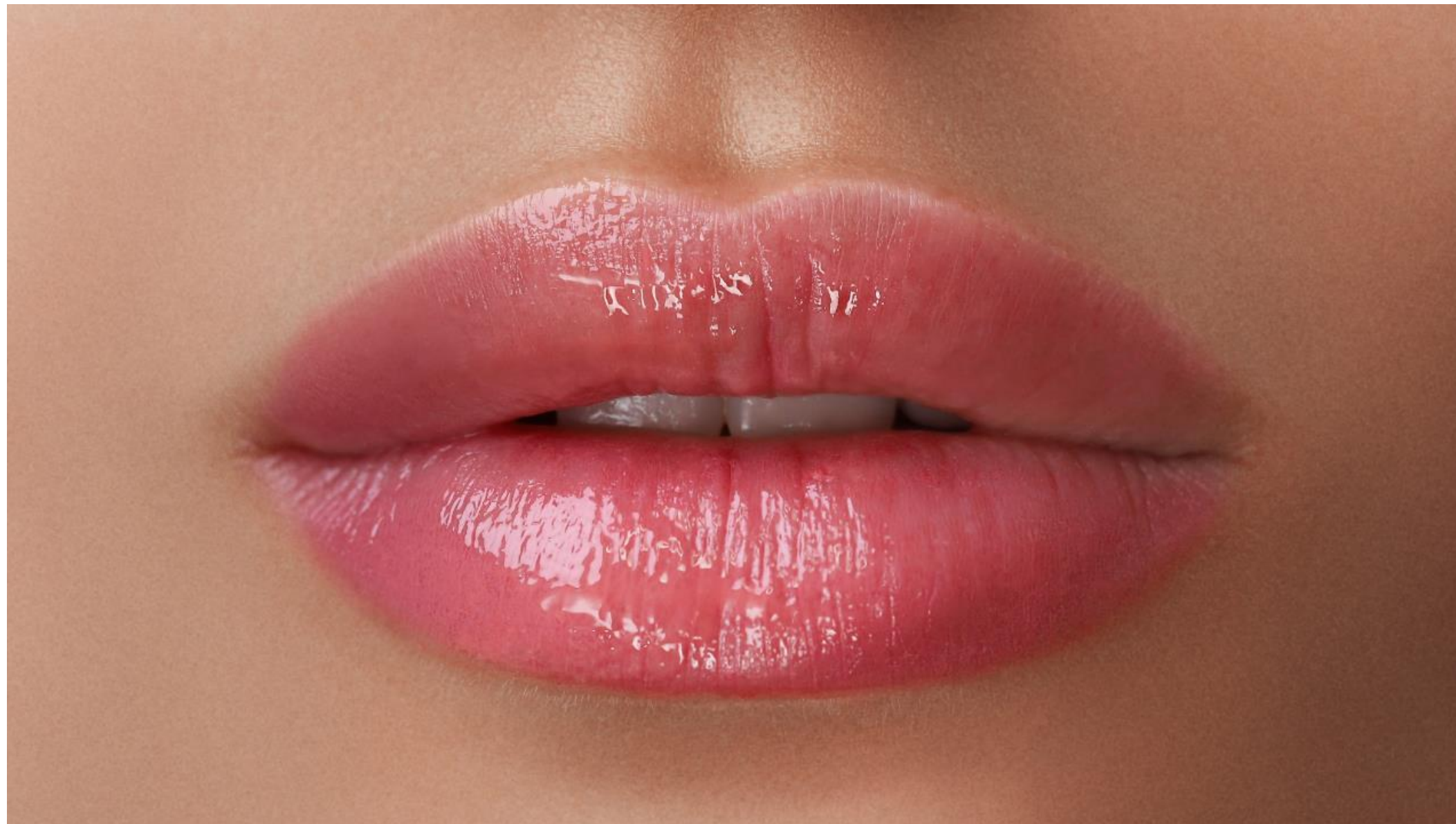
SENSORY ACUITY – CALIBRATION – SKIN TONE



SENSORY ACUITY – CALIBRATION – BREATHING



SENSORY ACUITY – CALIBRATION – LIPS



SENSORY ACUITY – CALIBRATION – EYES



CALIBRATION EXERCISE - PAIRS

- Part A in pairs, 1 minute
 - The client thinks of someone or something they dislike.
 - The practitioner notices all the changes.
 - Break state
- Part B in pairs, 1 minute
 - The client thinks of someone or something they like.
 - The practitioner notices all the changes.
 - Break state
- Part C in pairs, 1 minute
 - The client thinks of 3 people (one by one) that they either dislike or like and the practitioner has to guess if it's someone they like or dislike.
- Part D in pairs, 1 minute
 - The practitioner de-briefs all that they noticed and the client comments.

PRACTICE BREAKOUT ROOM

CALIBRATION EXERCISE

1. In pairs
2. Part A: Dislike
3. Part B: Like
4. Part C: Guess like or dislike
5. Part D: Debrief
6. 5 minutes one way and switch
7. 5 minutes the other way

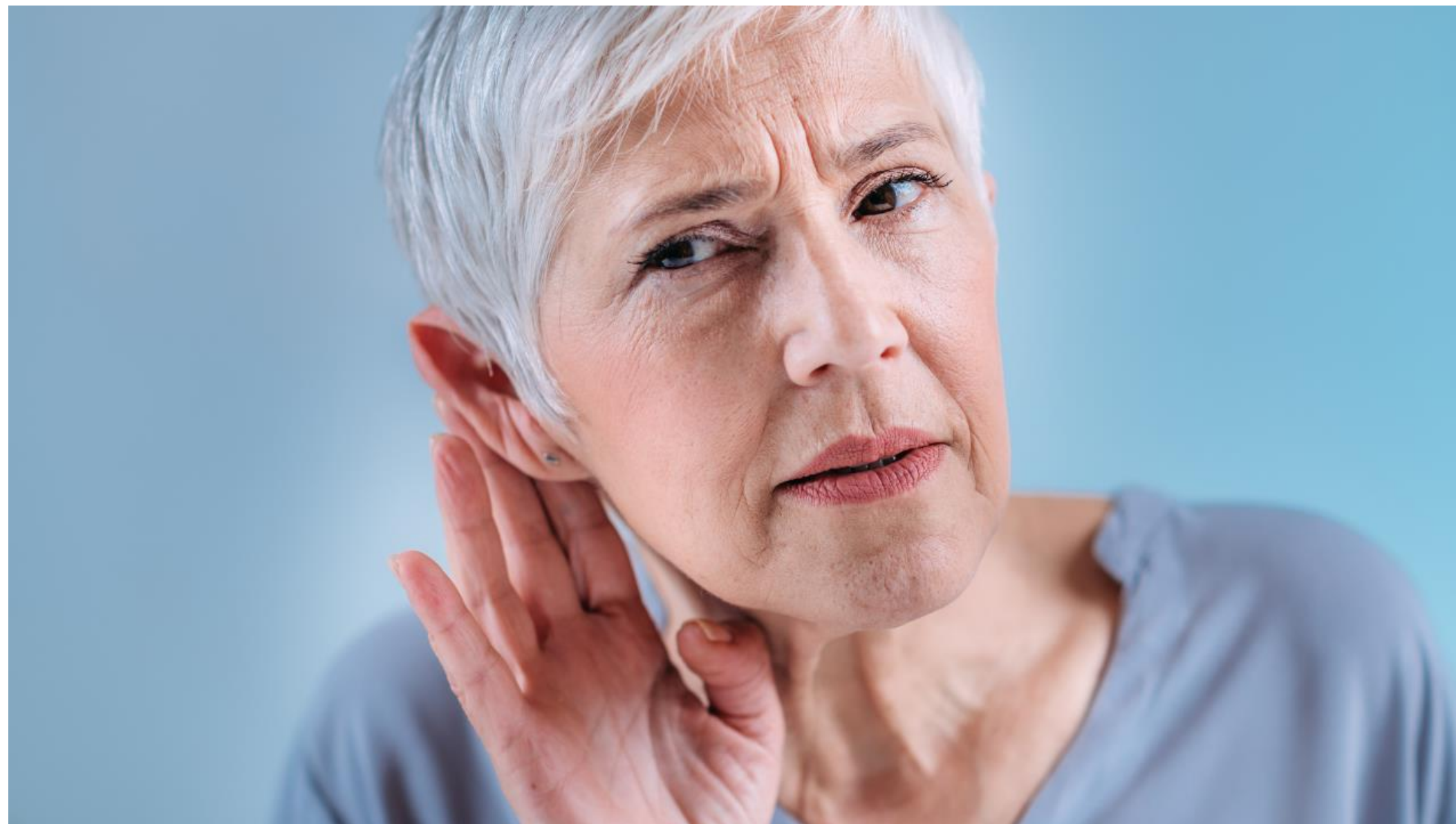
PRACTICE MAIN ROOM

CALIBRATION EXERCISE

What did you learn?

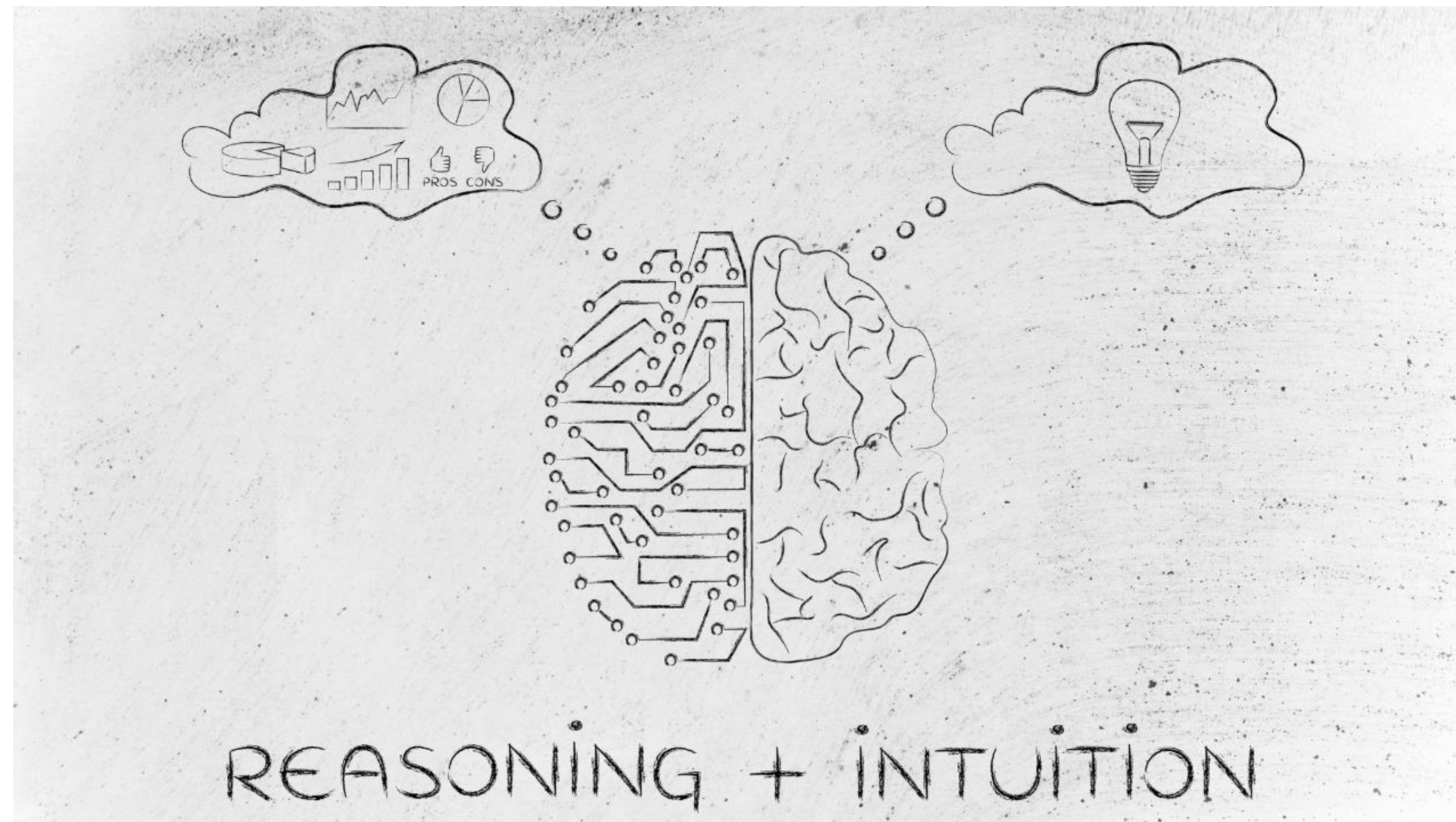
- As the giver and receiver
- Could you guess?

SENSORY ACUITY – CALIBRATION - HEAR



- Tone
- Speed
- Rhythm
- Volume
- Breathing

SENSORY ACUITY – CALIBRATION - FEELING



WHAT'S YOUR
STORY

TELL A STORY

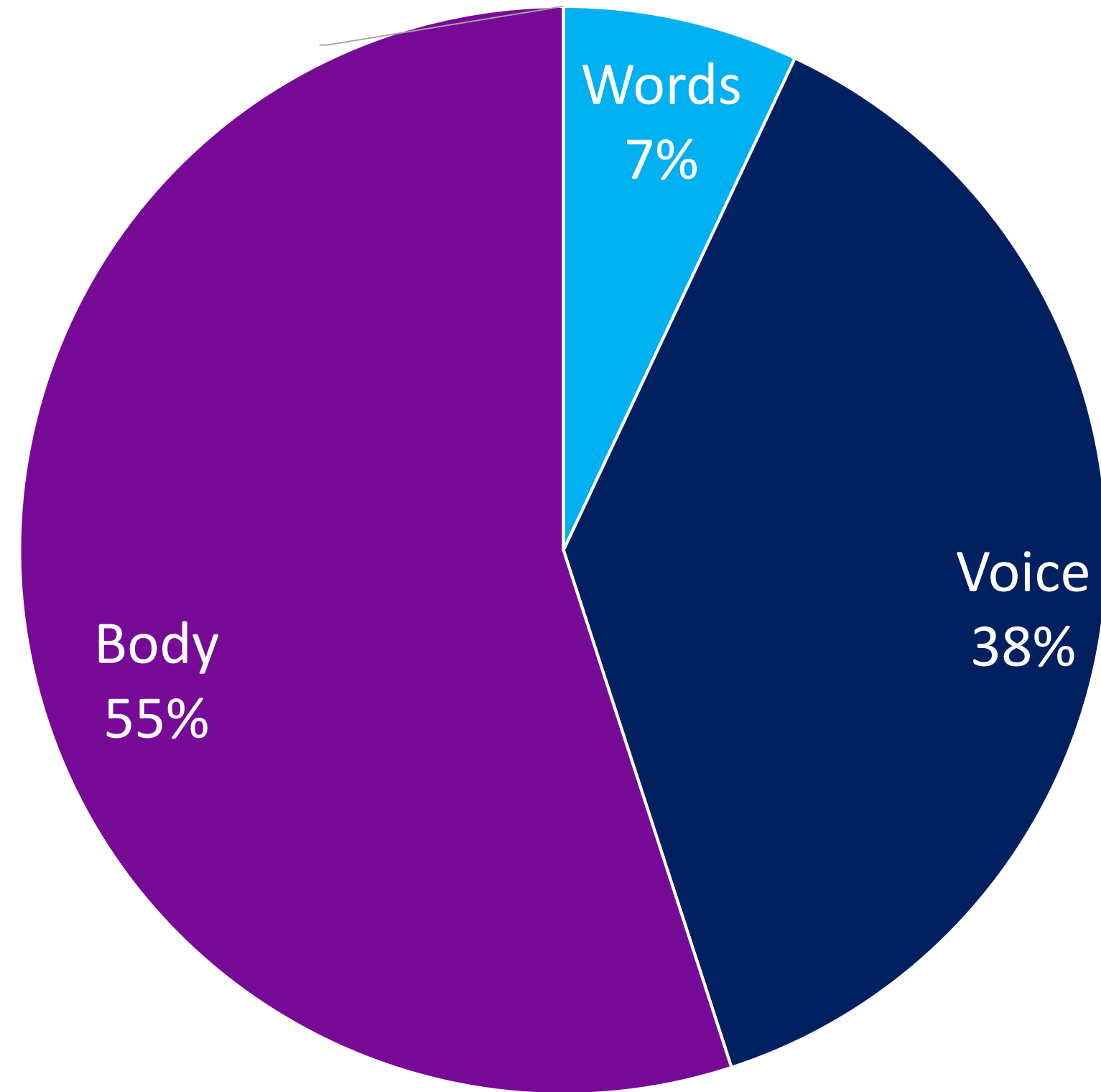
PRACTICE BREAKOUT ROOM

TELL A STORY EXERCISE

1. Pairs
2. Decide who is going first (Person A) and second (Person B).
3. Person A start by telling a story, Person B listen out for the code word and mismatch your partner's body language.
4. Then listen out for the switch command.
5. Person B now tells their story not paying attention to what their partner is saying and when they hear the code word they change their body language to be attentive.

HARMONY

RAPPORT



MATCHING AND MIRRORING



VOICE MATCHING



- Origin
- Tone
- Tempo
- Timbre
- Volume

LISTEN TO A STORY EXERCISE

- Person A is a salesperson and is selling something to person B.
- Person B responds to person A.
- Person A responds with the same tone, volume and sound quality.
- 2 mins each.
- De-brief with each others.

PRACTICE BREAKOUT ROOM

LISTEN TO STORY EXERCISE

1. Pairs
2. Video off
3. Part A: Sell something
4. Part B: Responds matching the sound.
5. 2 minutes each.
6. Debrief.

TONALITY

- I know he stole that money.
- I KNOW he stole that money.
- I know HE stole that money.
- I know he STOLE that money.
- I know he stole THAT money.
- I know he stole that MONEY.



WELL-FORMED OUTCOME

WELL-FORMED OUTCOME CONDITIONS

1. Stated in the positive
2. Initiated and maintained by the client
3. Specific sensory-based description of the outcome and the steps needed to get there
4. Ecological
5. More than one way to get the outcome
6. The first step is specific and achievable
7. It preserves any positive by-products of the current state or behaviour
8. Does it increase choice?

WELL-FORMED OUTCOME

1. What do you want? State in positive terms (for example, 'I want to be confident' rather than 'I don't want to feel anxious')
2. Where are you now? (Associated)
3. How will you know when you have got it?
4. What will you see, hear and feel?
5. Where, when and with whom do you want it?
6. Where, when and with whom do you NOT want it?
7. If you could have it now, would you take it?
8. What resources do you need to get it?
9. What will happen when you get it?
10. How will getting it benefit you?
11. Do you want this change in any other situations?
12. How will making this change affect other aspects of your life?
13. What would happen if you did make this change?
14. What would happen if you didn't make this change?
15. What wouldn't happen if you did make this change?
16. What wouldn't happen if you didn't make this change?

PRACTICE BREAKOUT ROOM

WELL-FORMED OUTCOME EXERCISE

1. Pairs
2. Give and receive
3. 10 minutes each
4. Integrate the skills of calibration and rapport

STATE ELICITATION



CREATING POWERFUL STATES



- A state relates to our internal emotional condition.
- The best states to condition are naturally occurring empowering states.

CREATING POWERFUL STATES

1. Can you remember a specific time when you felt totally _____ X'd?
2. Can you remember a specific time?
3. As you go back to that time now...go right back to that time, float down into your body and see what you saw, hear what you heard, and really feel all the feelings of being totally _____ X'd.

NEXT STEPS

1. Personal development log, <https://portal.vitalitylivingcollege.info/trainingprogram/breakthrough-coaching/506/1>.
2. Complete the Well Formed Outcome exercise for something else you want in life.
3. Practice the state elicitation script.

SUMMARY

1. Evolutionary versus revolutionary model
2. Sensory acuity
3. Calibration
4. Rapport
5. Well formed outcome
6. Creating powerful states
7. Next steps

BREAKTHROUGH COACHING & NLP DIPLOMA



BREAKTHROUGH COACHING & NLP DIPLOMA



SUMMARY

1. Evolutionary versus revolutionary model
2. Sensory acuity
3. Calibration
4. Rapport
5. Well formed outcome
6. Creating powerful states
7. Next steps

TONALITY

- I know he stole that money.
- I KNOW he stole that money.
- I know HE stole that money.
- I know he STOLE that money.
- I know he stole THAT money.
- I know he stole that MONEY.

NEXT STEPS

1. Personal development log, <https://portal.vitalitylivingcollege.info/trainingprogram/breakthrough-coaching/506/1>.
2. Complete the Well Formed Outcome exercise for something else you want in life.
3. Practice the State Elicitation script.

CREATING POWERFUL STATES (STATE ELICITATION SCRIPT)

1. Can you remember a specific time when you felt totally _____ X'd?
2. Can you remember a specific time?
3. As you go back to that time now...go right back to that time, float down into your body and see what you saw, hear what you heard, and really feel all the feelings of being totally _____ X'd.

PRACTICE TEAM ROOM

TEAM TIME

1. State Elicitation
2. Share your magic moments, learnings and distinctions so far

4

**UNDERSTAND,
WHAT PREVENTS &
SOFTEN THE
MODEL**

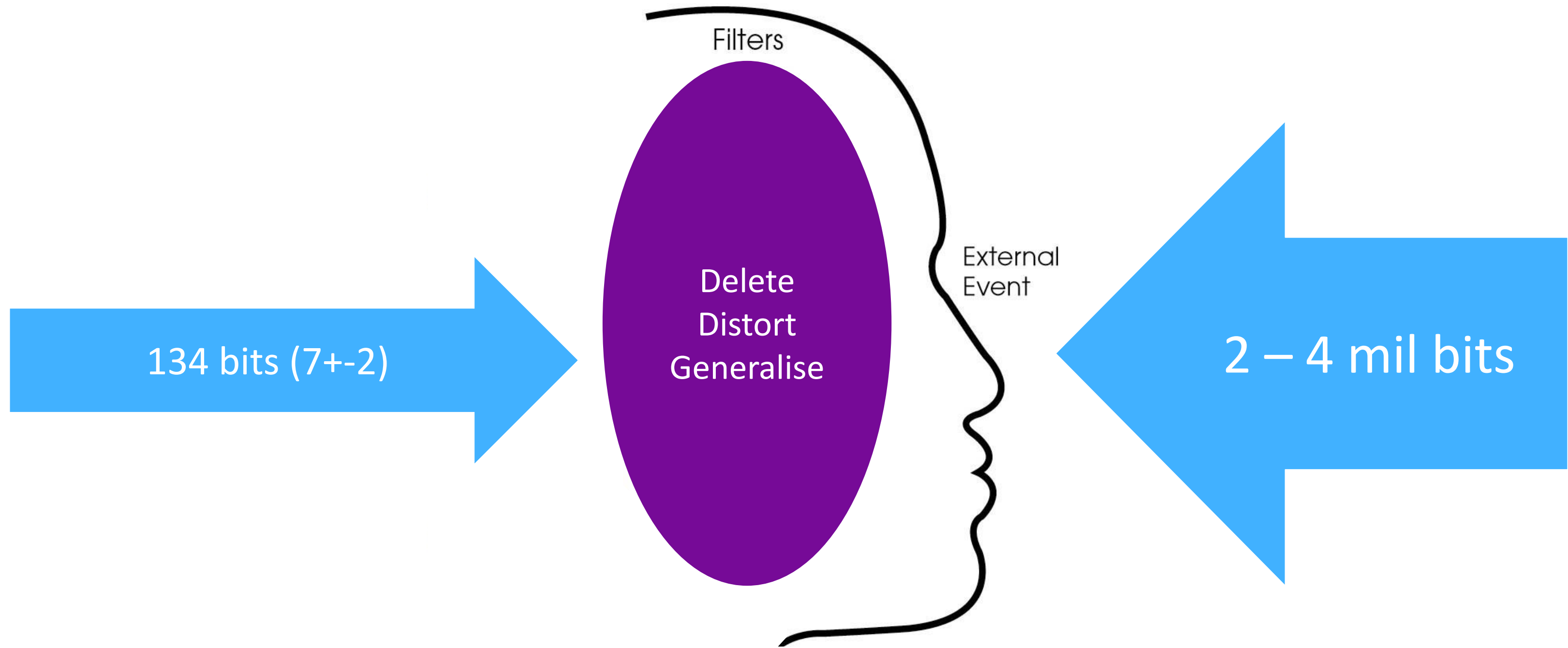
CONTENTS

1. Filtering (Deletion, Distortion and Generalisation)
2. NLP Communication model
3. Internal representation
4. Senses (Visual, Auditory, Kinaesthetic, Olfactory, Gustatory, Auditory Digital)
5. Trapping Beliefs
6. Positive Beliefs
7. Shifting negative events
8. Next steps

PRESENT STATE – OLD MODEL OF THE WORLD

1. What do you want?
Understand and appreciate the current model of world, issue and desired state.
2. What prevents or persists?
3. Soften the current model.
4. Change work.
5. Condition the desired state.
6. Test and make it real.
7. Take action and celebrate.

DESIRED STATE – NEW MODEL OF THE WORLD





Mary had a little lamb, its
fleece as white as snow and
everywhere Mary went the
lamb was sure to go.



I couldn't believe that I could understand what I was reading. The phenomenal power of the human mind, according to a research at Cambridge University.

It doesn't matter in what order the letters in a word are the only important thing is that the first and last letter be in the right place. The rest can be totally messed and you can still read it without a problem

This is because the human mind does not read every letter by itself, but the word as a whole. Amazing huh? Yeah and I always thought spelling was important!

How many F's do you see?

Finished files are the result of
years of scientific study
combined with the experience
of years of pursuit of research
and development.

WHAT COLOUR (NOT WORD) DO YOU SEE?

YELLOW BLUE ORANGE

BLACK RED GREEN

PURPLE YELLOW RED

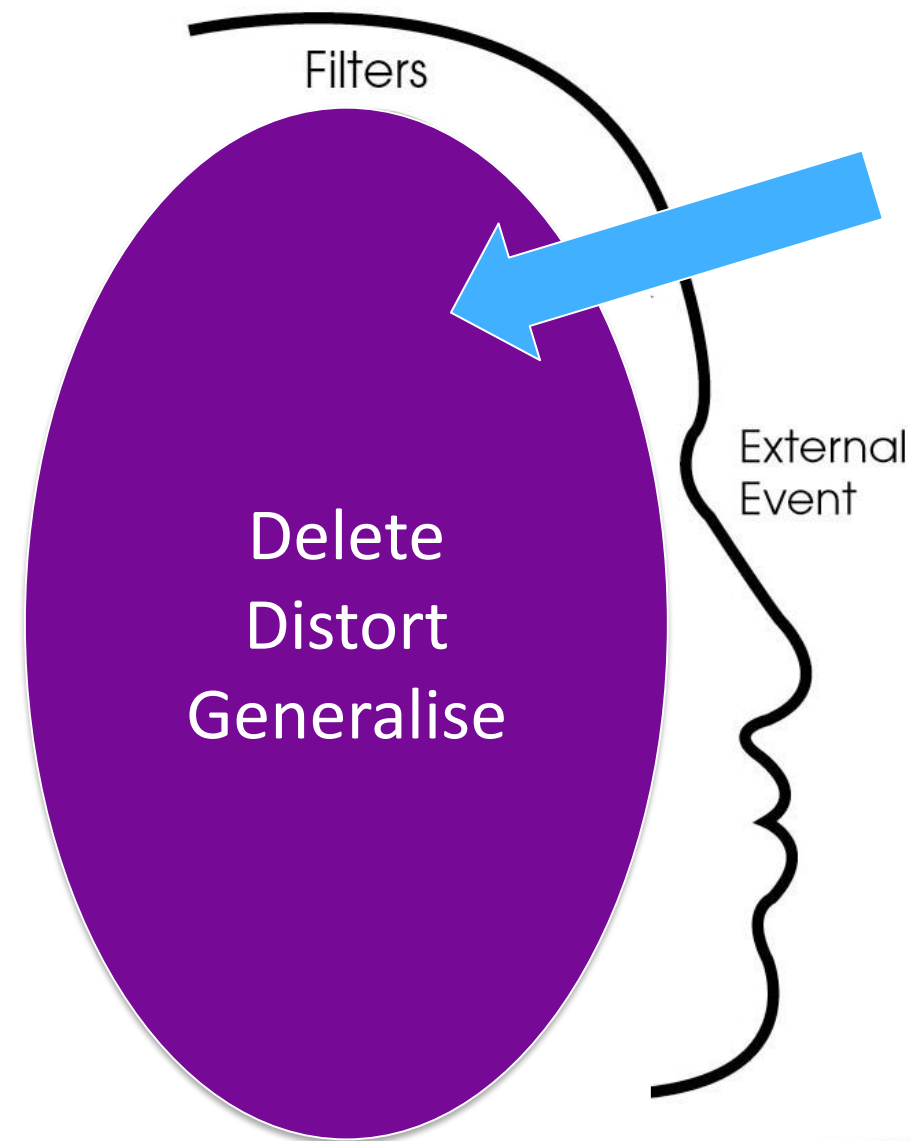
ORANGE GREEN BLACK

PINK BLUE WHITE

FILTERING

- Deletions – Missing text
 - You hurt me?
 - How specifically?
- Generalisations – All, everyone, no-one, never, always
 - You never talk to me?
 - Never?
- Distortions – $x=y$
 - Her crying makes me sad?
 - How does her crying make you sad?

WE FILTER INFORMATION NATURALLY



- What information do you filter?
- What are the benefits of filtering?
- What are the downsides of filtering?

PERCEPTION IS PROJECTION

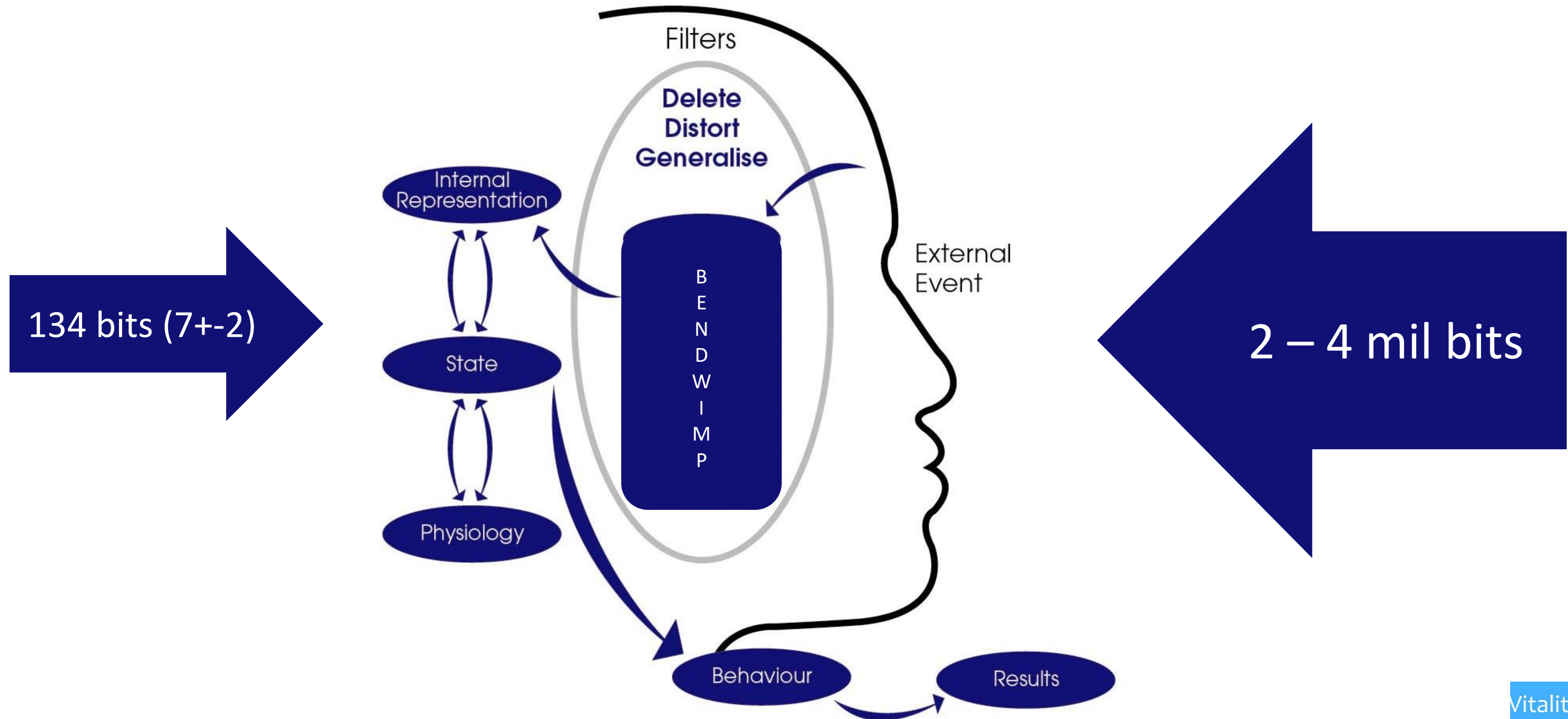


- We form a perception of the world based on how we distort, delete and generalise which will affect our behaviours.
- We act in accordance with the state we create
- We behave in a way we believe we should behave.



NLP COMMUNICATION MODEL

NLP COMMUNICATION MODEL



UNDERSTANDING THE MODEL

- B - Beliefs
- E - Events
- N - Needs
- D - Desires
- W - Wounds
- I - Identity
- M - Meta programs
- P - Purpose

PRACTICE BREAKOUT ROOM

POSTER DATES

1. Friendship date.
2. Open the Breakthrough NLP Poster Date group and recap what you have learnt.
3. Share with your friendship buddy what has been your revelation, or insight so far.

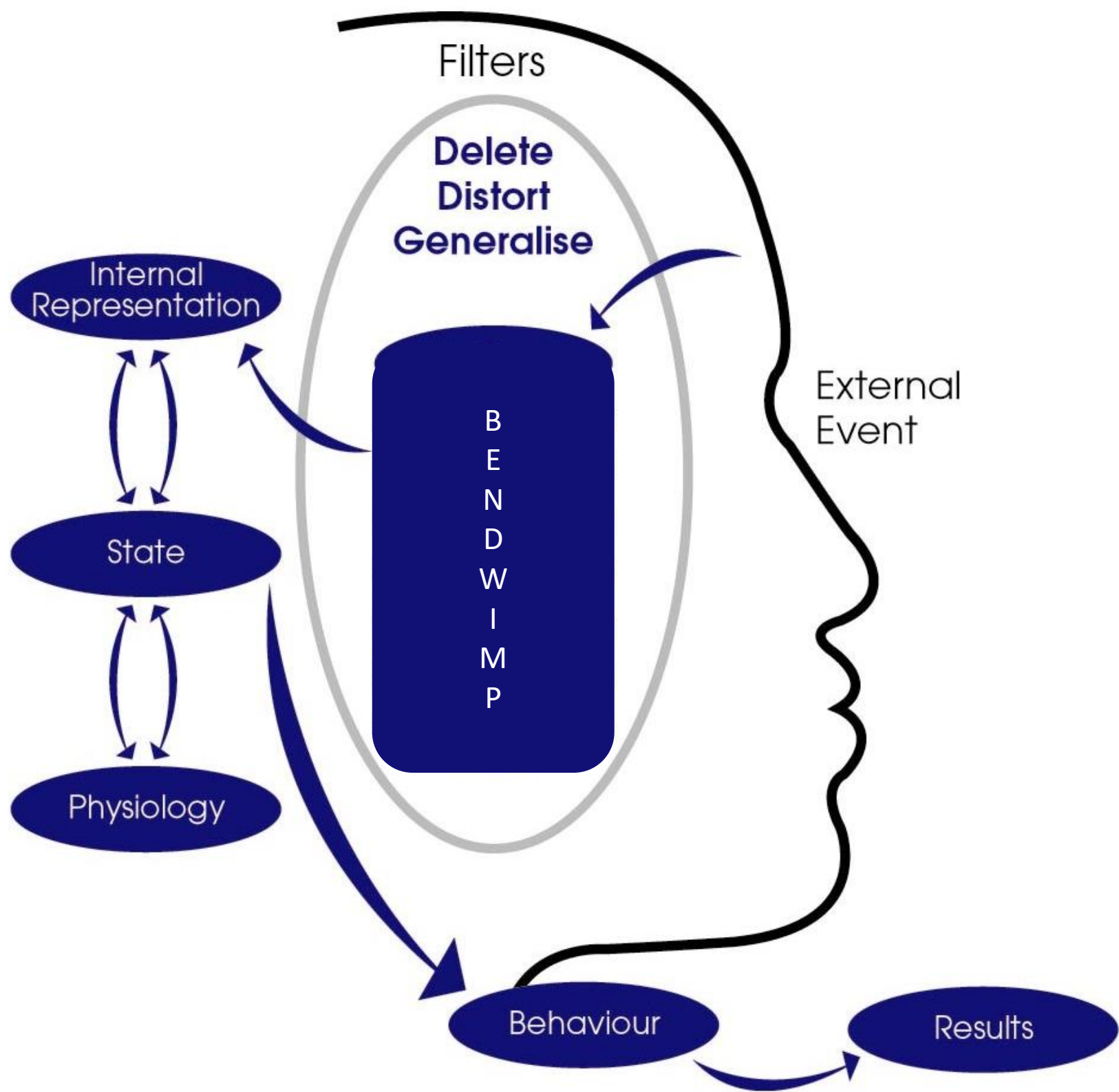


INTERNAL REPRESENTATION

A_D

V
A
K
O
G

The words we use to label our experience.



INFORMATION THROUGH OUR SENSES



- We all have preferred senses just like being left or right-handed.
- Our internal processing of sensory information is reflected in the words we use.
- Using sensory words increases flexibility as a communicator.

VISUAL



AUDITORY



KINAESTHETIC



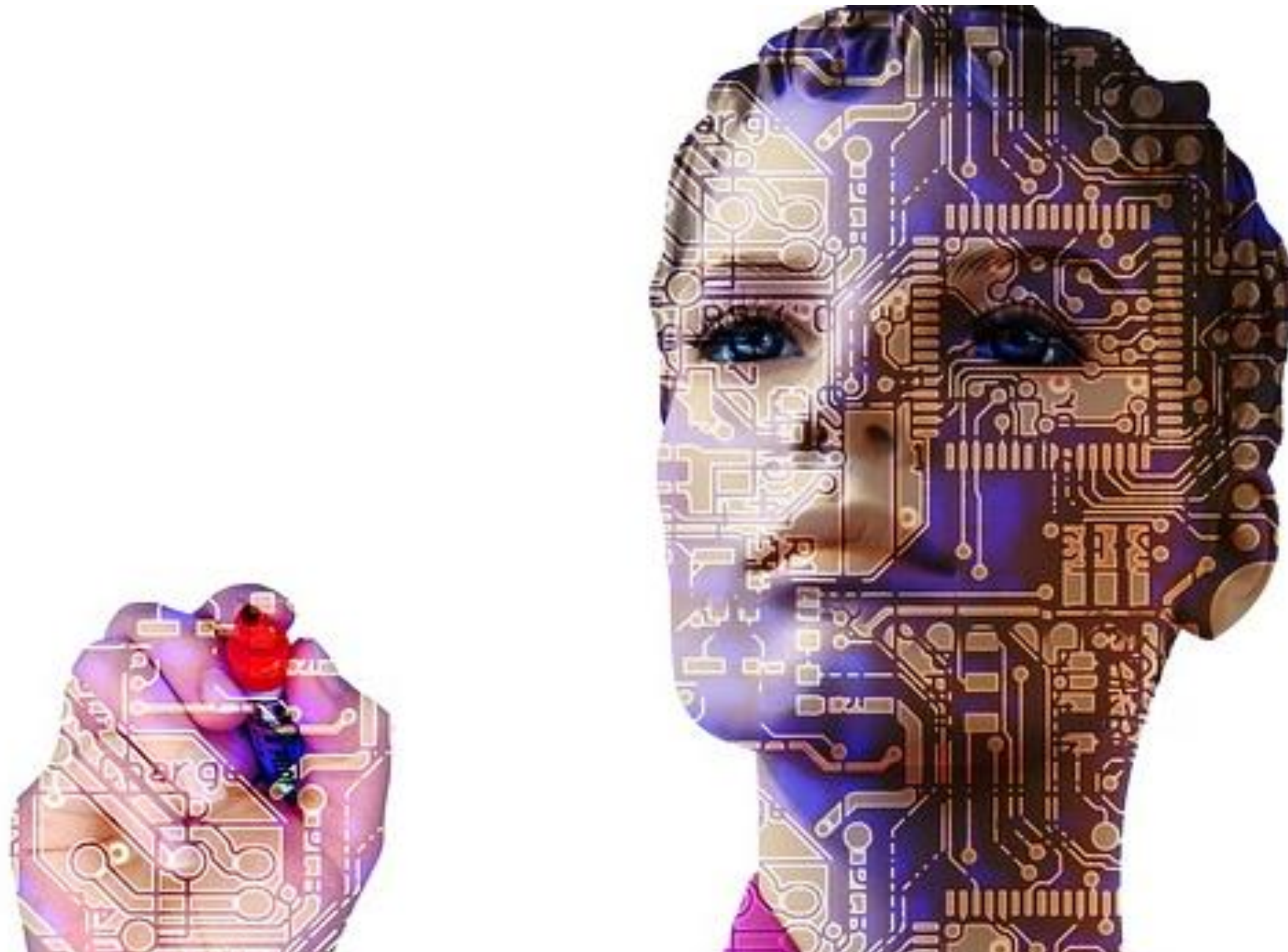
GUSTATORY



OLFACTORY



AUDITORY DIGITAL



PRACTICE MAIN ROOM

MAKING SENSE EXERCISE

1. Visual music
2. Auditory music
3. Kinesthetic music

PRACTICE BREAKOUT ROOM

SENSES EXERCISES

1. Pairs
2. Bring into your awareness the reason you want to become a coach
3. Share standing with a visual frame
4. Share seated at an auditory pace
5. Share seated with kinesthetic energy

PREFERRED IR EXERCISE

For each of the following statements, please place a number next to every phrase.

Use the following system to indicate your preferences:

4 = Closest to describing you

3 = Next best description

2 = Next best

1 = Least descriptive of you

1. I make important decisions based on:

- _____ gut level feelings - K
- _____ which way sounds the best - A
- _____ what looks best to me - V
- _____ precise review and study of the issues - AD

2. During an argument, I am most likely to be influenced by:

- _____ the other person's tone of voice - A
- _____ whether or not I can see the other person's point of view - V
- _____ the logic of the other person's argument - AD
- _____ whether or not I am in touch with the other person's true feelings - K

3. I most easily communicate what is going on with me by:

- _____ the way I dress and look - V
- _____ the feelings I share - K
- _____ the words I choose - AD
- _____ my tone of voice - A

4. It is easiest for me to:

- _____ find the ideal volume and tuning on a stereo system - A
- _____ select the most intellectually relevant point in an interesting subject - AD
- _____ select the most comfortable furniture - K
- _____ select rich, attractive colour combinations - V

5. Rank in order:

- _____ I am very attuned to the sounds of my surroundings - A
- _____ I am very adept at making sense of new facts and data - AD
- _____ I am very sensitive to the way articles of clothing feel on my body - K
- _____ I have a strong response to colours and to the way a room looks - V

PREFERRED IR EXERCISE

Add the number below in the table

	V	A	K	AD
1				
2				
3				
4				
5				
Total				

1. I make important decisions based on:

- _____ gut level feelings - K
- _____ which way sounds the best - A
- _____ what looks best to me - V
- _____ precise review and study of the issues - AD

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- _____ I have a strong response to colours and to the way a room looks - V

seeing

hearing

feeling

smelling

Visual

Auditory

Kinaesthetic

Olfactory

V

A

K

O

look
picture
bright
outlook
focus
image
glisten
black
colour
hazy
insight
vivid
glowing
scene
blank
visualise
dim
dark
clear
luminous
perspective
vision
shine
transparent
reflect
gleam
golden
opaque
translucent
eye
shady

say
accent
question
click
resonate
rhythm
chatter
tinkle
sing
wavelength
melody
dissonant
tone
patter
articulate
hearsay
drum
chirpy
loud
harmony
monotonous
deaf
language
speech
tune
ring
clash
call
dumb
scream
demand

touch
move
pressure
handle
loose
thrust
texture
grasp
weight
smooth
pushy
rub
tight
contact
sticky
shrug
solid
warm
cold
itchy
rough
insensitive
flow
tackle
turn
uptight
tickle
tight
firm
lift
pushy

scent
stink
whiff
reek
fishy
nosey
aroma
fresh
stench
bouquet
acid
nostril
cheesy
rancid
fragrant
air

Non-Sensory Based

think
know
sense
understand
notice
decide
explain
arrange
perceive
recognise
work out
attend
remember

PRACTICE TEAM ROOM

IR DEBRIEF EXERCISE

1. With teams
2. Share your reflections and learnings about preference

PRESENT STATE – OLD MODEL OF THE WORLD

1. What do you want?
Understand and appreciate the current model of world, issue and desired state.
2. What prevents or persists?
3. Soften the current model.
4. Change work.
5. Condition the desired state.
6. Test and make it real.
7. Take action and celebrate.

DESIRED STATE –NEW MODEL OF THE WORLD

CAN'T

BELIEFS

BELIEFS

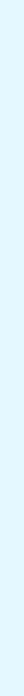
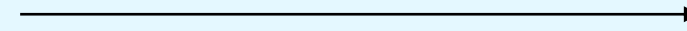
- Beliefs contain deletions, distortions and generalisations.
- Beliefs shape what we notice and what we focus upon.
- Your beliefs set a ceiling on what you can accomplish.
- Beliefs are not fixed and unchangeable.

Belief

Potential

Result

Action



LIMITING BELIEF EXERCISE

1. Life is a struggle then you die.
2. People are out to get you.
3. Change is slow, painful and never really long term.
4. Life is tough.

1. Life is a bowl of cherries.
2. People go out of their way to help me.
3. Change is a natural and inevitable process which can be enjoyed and learnt from.
4. Life is what you make it.

TRAPPING BELIEFS EXERCISE

5 negative experiences	The associated belief

POSITIVE BELIEF EXERCISE

5 positive experiences	The associated belief

SHIFTING NEGATIVE EVENTS



1. Meaning
2. Positive learning
3. Integrating
4. Sharing

SUMMARY

1. Filtering (Deletion, Distortion and Generalisation)
2. NLP Communication model
3. Internal representation
4. Senses (Visual, Auditory, Kinaesthetic, Olfactory, Gustatory, Auditory Digital)
5. Trapping Beliefs
6. Positive Beliefs
7. Shifting negative events
8. Next steps

NEXT STEPS

1. Personal development log, <https://portal.vitalitylivingcollege.info/trainingprogram/breakthrough-coaching/506/1>.
2. Notice the senses and predicates you and the people in your life use day to day.
3. Notice a past event and what was the meaning you gave it, what was the positive learning, how can you integrate it into your life and how can you share it?

BREAKTHROUGH COACHING & NLP DIPLOMA



BREAKTHROUGH COACHING & NLP DIPLOMA



CONTENTS

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5

**PREVENTS,
SOFTEN,
& CHANGE WORK**

CONTENTS

1. Secondary gain
2. Event change
3. Belief change
4. Anchoring
5. Meta model
6. Ring of power
7. Next steps

PRESENT STATE – OLD MODEL OF THE WORLD

1. What do you want?
Understand and appreciate the current model of world, issue and desired state.
2. What prevents or persists?
3. Soften the current model.
4. Change work.
5. Ignite the desired state.
6. Test and make it real.
7. Take action and celebrate.

DESIRED STATE – NEW MODEL OF THE WORLD



SECONDARY GAIN

SECONDARY GAIN

1. What has being stuck cost you? How does that make you feel?
2. What else has it cost you? How does that make you feel?
3. What has it really cost you? How does that make you feel?
4. What will change for the better when you are free from the old stuckness? How does that make you feel?
5. What else will change for the better when you are free from the old stuckness? How does that make you feel?
6. How will your life be different when you are free from the stuckness? How does that make you feel?
7. What has been the benefit of being stuck? How does that make you feel?
8. What else has been the benefit of being stuck? How does that make you feel?
9. How can you still get the benefit and be free from the old stuckness? How does that make you feel?



EVENT CHANGE

SIMPLE EVENT CHANGE



1. What is the meaning you gave the past event?
2. What is the positive learning?
3. How can you integrate the learning in your life?
4. How can you share the wisdom you learnt with others in your life?

PRACTICE BREAKOUT ROOM

SIMPLE EVENT CHANGE EXERCISE

1. Pairs
2. Ask the questions:
 - What was the meaning you gave it?
 - What is the positive learning?
 - How can you integrate the learning in your life?
 - How can you share the wisdom you learnt with others in your life?
3. Once you have finished one way, then switch.
4. 5 minutes each way

believe in
yourself

BELIEF CHANGE

TRAPPING BELIEFS EXERCISE

5 negative experiences	The associated belief

POSITIVE BELIEF EXERCISE

5 positive experiences	The associated belief

SIMPLE BELIEF CHANGE EXERCISE

1. Pick one of your positive beliefs from the list of positive experiences.
2. Now pick one of the lower intensity negative experiences.
3. Bring your attention back to the positive belief: See, hear and feel it. Breathe into it as if it's true.
4. Now step into the old memory and replace the old belief with the new one.
5. Now test how you feel about the past experience.

PRACTICE BREAKOUT ROOM

SIMPLE BELIEF CHANGE EXERCISE

1. Pairs
2. Place the positive belief into the negative experience
3. 7 minutes each way.



PRE- SUPPOSITIONS

PRE-SUPPOSITIONS OF NLP

1. Respect the other person's model of the world.
2. The map is not the territory.
3. People make the best choice they can at the time.
4. Every behaviour has a positive intention.
5. The person with the most flexible behaviour will win.
6. There is no failure, only feedback and learning.
7. Resistance is a sign of lack of rapport.
8. Everyone is doing the best they can with the resources they have available.

PRE-SUPPOSITIONS OF NLP EXERCISE

1. Write down the 4 presuppositions that you really love
2. Place each of the 4 pieces of paper on the floor in a cross shape.
3. Bring a small niggling problem into your awareness.
4. Now step on each piece of paper one by one and breathe in the energy of the pre-supposition as if it were true.
5. Then notice how you feel about the problem.
6. Break state.
7. Then step on each of the pieces of paper one by one.

PRACTICE BREAKOUT ROOM

PRE-SUPPOSITIONS EXERCISE

1. Pairs
2. Step on each of the Pre-suppositions one by one.
3. Notice how you feel about your problem.
4. Which one made the biggest difference?
5. 7 minutes each way



ANCHORING

4 STEPS TO ANCHORING



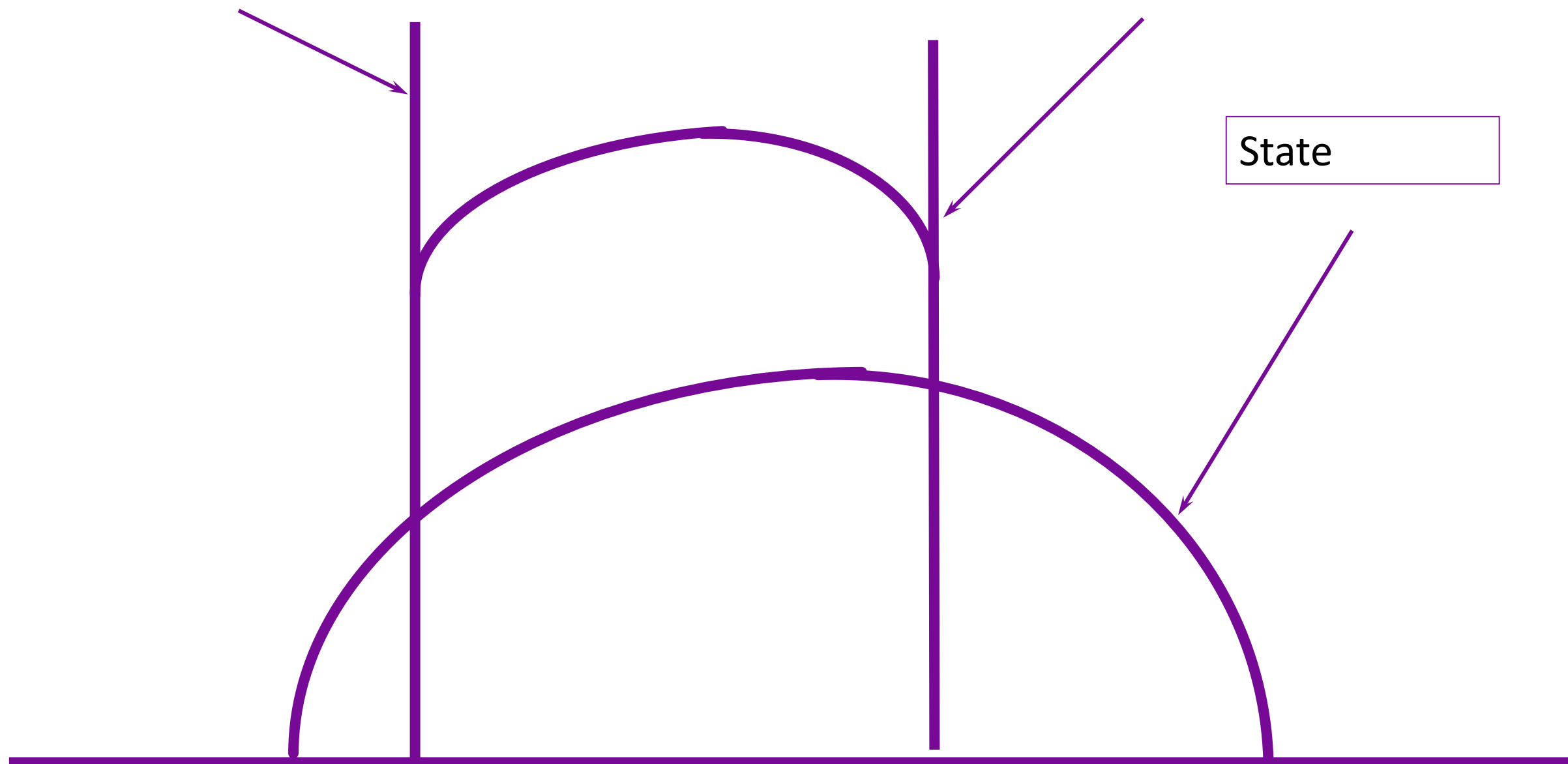
- Four steps to anchoring
 - Recall a past vivid experience
 - Anchor a specific stimulus at the peak
 - Change the person's state
 - Test by evoking the state
- RACT

ANCHORING

Anchor Starts

Anchor Ends

State



ANCHORING: CHANGING STATE SCRIPT

1. What emotional state you would like to experience that you have experienced before?
2. Can you remember a specific time when you felt that emotional state?
3. Can you remember a specific time?
4. As you go back to that time now, go right back to that time now, float down into your body and see what you saw, hear what you heard and feel all the feeling that you felt.
5. As you feel all these feelings squeeze your hand.
6. The tighter you squeeze the more you feel, the more you feel the tighter you squeeze.
7. Break state
8. Test by squeezing the hand.

PRACTICE BREAKOUT ROOM

ANCHORING EXERCISE

1. Pairs
2. Practice anchoring
3. Establish the emotion your partner wants to experience
4. Use the state elicitation script
5. Squeeze the hand
6. Test

PRESENT STATE – OLD MODEL OF THE WORLD

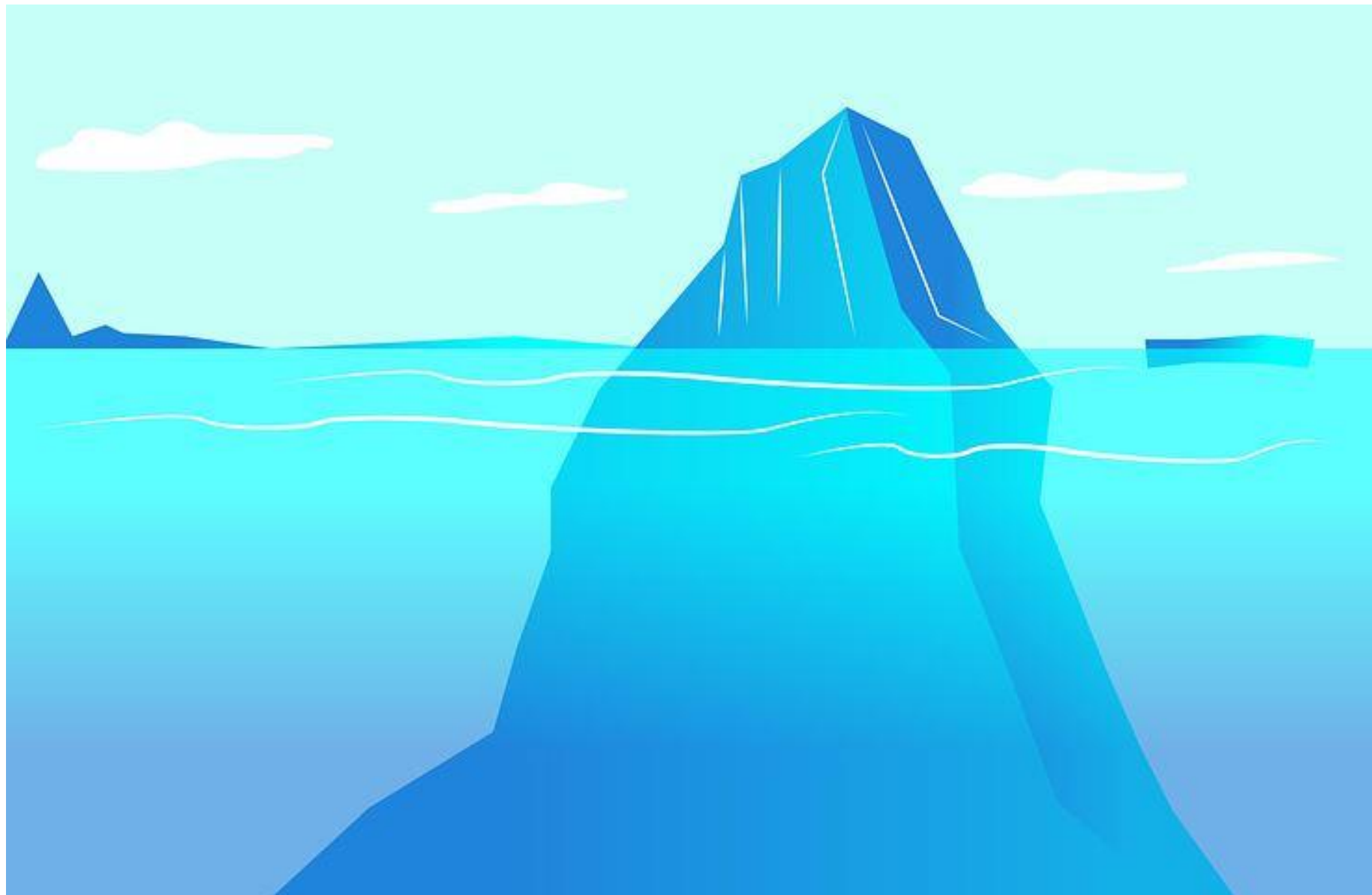
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DESIRED STATE – NEW MODEL OF THE WORLD



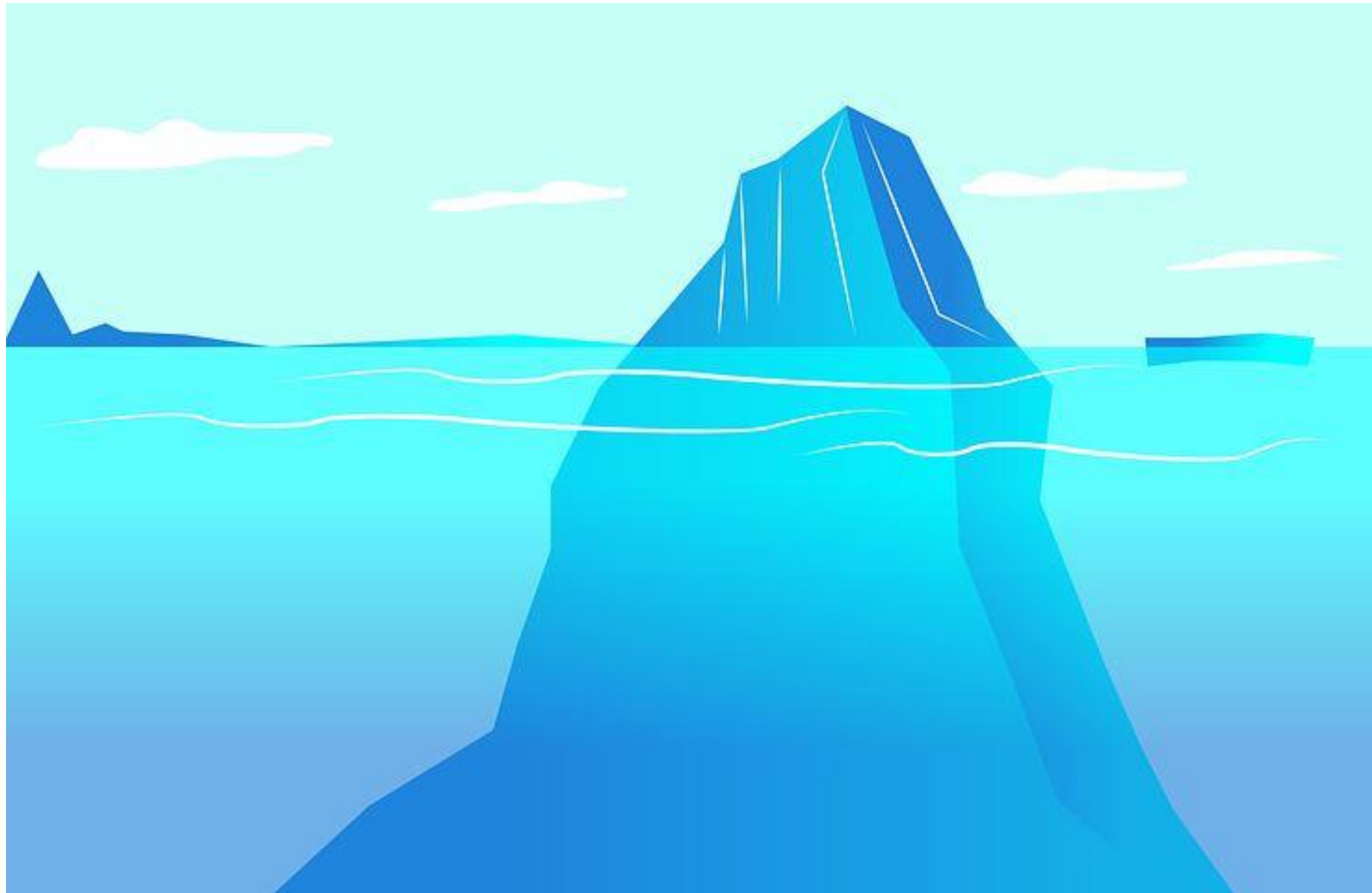
META MODEL

META MODEL



- Questions to uncover:
 - Deletions
 - Distortions
 - Generalisations
- Surface to deep structure
 - “The Chair was broken”.
“John broke the chair in 3 pieces with a hammer.”
 - Sensory Experience: VAK(OG).

META MODEL



- Questions to ask:
 - How? How specifically?
 - What? What specifically?
 - When? When specifically?
 - Who? Who specifically?

META MODEL

Filters	Sub-categories
Deletions	<ul style="list-style-type: none">• Unspecified noun• Unspecified verbs• Missing information (Nominalisations)• Pronoun missing (Lack of referential index)• Simple deletion
Distortions	
Generalisations	

DELETIONS

Filters	Example
Unspecified nouns Any noun has as many meanings as there are people using that noun.	<ul style="list-style-type: none">• I want a change• What change specifically do you want?• Recovers specific information about the noun.
Unspecified verbs Verbs that delete the specifics of the process.	<ul style="list-style-type: none">• She rejected me.• How specifically did she reject you?• Recovers specific information about the experience.
Missing information (Nominalisations) Recovers specific information about the experience.	<ul style="list-style-type: none">• I want recognition• How do you want to be recognised?• Turns noun back to verb and recovers the deleted process.

DELETIONS

Filters	Example
Pronoun missing (Lack of Referential Index) The pronoun is not specified, thus deleting who or what it refers to.	<ul style="list-style-type: none">• They don't listen to me.• Who specifically doesn't listen to you?• Recovers who or what 'they' (i.e. the referential index) refers to.
Simple Deletion Information is simply missing, or deleted.	<ul style="list-style-type: none">• I am uncomfortable.• What specifically are you uncomfortable about?• Recovers deleted information.

DELETIONS – EXAMPLES

1. She hurt me.
2. She made me do it.
3. He ripped me off.

1. How specifically did she hurt you?
2. What specifically did she make you do?
3. How specifically did he rip you off??

DELETIONS – EXAMPLES

1. She hurt me.
2. She made me do it.
3. He ripped me off.
4. I surprised myself.
5. They deserve each other.
6. He couldn't take it any longer.

1. How specifically did she hurt you?
2. What specifically did she make you do?
3. How specifically did he rip you off??

DELETIONS – EXAMPLES

1. ~~She hurt me.~~
2. ~~She made me do it.~~
3. ~~He ripped me off.~~
4. ~~I surprised myself.~~
5. ~~They deserve each other.~~
6. ~~He couldn't take it any longer.~~
7. I really enjoyed myself.
8. That film upset me.
9. She tries too hard.
10. I found out at last
11. I needed them.
12. I was worried by her.
13. She always fails.
14. They get on really well.
15. I convinced him.

DELETIONS – EXAMPLES

1. She hurt me.
2. She made me do it.
3. He ripped me off.
4. I surprised myself.
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9. She tries too hard.
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11. I needed them.
12. I was worried for her.
13. She always fails.
14. They get on really well.
15. I convinced him.

1. How specifically did she hurt you?
2. What specifically did she make you do?
3. How specifically did he rip you off?
4. How specifically did you surprise yourself?
5. How specifically do they deserve each other?
6. What specifically could he not take any longer?
7. How specifically did you enjoy yourself?
8. What specifically upset you in that film?
9. How specifically does she try too hard?
10. What specifically did you find out at last?
11. What specifically did you need them for?
12. What specifically were you worried about her?
13. How specifically does she always fail?
14. How specifically do they get on really well?
15. How specifically did you convince them?

PRACTICE TEAM ROOM

TAG GAME

1. Assist leader reads the example.
2. Each person takes a turn team to provide the meta model question.
3. 8 minutes in total

META MODEL

Filters	Sub-categories
Deletions	<ul style="list-style-type: none">• Unspecified noun• Unspecified verbs• Missing information (Nominalisations)• Pronoun missing (Lack of referential index)• Simple deletion
Distortions	<ul style="list-style-type: none">• One equals the other (Complex Equivalence)• Origin is missing (Lost Performative)• Mind reads• Action and reaction (Cause and Effect)• Assumption (Presuppositions)
Generalisations	

DISTORTIONS

Filters	Sub-categories
<p>One equals the other (Complex Equivalence) Where two experiences are interpreted as synonymous: x means y.</p>	<ul style="list-style-type: none"> • She’s always yelling at me... she hates me. • How does her yelling at you mean she hates you? • Recovers the complex equivalence.
<p>Origin is missing (Lost Performative) Value judgments, rules and opinions in which the source of the assertion is missing.</p>	<ul style="list-style-type: none"> • It’s bad to be inconsistent. • How do you know it’s bad? Or According to whom is it bad to be inconsistent? • Recovers source of opinion or belief strategy.
<p>Mind Reading Assuming you know another person’s internal state.</p>	<ul style="list-style-type: none"> • You don’t like me. • How do you know I don’t like you?” or “What leads you to believe that?” • Recovers source of information (complex equivalence).

DISTORTIONS

Filters	Sub-categories
Action and reaction (Cause and Effect) Belief or implication that one person's action can cause another's emotional reaction.	<ul style="list-style-type: none">• His voice irritates me.• How does his voice irritate you?, How do you make yourself irritated when you hear his voice?• Recovers the imagined process of the causal connection.
Assumption (Presuppositions) Basic assumptions that must be true for a model to make sense.	<ul style="list-style-type: none">• We can't have a dog because we value our freedom.• How would having a dog reduce your freedom?• Recovers the presupposition.

DISTORTION – EXAMPLES

1. He smokes, so he doesn't care about his health.
2. He gets on my nerves when he whistles.
3. You're not listening.

1. How does him smoking mean that he does not care about his health?
2. How does him whistling get on your nerves?
3. How specifically am I not listening?

DISTORTION – EXAMPLES

1. He smokes, so he doesn't care about his health.
2. He gets on my nerves when he whistles.
3. You're not listening.
4. I can tell he's a show-off because he drives fast cars.
5. He obviously doesn't like women – he's never married.
6. It's wrong to eat meat.

1. How does him smoking mean that he does not care about his health?
2. How does him whistling get on your nerves?
3. How specifically am I not listening?

DISTORTION – EXAMPLES

- ~~1. He smokes, so he doesn't care about his health.~~
- ~~2. He gets on my nerves when he whistles.~~
- ~~3. You're not listening.~~
- ~~4. I can tell he's a show-off because he drives fast cars.~~
- ~~5. He obviously doesn't like women – he's never married.~~
- ~~6. It's wrong to eat meat.~~
7. He never buys me presents, so he doesn't love me.
8. Men should hide their feelings.
9. I can see you don't believe me.
10. He doesn't want to help me.
11. They make me go into my shell.
12. You're driving me to drink.
13. I can't fall in love because I'd get hurt.
14. I can't write books because I've never been to school.

PRACTICE TEAM ROOM

TAG GAME

1. Assist leader reads the example.
2. Each person takes turn tagging a team buddy who will provide the meta model response.
3. 5 minutes in total

DISTORTION – EXAMPLES

1. He smokes, so he doesn't care about his health.
2. He gets on my nerves when he whistles.
3. You're not listening.
4. I can tell he's a show-off because he drives fast cars.
5. He obviously doesn't like women – he's never married.
6. It's wrong to eat meat.
7. He never buys me presents, so he doesn't love me.
8. Men should hide their feelings.
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11. They make me go into my shell.
12. You're driving me to drink.
13. I can't fall in love because I'd get hurt.
14. I can't write books because I've never been to school.

1. How does him smoking mean that he does not care about his health?
2. How does him whistling get on your nerves?
3. How specifically am I not listening?
4. How specifically does him driving fast cars means he is a show off
5. How is him not married mean he does not like women?
6. According to whom it is wrong to eat meat?
7. How does him not buying presents mean he does not love you?
8. According to whom should men hide their feelings?
9. How specifically do I not believe you?
10. How specifically he does not want to help you?
11. Who makes you go into your shell?
12. How specifically am I driving you to drink?
13. How will falling in love mean you will get hurt?
14. How has not being to school mean that you can't write books?

META MODEL

Filters	Sub-categories
Deletions	<ul style="list-style-type: none">• Unspecified noun• Unspecified verbs• Missing information (Nominalisations)• Pronoun missing (Lack of referential index)• Simple deletion
Distortions	<ul style="list-style-type: none">• One equals the other (Complex Equivalence)• Origin is missing (Lost Performative)• Mind reads• Action and reaction (Cause and Effect)• Assumption (Presuppositions)
Generalisations	<ul style="list-style-type: none">• General words (Universal Quantifiers)• General actions (Modal operators of necessity)• Removes choice (Modal operators of possibility)

GENERALISATIONS

Filters	Example
General Words (Universal Quantifiers) Generalisations that preclude any exceptions, e.g. all, every, no-one, always.	<ul style="list-style-type: none">• He never listens to me. Never? Or Was there ever a time when he did listen to you?"• Recovers the exceptions and counter examples.
(General Actions) Modal Operator of Necessity Words that require particular action e.g. should, shouldn't, must, must not, have to, need to, it is necessary.	<ul style="list-style-type: none">• I have to take care of her• What would happen if you did take care of her? & What would happen if you didn't take care of her?• Recovers the effects and outcomes.
(No Choice) Modal Operator of Possibility Words that imply no choice e.g. can't, haven't, won't.	<ul style="list-style-type: none">• I can't tell him the truth• What would happen if you did?• Recovers the effects and outcomes.

GENERALISATIONS

1. I'll never be able to do it.
2. Everybody's talking about it.
3. French people are arrogant.

1. Never? What would happen if you did? What would happen if you did not?
2. Everybody?
3. All French people? Only French people?

GENERALISATIONS

1. I'll never be able to do it.
2. Everybody's talking about it.
3. French people are arrogant.
4. We shouldn't argue.
5. It's necessary to have a belief.
6. She needs to take action.

1. Never? What would happen if you did? What would happen if you did not?
2. Everybody?
3. All French people? Only French people?

GENERALISATIONS

- ~~1. I'll never be able to do it.~~
- ~~2. Everybody's talking about it.~~
- ~~3. French people are arrogant.~~
- ~~4. We shouldn't argue.~~
- ~~5. It's necessary to have a belief.~~
- ~~6. She needs to take action.~~
7. I can't go that far.
8. It could never happen again.
9. There's no way I'll agree to that
10. I can't relax.
11. I won't stand for it.
12. You always run me down.
13. Nobody loves me.
14. They always have an excuse.

GENERALISATIONS

1. I'll never be able to do it.
2. Everybody's talking about it.
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11. I won't stand for it.
12. You always run me down.
13. Nobody loves me.
14. They always have an excuse.

1. Never? What would happen if you did? What would happen if you did not?
2. Everybody?
3. All French people? Only French people?
4. Shouldn't?
5. Necessary? What would happen if you did? What would happen if you did not?
6. Needs to? What would happen if you did? What would happen if you did not?
7. Can't? What would happen if you did? What would happen if you did not?
8. Never? What would happen if you did? What would happen if you did not?
9. No way? What would happen if you did? What would happen if you did not?
10. Can't? What would happen if you did? What would happen if you did not?
11. Won't? What would happen if you did? What would happen if you did not?
12. Always? Have I ever not run you down?
13. Nobody? What would happen if someone did?
14. Always? Have they ever not had an excuse?

META MODEL

Filters	Sub-categories	
Deletions	<ul style="list-style-type: none"> • Unspecified noun • Unspecified verbs • Missing information (Nominalisations) • Pronoun missing (Lack of referential index) • Simple deletion 	<ul style="list-style-type: none"> • What or Who specifically
Distortions	<ul style="list-style-type: none"> • One equals the other (Complex Equivalence) • Origin is missing (Lost Performative) • Mind reads • Action and reaction (Cause and Effect) • Assumption (Presuppositions) 	<ul style="list-style-type: none"> • How specifically?
Generalisations	<ul style="list-style-type: none"> • General words (Universal Quantifiers) • General actions (Modal operators of necessity) • Removes choice (Modal operators of possibility) 	<ul style="list-style-type: none"> • What would happen if? • What would not happen if?

THE RING OF POWER SCRIPT

1. Imagine a circle in front of you.
2. Place into the circle the emotional state of feeling powerful.
3. See it, hear it and feel it. Breathe into the feeling of power.
4. Become one with feeling powerful.
5. Notice the images, sounds and feelings in the circle in front of you.
6. Now step into the circle in front of you and breathe into the image, sound and feelings of power.
7. Becoming one with feeling powerful.
8. Notice the circle like a column of light up to the stars, galaxies and cosmos.

SUMMARY

1. Secondary gain
2. Event change
3. Belief change
4. Anchoring
5. Meta model
6. Ring of power
7. Next steps

NEXT STEPS

1. Personal development log, <https://portal.vitalitylivingcollege.info/trainingprogram/breakthrough-coaching/506/1>.
2. Browse the manual, questions and answers and slides, <https://portal.vitalitylivingcollege.info/trainingprogram/breakthrough-coaching/502/1>.
3. Ask for a buddy on the group and practice any skill you want.
4. Practice the Generalisation examples on your Team groups.
5. Rest, rest, rest.

BREAKTHROUGH COACHING & NLP DIPLOMA



BREAKTHROUGH COACHING & NLP DIPLOMA



SUMMARY

1. Secondary gain
2. Event change
3. Belief change
4. Anchoring
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NEXT STEPS

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CHANGE WORK

CONTENTS

1. Old model to new model
2. Eye accessing cues
3. New behaviour generator
4. Perceptual positions
5. Anchoring
6. Change past event
7. Next steps

PRESENT STATE – OLD MODEL OF THE WORLD

1. Understand and appreciate the current model of the world, issue and desired state.
2. What prevents or persists?
3. Soften the current model.
4. Change work.
5. Condition the desired state.
6. Test and make it real.
7. Take action and celebrate.

DESIRED STATE – NEW MODEL OF THE WORLD

PRESENT STATE – OLD MODEL OF THE WORLD

1. Understand and appreciate the current model of the world, issue and desired state.
2. What prevents the desired state and persists in the present state.
3. Soften or loosen the current model.
4. Change work to ignite the desired state.
5. Concretise and condition the desired state.
6. Ecology check, test and future pace.
7. Take massive action and celebrate.

DESIRED STATE – NEW MODEL OF THE WORLD

PRESENT STATE – OLD MODEL OF THE WORLD

1. Understand and appreciate the current model of the world, issue and desired state.

- Training goals
- SMART (ER) goals
- Wheel of life
- Stages of learning
- From old to new model
- 6 human needs
- Languages of love
- BENDWIMP
- Calibration
- Rapport
- Well formed outcome
- Filtering (Deletion, Distortion, & Generalisation)
- NLP communication model
- Senses (VAK, Ad, O, G)
- Meta model questions

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DESIRED STATE – NEW MODEL OF THE WORLD

PRESENT STATE – OLD MODEL OF THE WORLD

2. What prevents the desired state and persists in the present?
 - Cause versus effect (How is that a problem, It's a problem because...)
 - What prevents the goal?
 - What persists in the problem/issue?
 - BENDWIMP
 - Secondary gain
 - Meta model questions
3. Soften or loosen the current model.
 - Evolutionary and revolutionary growth
 - Secondary gain
 - Trapping beliefs
 - Positive beliefs
 - Meta model questions

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DESIRED STATE – NEW MODEL OF THE WORLD

PRESENT STATE – OLD MODEL OF THE WORLD

4. Change work to ignite the desired state.
 - Well formed outcome
 - Secondary gain
 - Simple event change
 - Simple belief change
5. Concretise and condition the desired state.
 - Triad of success
 - Anchoring
 - State elicitation
 - Ring of power
6. Ecology check, test and future pace.
 - Well formed outcome
7. Take massive action and celebrate.

DESIRED STATE – NEW MODEL OF THE WORLD

PRACTICE BREAKOUT ROOM

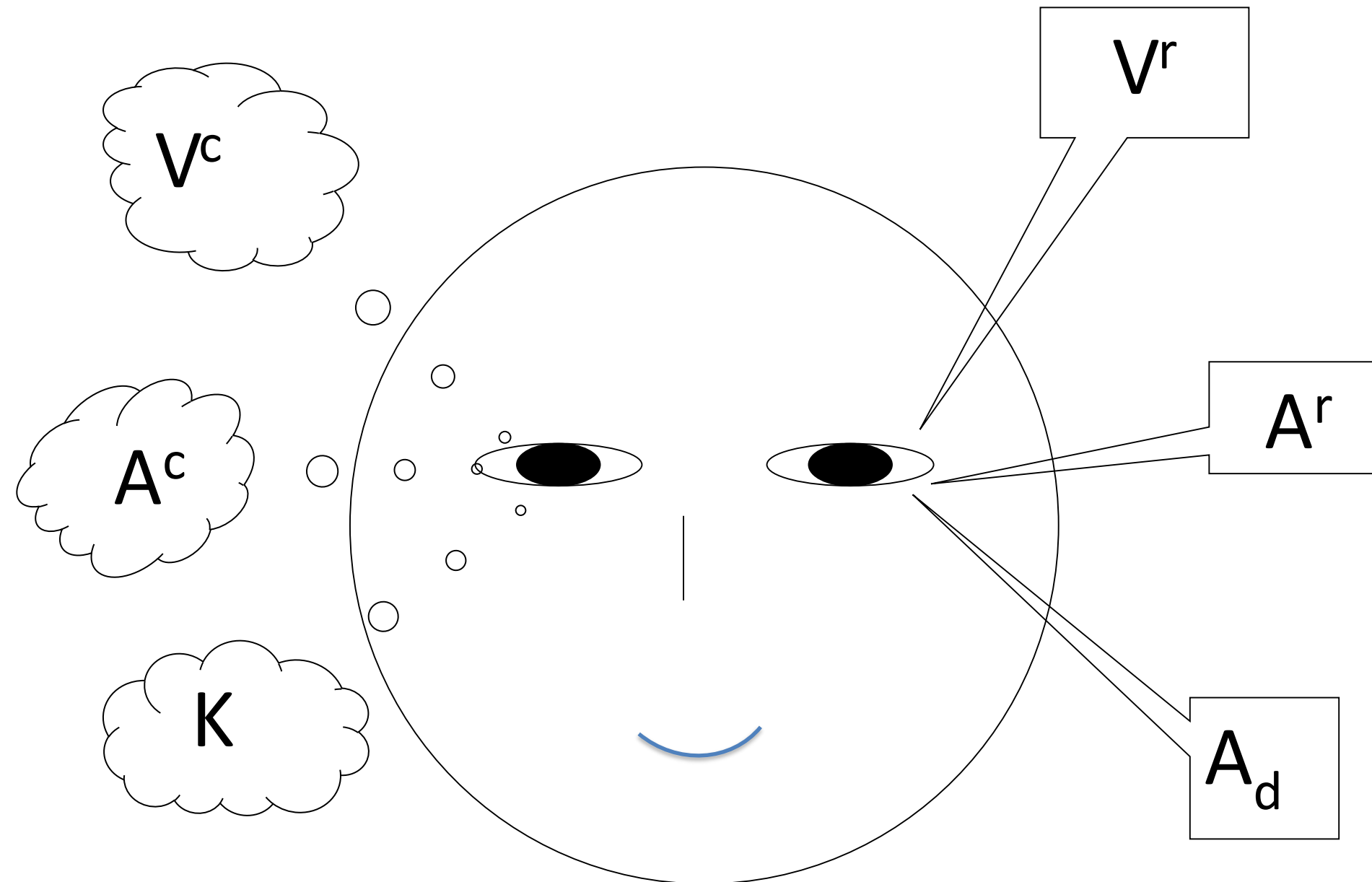
POSTER DATES

1. Museum date
2. Share your reflections and learnings from each of the posters learnt so far.
3. 10 minutes








**EYE
ACCESSING
CUES**

NLP EYE PATTERNS








Normally organised person as you look at them

EYE TO EYE EXERCISE

Ask each of the questions one by one:	
How do you feel when you wake up in the morning?	
Talk to yourself about your last weekend.	
What was the first thing you said this morning?	
Spell Hippopotamus.	
How much is 448 divided by 4?	

EYE TO EYE EXERCISE

Ask each of the questions one by one:	
Remember the sound your phone makes.	
What would a Rhino look like if it was riding a mono-cycle in a red hat?	
What does a warm shower feel like?	
What time did you wake up this morning?	
What does getting wet in the rain feel like?	

PRACTICE BREAKOUT ROOM

EYE TO EYE EXERCISE

1. Pairs
2. Watch the eyes of your partner and read the questions.
3. Notice the eye movements.
4. Have a dialogue with your partner after each round.



NEW BEHAVIOUR GENERATOR

NEW BEHAVIOUR GENERATOR SCRIPT

1. Eyes down and to the left
 - Ask yourself “If I could already achieve my new goal, what would I look like?”
2. Look up and to the right
 - Picture yourself achieving your goal
3. Put your head and eyes down and to the right
 - Step into that picture so you find yourself doing what you saw
4. Keep head and eyes down to the right
 - Compare the feelings to feelings from a similar past success
 - If feelings are not the same:
 - Move eyes and head down to the left
 - Say which feelings you need and add those feelings to your goal
5. Repeat from the beginning if necessary

PRACTICE BREAKOUT ROOM

NEW BEHAVIOUR GENERATOR

1. Pairs
2. Facilitate the whole process one way and then switch.
3. 7 minutes each way.

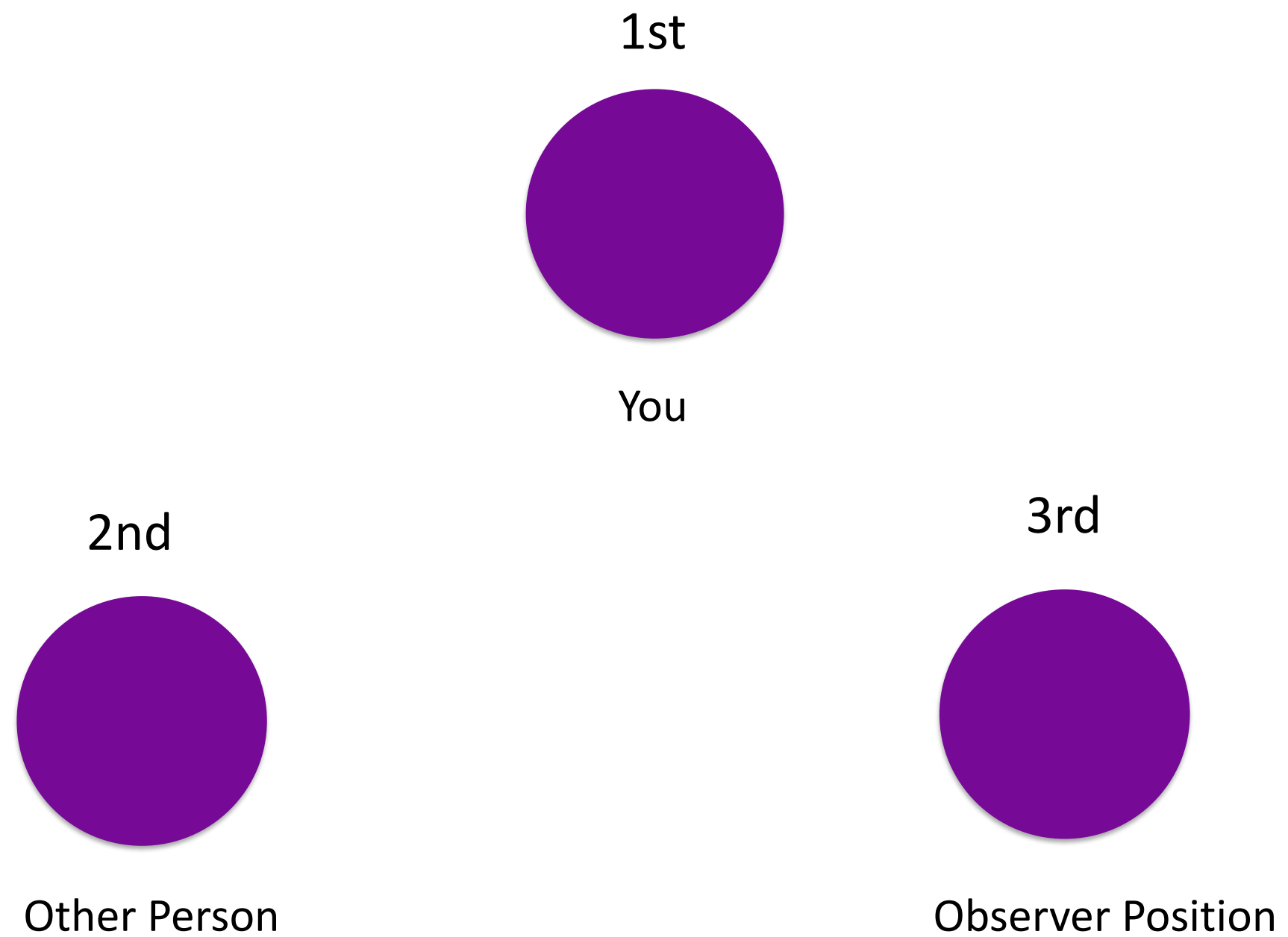
EXTERNAL CONFLICTS



EXTERNAL CONFLICTS



PERCEPTUAL POSITIONS



PERCEPTUAL POSITIONS SCRIPT

1. Step in as yourself, 1st position, and share with the 2nd person, or Other Person, how you feel.
2. Share everything. Let them know how you feel.
3. Tell them what you want.
4. Step in as the 2nd position, or Other Person, and breathe like them and feel like them.
5. Share how you are feeling about the situation.
6. Share everything. Let them know how you feel.
7. Tell them what you want.
8. Step in as the mentor, 3rd position, or Observer Position, and share advice about the situation.
9. Step in as yourself and share any learnings.

PRACTICE BREAKOUT ROOM

PERCEPTUAL POSITIONS EXERCISE

1. Pairs
2. Write 1st, 2nd and 3rd position on pieces of paper.
3. Place them on the floor.
4. Step on each one, one by one.
5. Share your learnings at the end.
6. 20 minutes each way.



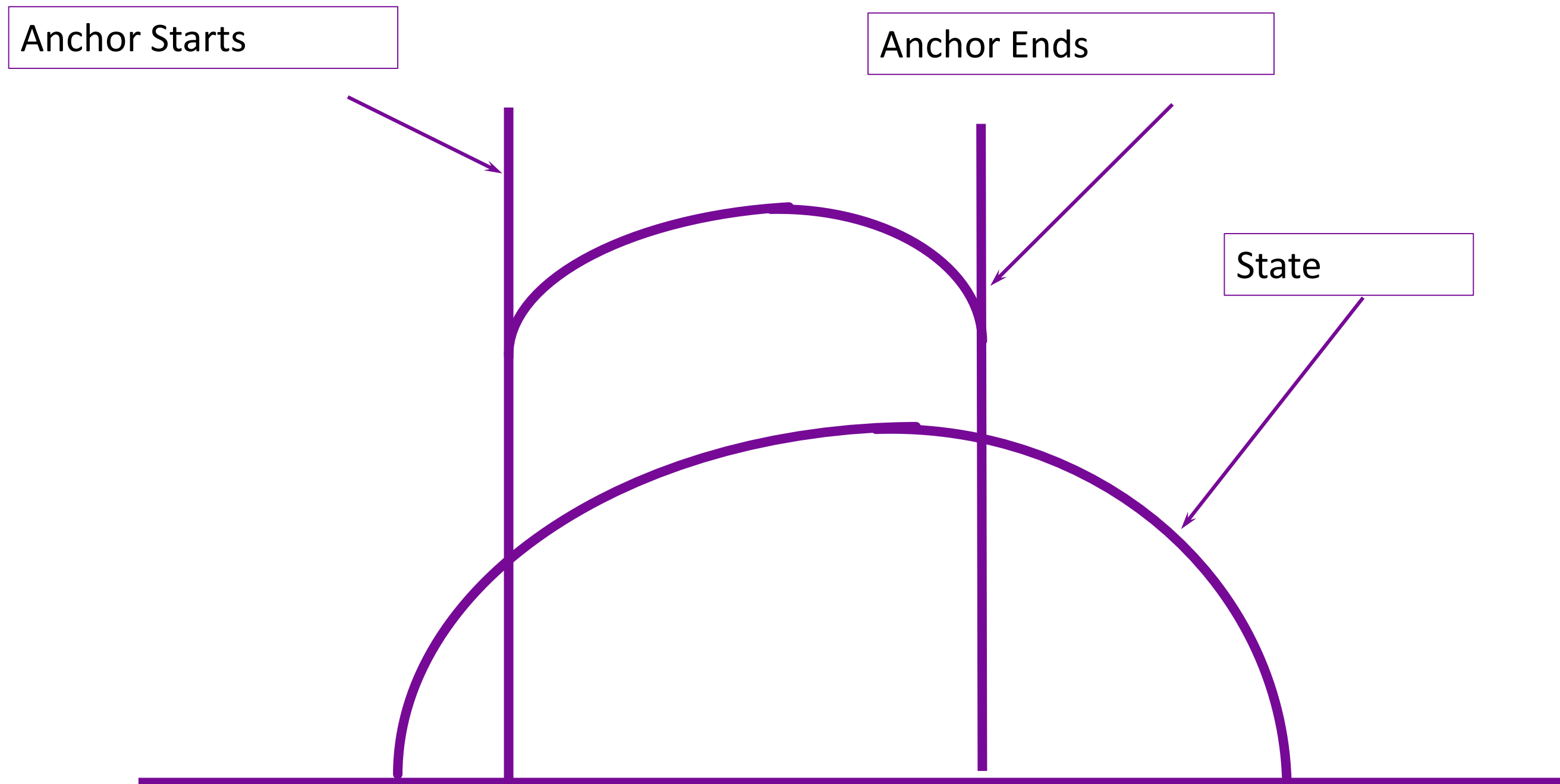
ANCHORING

4 STEPS TO ANCHORING



- Four steps to anchoring
 - Recall a past vivid experience
 - Anchor a specific stimulus at the peak
 - Change the person's state
 - Test by evoking the state
- RACT

ANCHORING



5 KEYS TO ANCHORING



- Intensity of experience
- Timing of anchor
- Uniqueness of anchor
- Replication of stimulus
- Number of times
- I-TURN

STACKING ANCHORS



- Anchor in the same place
- The anchor can be the same or different
- Examples:
 - Totally powerful
 - Totally loved
 - Totally energetic
 - Totally confident
 - Totally have it all time

STACKING ANCHORS EXERCISE



- Identify positive states
- Anchor first state
 - State elicitation
 - Calibrate
 - Anchor before peak
 - Remove stimulus
 - Test
- Break state
- Second state
- Third state
- Test

PRACTICE BREAKOUT ROOM

STACKING ANCHORS EXERCISE

1. Pairs
2. Identify positive states.
3. Anchor one by one.
4. Test.



CHANGE PAST EVENT

CHANGE PAST EVENT SCRIPT

1. Have your client identify a negative experience/event and associated belief.
2. Place the old events onto a big movie screen and for now let it go blank.
3. Invite the Past You off the old memory to come and sit next to you, hold their hand and check how are they feeling (check for safety).
4. Then ask the Past You what positive qualities did they want at the time that would have helped them cope with the past event better, for example acceptance, not taking it personally, and inner calm.
5. Place the resource they wanted in their hand and get them to breathe it in.
6. Keep asking what do they want, place in their hand and breathe until the past experience is no longer negative or the client feels better (you can keep asking how are they feeling in-between to test where the client is – calibrate client physiology).
7. Send the Past You back onto the movie screen and notice how it is different.
8. Check how the client is feeling and what is their new belief.
9. Check the feelings towards the old belief.
10. Congratulate the client.

NEXT STEPS

1. Personal development log, <https://portal.vitalitylivingcollege.info/trainingprogram/breakthrough-coaching/506/1>.
2. Practice anchoring on yourself.
3. Healthy nourishing food and more water than normal.
4. Rest, rest, rest.

SUMMARY

1. Old model to new model
2. Eye accessing cues
3. New behaviour generator
4. Perceptual positions
5. Anchoring
6. Change past event
7. Next steps

BREAKTHROUGH COACHING & NLP DIPLOMA



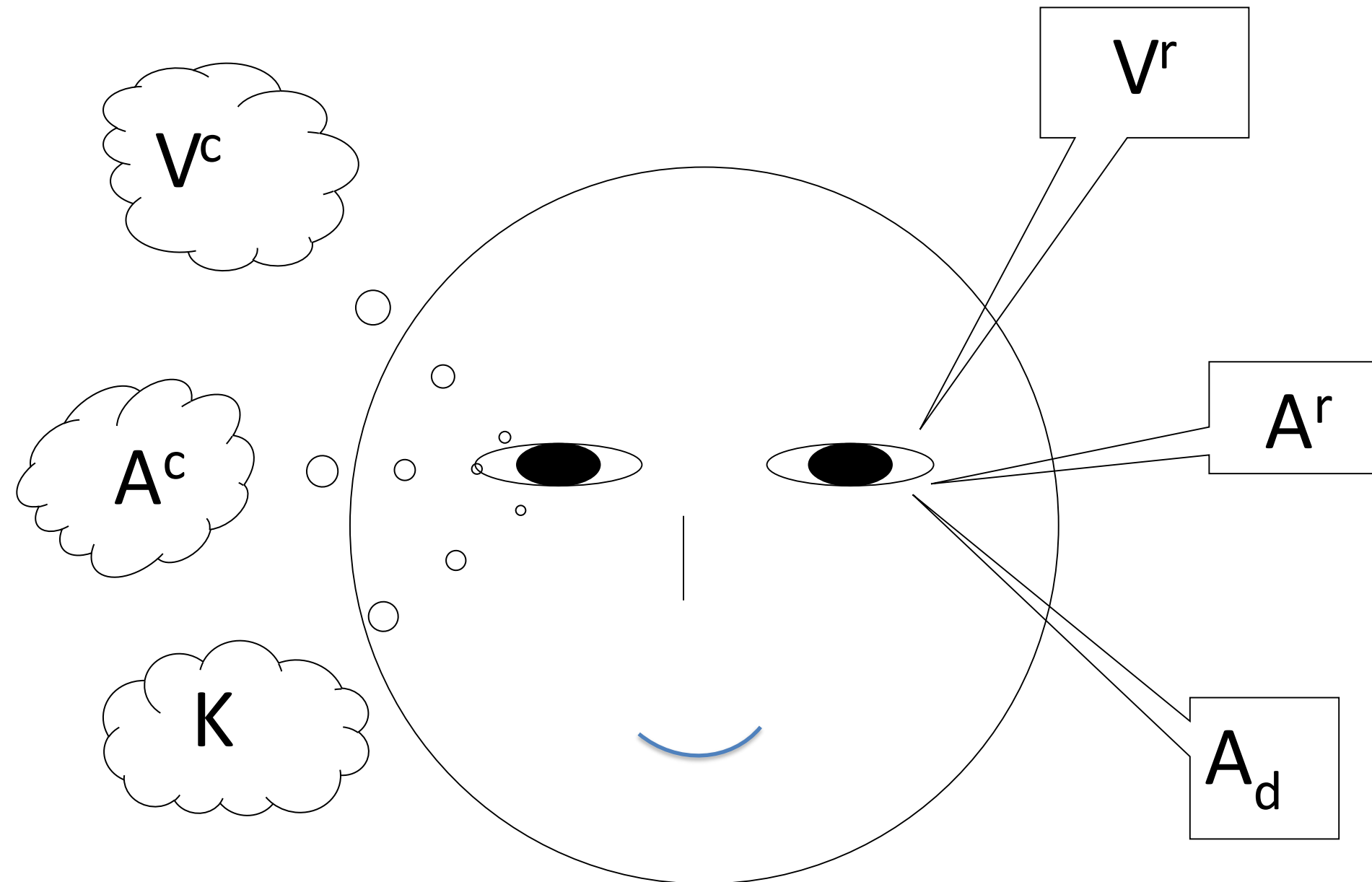
BREAKTHROUGH COACHING & NLP DIPLOMA



SUMMARY

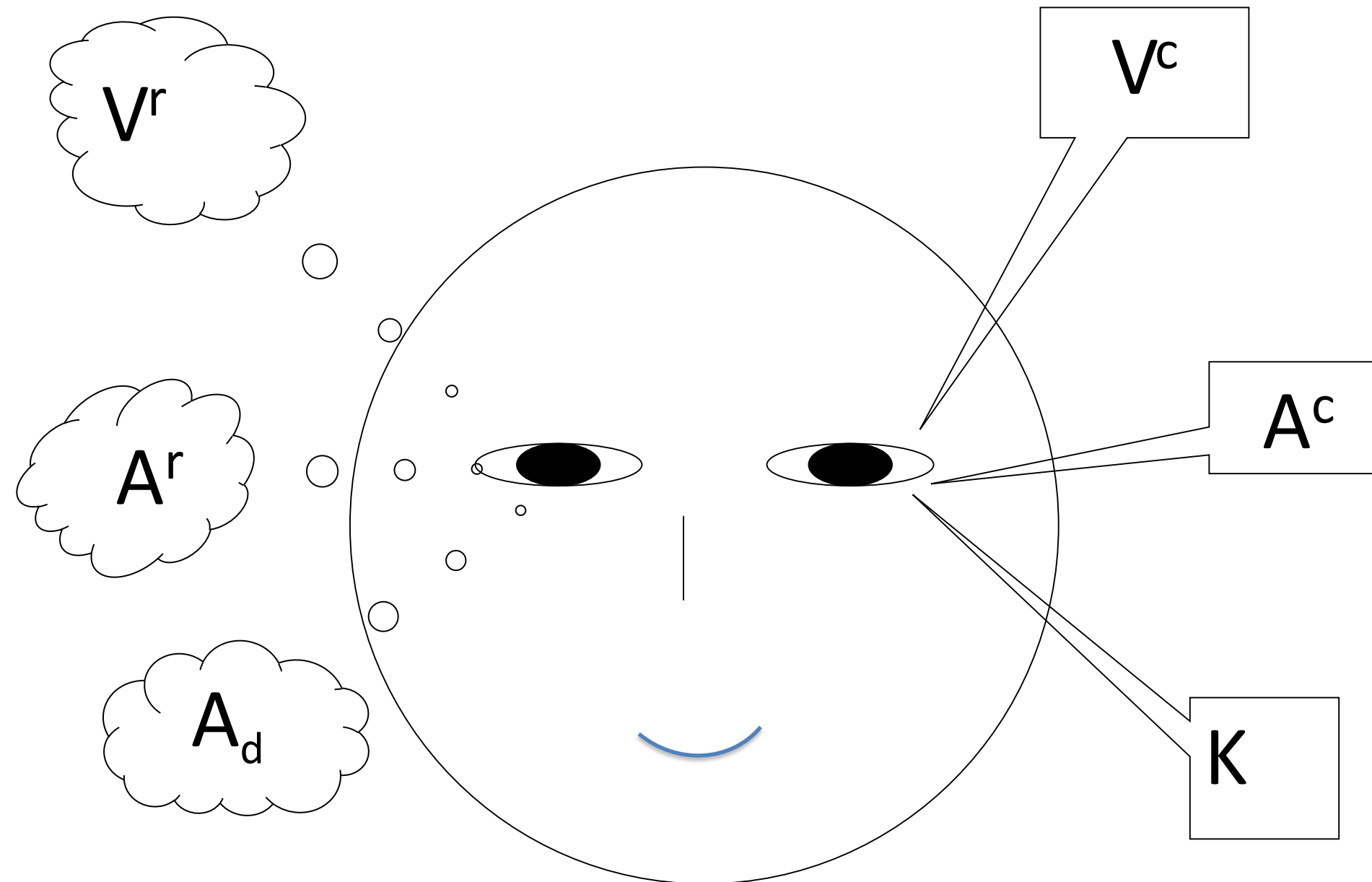
1. Old model to new model
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NLP EYE PATTERNS



Normally organised person as you look at them

NLP EYE PATTERNS



Reverse organised person as you look at them

EYE ACCESSING PATTERNS

Visual Constructed (V^c)

- What would your dream car look like?
- Can you think about the red buffalo?
- How does the purple cow look to you?

Visual Remembered (V^r)

- What was the colour of your school?
- How many chairs are there in your room?
- Who did you meet first thing in the morning?

EYE ACCESSING PATTERNS

Auditory Constructed (A^c)

- What would your grandfathers sound like if he had Mickey Mouse's voice?
- How does a dog sound meowing?
- How does a talking tree sound to you?

Auditory Remembered (A^r)

- Can you remember the sound of your father's voice?
- Can you think of your favourite song?
- Can you think of a nursery rhymes your learnt as a child?

EYE ACCESSING PATTERNS

Kinaesthetic (K)

- How does the fabric feel to your skin?
- How does it feel to be drenched?
- Think of the time when you felt extremely tired?

Internal Dialogue or Auditory Digital (Ad)

- Can you say your name in your head?
- Think of the last time you talked to yourself?
- Can you recognise your inner voice?

NEW BEHAVIOUR GENERATOR SCRIPT

1. Eyes down and to the left (Auditory Digital)
 - Ask yourself “If I could already achieve my new goal, what would I look like?”
2. Look up and to the right (Visual Construct)
 - Picture yourself achieving your goal
3. Put your head and eyes down and to the right (Kinaesthetic)
 - Step into that picture so you find yourself doing what you saw
4. Keep head and eyes down to the right (Kinaesthetic)
 - Compare the feelings to feelings from a similar past success
 - If feelings are not the same:
 - Move eyes and head down to the left
 - Say which feelings you need and add those feelings to your goal
5. Repeat from the beginning if necessary

**NORMALLY
ORGANISED**

NEW BEHAVIOUR GENERATOR SCRIPT

1. Eyes down and to the right (Auditory Digital).
 - Ask yourself “If I could already achieve my new goal, what would I look like?”
2. Look up and to the left (Visual Construct).
 - Picture yourself achieving your goal
3. Put your head and eyes down and to the left (Kinaesthetic).
 - Step into that picture so you find yourself doing what you saw
4. Keep head and eyes down to the left (Kinaesthetic).
 - Compare the feelings to feelings from a similar past success
 - If feelings are not the same:
 - Move eyes and head down to the right.
 - Say which feelings you need and add those feelings to your goal.
5. Repeat from the beginning if necessary.

REVERSE
ORGANISED



LEARNING STYLES VS EYE ACCESSING CUES

NEXT STEPS

1. Personal development log, <https://portal.vitalitylivingcollege.info/trainingprogram/breakthrough-coaching/506/1>.
2. Practice anchoring on yourself.
3. Healthy nourishing food and more water than normal.
4. Rest, rest, rest.

PRACTICE TEAM ROOM

MAGIC MOMENTS

- Share your Aaahhh's, magic moments, learnings and distinctions.
- 10 minutes



DEEP CHANGE WORK

CONTENTS

1. Old model to new model
2. Stacking anchors
3. Change past event
4. Change past history
5. Future pace
6. Cartesian co-ordinates
7. Story of success
8. Next steps

PRESENT STATE – OLD MODEL OF THE WORLD

1. Understand and appreciate the current model of the world, issue and desired state.
2. What prevents the desired state and persists in the present state.
3. Soften or loosen the current model.
4. Change work to ignite the desired state.
5. Concretise and condition the desired state.
6. Ecology check, test and future pace.
7. Take massive action and celebrate.

DESIRED STATE – NEW MODEL OF THE WORLD

STACKING ANCHORS EXERCISE



- Identify positive states
- Anchor first state
 - State elicitation
 - Calibrate
 - Anchor before peak
 - Remove stimulus
 - Test
 - Break state
- Second state
- Third state
- Test

PRACTICE BREAKOUT ROOM

STACKING ANCHORS EXERCISE

1. Pairs
2. Identify positive states.
3. Anchor one by one.
4. Test.



CHANGE PAST EVENT

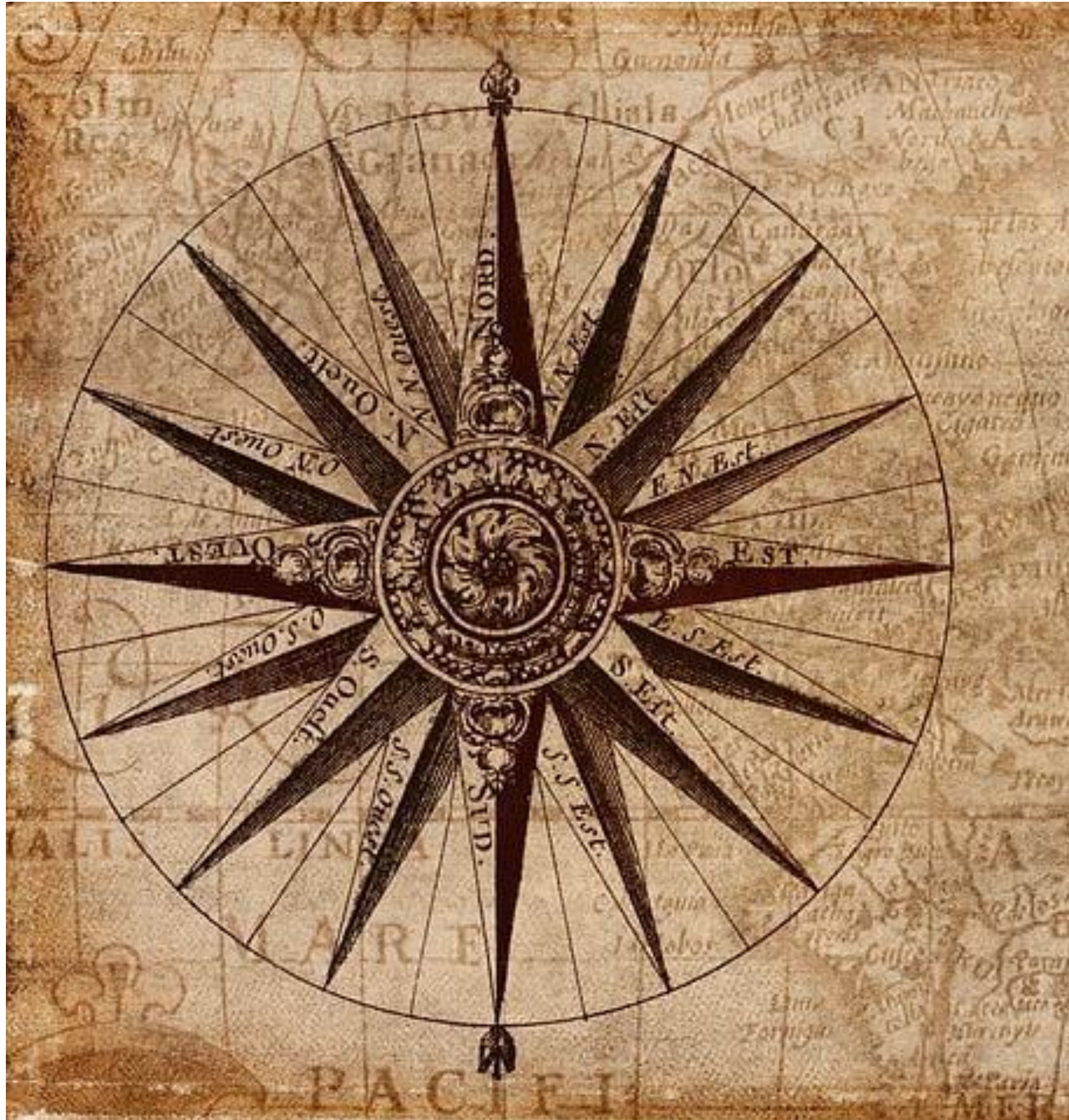
CHANGE PAST EVENT SCRIPT

1. Have your client identify a negative experience/event and associated belief.
2. Place the old events onto a big movie screen and for now let it go blank.
3. Invite the Past You off the old memory to come and sit next to you, hold their hand and check how are they feeling (check for safety).
4. Then ask the Past You what positive qualities did they want at the time that would have helped them cope with the past event better, for example acceptance, not taking it personally, and inner calm.
5. Place the resource they wanted in their hand and get them to breathe it in.
6. Keep asking what do they want, place in their hand and breathe until the past experience is no longer negative or the client feels better (you can keep asking how are they feeling in-between to test where the client is – calibrate client physiology).
7. Send the Past You back onto the movie screen and notice how it is different.
8. Check how the client is feeling and what is their new belief.
9. Check the feelings towards the old belief.
10. Congratulate the client.

PRACTICE BREAKOUT ROOM

CHANGE PAST EVENT EXERCISE

1. Pairs
2. Facilitate one way.
3. Reassure and congratulate.
4. Switch
5. Facilitate the other way.
6. Reassure and congratulate.



CHANGE PAST HISTORY

CHANGE PAST HISTORY SCRIPT

1. Have your client identify a persistent recurring undesirable state.
2. Ask when have you felt like that before? When else? When was the very first time?
3. Place the old events onto a big movie screen and for now let it go blank.
4. Invite the Past You off the old memory to come next to you or sit by a special magical tree with a mentor.
5. Brainstorm resources that would have been useful in the old event.
6. Breathe in the desired resources one by one and hand them to the person and let the Past You back onto the movie screen (can also use State Elicitation to anchor the positive resources).
7. Play the old event again and this time from the new perspective with these resources.
8. Test – How do you feel?
9. Complete a Future Pace.
10. Complete an Ecology check (Cartesian Co-ordinates)
11. Congratulate the client.

FUTURE PACE



- Step into the future a day from now
 - Breathe how you breathe
 - Feel how you feel
 - How do you feel in yourself?
 - How do you feel about life?
 - What about that old issues? Is it even an issue anymore?
 - How do you feel differently about life?
- Step into the future a week from now

CARTESIAN CO-ORDINATES

1. CAN
COULD

2. CAN'T
COULD

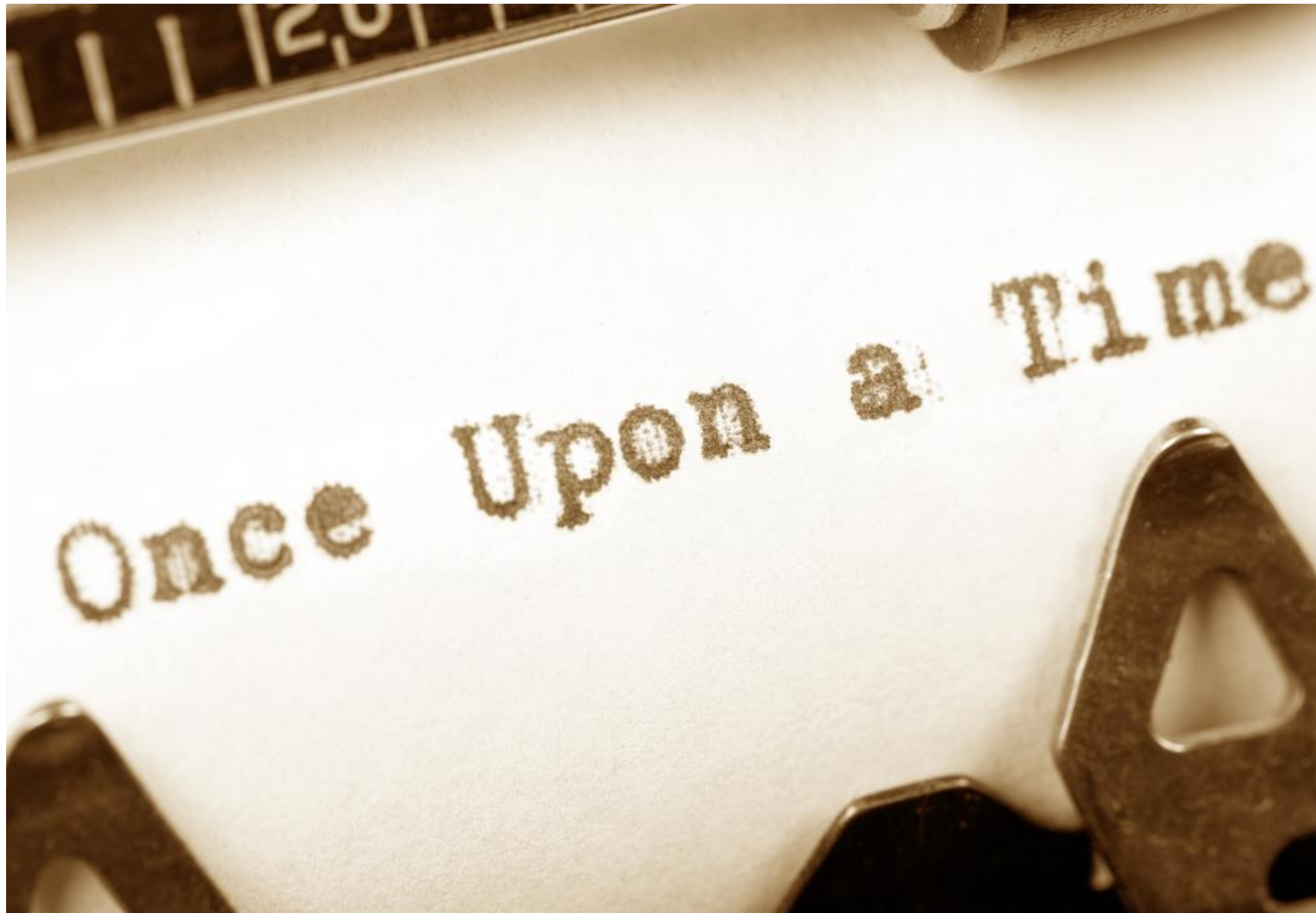
3. CAN
COULD NOT

4. CAN'T
COULD NOT

PRACTICE BREAKOUT ROOM

CHANGE PAST HISTORY EXERCISE

1. Pairs
2. Facilitate one way.
3. Reassure and congratulate.
4. Switch
5. Facilitate the other way.
6. Reassure and congratulate.



STORY OF SUCCESS

STORY OF SUCCESS EXERCISE

Write down your story of success:

- What specifically happened?
- What did you do?
- What did you not do?
- What were you thinking and feeling?
- How were you behaving?
- What was the difference that made the difference?

NEW SUCCESS STORY



- How can you apply these success strategies to another aspect of your life?

PRACTICE MAIN ROOM

SUCCESS STORY

1. Write down your story of success.



PERSONAL L INVENTORY

NEXT STEPS

1. Personal development log, <https://portal.vitalitylivingcollege.info/trainingprogram/breakthrough-coaching/506/1>.
2. Story of success: Complete writing your story of success.
3. Personal Inventory: Write the 100 most amazing qualities about yourself on your team groups.

SUMMARY

1. Old model to new model
2. Stacking anchors
3. Change past event
4. Change past history
5. Future pace
6. Cartesian co-ordinates
7. Story of success
8. Next steps

BREAKTHROUGH COACHING & NLP DIPLOMA



BREAKTHROUGH COACHING & NLP DIPLOMA



SUMMARY

1. Old model to new model
2. Eye accessing cues
3. New behaviour generator
4. Perceptual positions
5. Anchoring
6. Change past event
7. Story of success
8. Personal inventory
9. Next steps

NEXT STEPS

1. Personal development log, <https://portal.vitalitylivingcollege.info/trainingprogram/breakthrough-coaching/506/1>.
2. Story of success: Complete writing your story of success.
3. Personal Inventory: Write the 100 most amazing qualities about yourself on your team groups.

PRACTICE BREAKOUT ROOM

POSTER DATES

1. Study date
2. Brainstorm the questions and answers that might be in the exam from each of the posters.
3. 10 minutes.



EVEN DEEPER CHANGE WORK

CONTENTS

1. Change past trauma
2. Emotional blow out
3. Pain relief
4. Next steps

PRESENT STATE – OLD MODEL OF THE WORLD

1. Understand and appreciate the current model of the world, issue and desired state.
2. What prevents the desired state and persists in the present state.
3. Soften or loosen the current model.
4. **Change work to ignite the desired state.**
5. Concretise and condition the desired state.
6. Ecology check, test and future pace.
7. Take massive action and celebrate.

DESIRED STATE – NEW MODEL OF THE WORLD

CONTENTS

1. Change past trauma
2. Emotional blow out
3. Pain relief
4. Next steps



CHANGE PAST TRAUMA

CHANGE PAST TRAUMA SCRIPT

1. Place the old event onto a movie screen in a cinema hall and sit in a projection booth with the remote control in your hand.
2. As you sit in the projection booth know that you are in charge and you get to decide when you are ready to watch that old movie.
3. In moment you will watch the movie through the eyes of the You in the back of the movie theatre and then through the eyes of the You in the middle of the movie theatre and then through the eyes of the You in front of the movie theatre.
4. Ask the Past You to come off the screen and join you in the projection booth. Hold their hand and give them safety in their hand.
5. Ask the Past You if they need anything else to feel safe and give it to them.
6. When you are ready open the curtains and play the movie from start to finish (if traumatic you can send safety in, for example angels or protection or make the movie black and white).

CHANGE PAST TRAUMA SCRIPT

7. Ask the Past You what positive qualities they needed at the time to have handled the situation better.
8. Anchor each resource one by one in the fist and test each time.
9. Send the Past You back on the screen and play the old movie with all the new resources and notice how it is different.
10. Future pace and cartesian co-ordinates.
11. Congratulate the client.

PRACTICE BREAKOUT ROOM

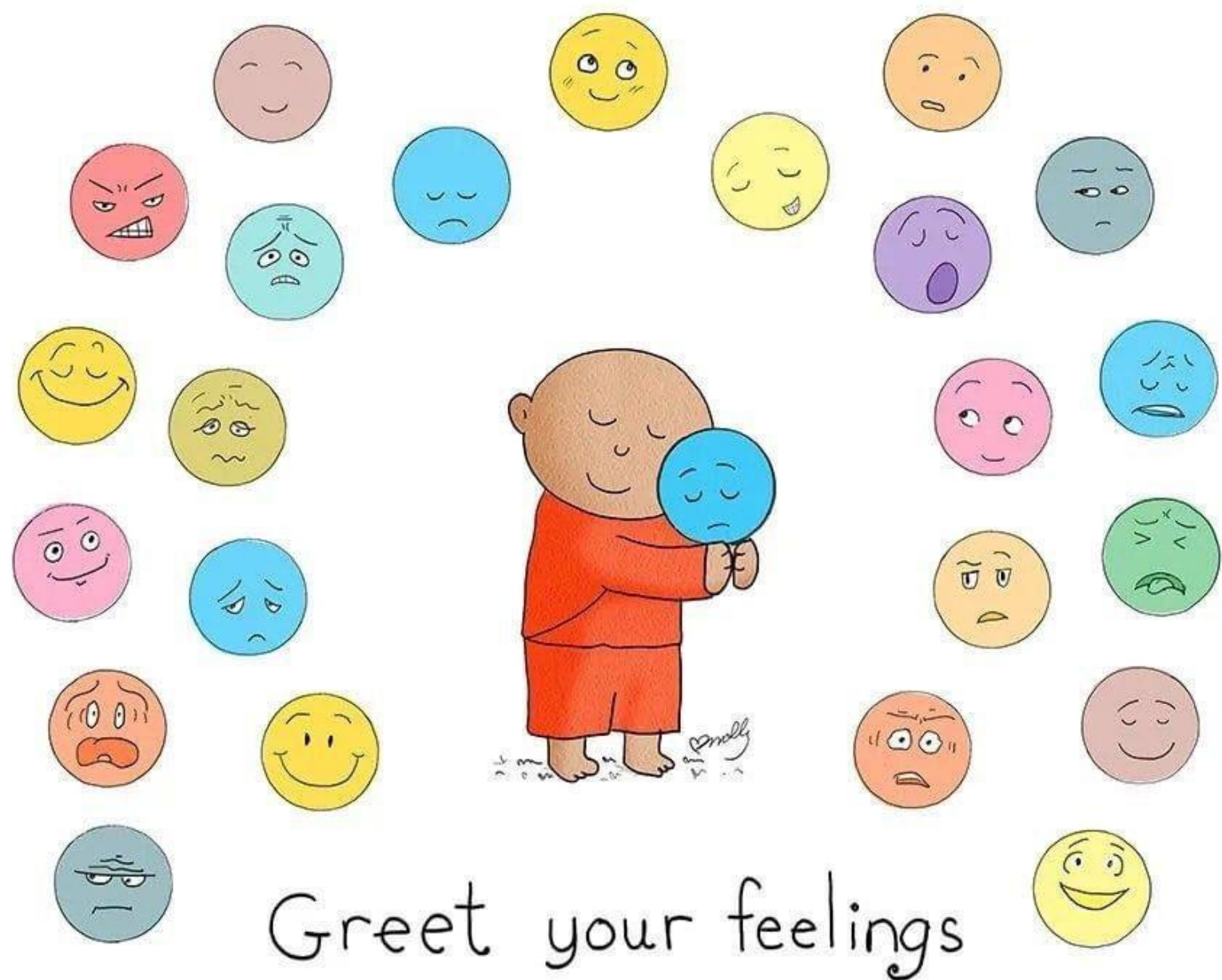
CHANGE PAST TRAUMA EXERCISE

1. Pairs
2. Facilitate one way.
3. Switch.
4. Facilitate the other way.

PRACTICE TEAM ROOMS

SHARING CIRCLES

1. Share what did you learn as the giver and receiver.
2. Keep who you worked with or what you worked on as confidential.
3. 15 minutes.



EMOTIONAL BLOWOUT

PRACTICE BREAKOUT ROOM

EMOTIONAL BLOW OUT EXERCISE

1. Pairs
2. Get an image for the emotion.
3. Make it bigger, make it bigger, bigger, bigger, bigger, bigger, bigger, so big, so big, so big.
4. Notice yourself in relation to the image. Make yourself smaller, so small, so small, so small, so small.
5. Make the image of the emotion bigger. Even bigger, so big, so big, so big, as big as the stars the galaxies and cosmos.
6. And Pop
7. Switch



PAIN RELIEF

PRACTICE BREAKOUT ROOM

PAIN RELIEF EXERCISE

1. Pairs
2. Identify the sub-modalities of the pain state.
3. Identify the sub-modalities of the healing state.
4. Change the pain state to the healing state by using the words, make it.
5. Test
6. Switch

SUMMARY

1. Change past trauma
2. Emotional blow out
3. Pain relief
4. Next steps

NEXT STEPS

1. Personal development log, <https://portal.vitalitylivingcollege.info/trainingprogram/breakthrough-coaching/506/1>.
2. Sleep, rest, nourish, salt bath, and be.

BREAKTHROUGH COACHING & NLP DIPLOMA



BREAKTHROUGH COACHING & NLP DIPLOMA



SUMMARY

1. Change past trauma
2. Emotional blow out
3. Pain relief
4. Next steps

SUMMARY

1. Change past trauma
2. Emotional blow out
3. Pain relief
4. Next steps

NEXT STEPS

1. Personal development log, <https://portal.vitalitylivingcollege.info/trainingprogram/breakthrough-coaching/506/1>.
2. Sleep, rest, nourish, salt bath, and be.

PRACTICE TEAM ROOM

MAGIC MOMENTS

- Share your magic moments, distinctions, learnings and reflections.

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**EVEN MORE
DEEPER CHANGE
WORK**

CONTENTS

1. Pain relief
2. Advanced sub-modalities
3. Cravings (Like to dislike)
4. Sub-modality belief change
5. Next steps

CONTENTS

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PRESENT STATE – OLD MODEL OF THE WORLD

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6. Ecology check, test and future pace.
7. Take massive action and celebrate.

DESIRED STATE – NEW MODEL OF THE WORLD

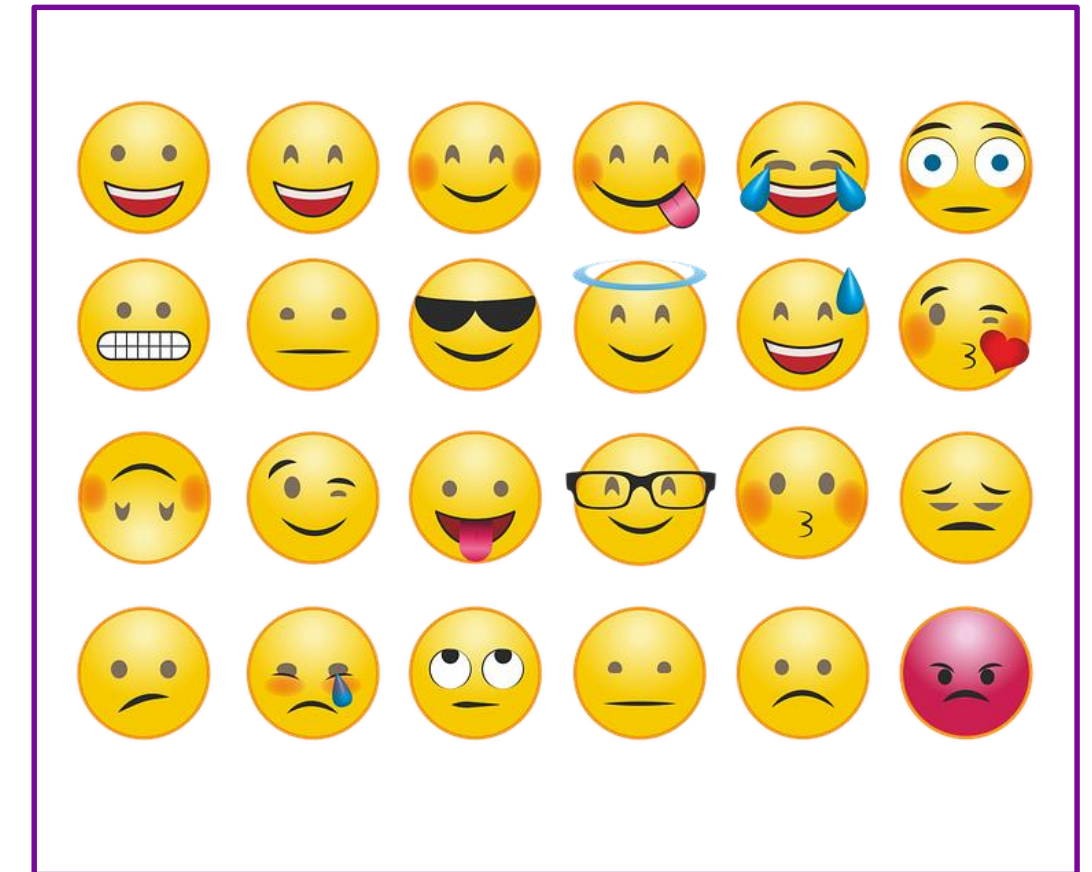
SUBMODALITY



VISUAL
(IMAGE, COLOUR,
SHAPE, SIZE)



AUDITORY
(SOUND)



KINEASTHETIC
(FEELING, TEXTURE,
SENSATION)



PAIN RELIEF

PAIN RELIEF SCRIPT

1. Where in the body is the tension or pain?
2. What number is it at?
3. What is the image, colour, size, shape, texture, sound and feeling of the pain? Known as image 1, sound 1 and feeling 1.
4. Shake it off.
5. Now bring into your awareness a healing image. What is the colour, size, shape, texture, sound and feeling of the healing image? Known as image 2, sound 2 and feeling 2.
6. Shake it off.
7. Make image 1 to image 2. Make sound 1 to sound 2. Make feeling 1 to feeling 2.
8. Shake it off. Test.

PAIN RELIEF WORKSHEET

	Pain State	Healed State
Image (Colour, size, shape, texture)	Red	Pink and violet with a rainbow
Sound	Ouch	No sound
Feeling (feeling, sensation, texture)	No feeling, its just hurting	calming

PRACTICE BREAKOUT ROOM

PAIN RELIEF EXERCISE

1. Pairs
2. Identify the sub-modalities of the pain state (image, colour, shape, size, sound and feeling)
3. Identify the sub-modalities of the healing state (image, colour, shape, size, sound and feeling).
4. Change the pain state to the healing state by using the words, make it.
5. Test
6. Switch

ADVANCED SUB-MODALITIES



- Easily make changes in a client's internal representations.
- Sub-modalities are how we encode and give meaning to our internal representations.
- Changing the sub-modalities can change the meaning of an internal representation.

VISUAL



COLOUR

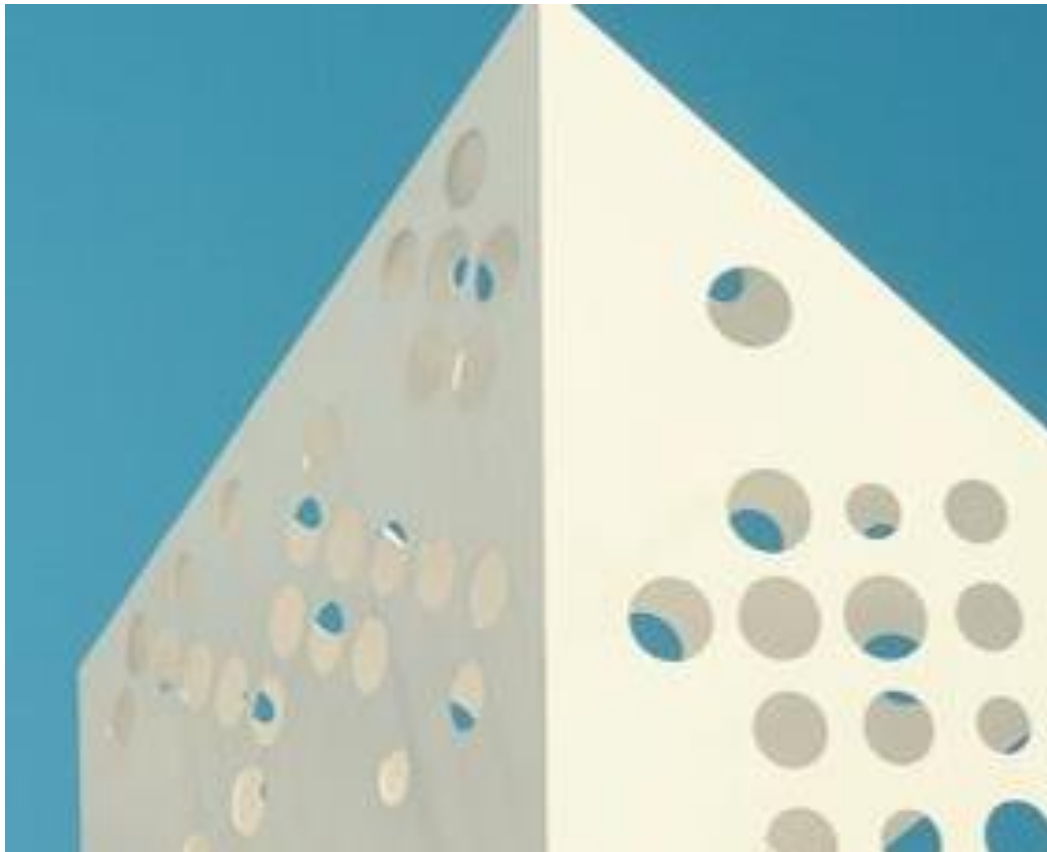


SIZE



SHAPE

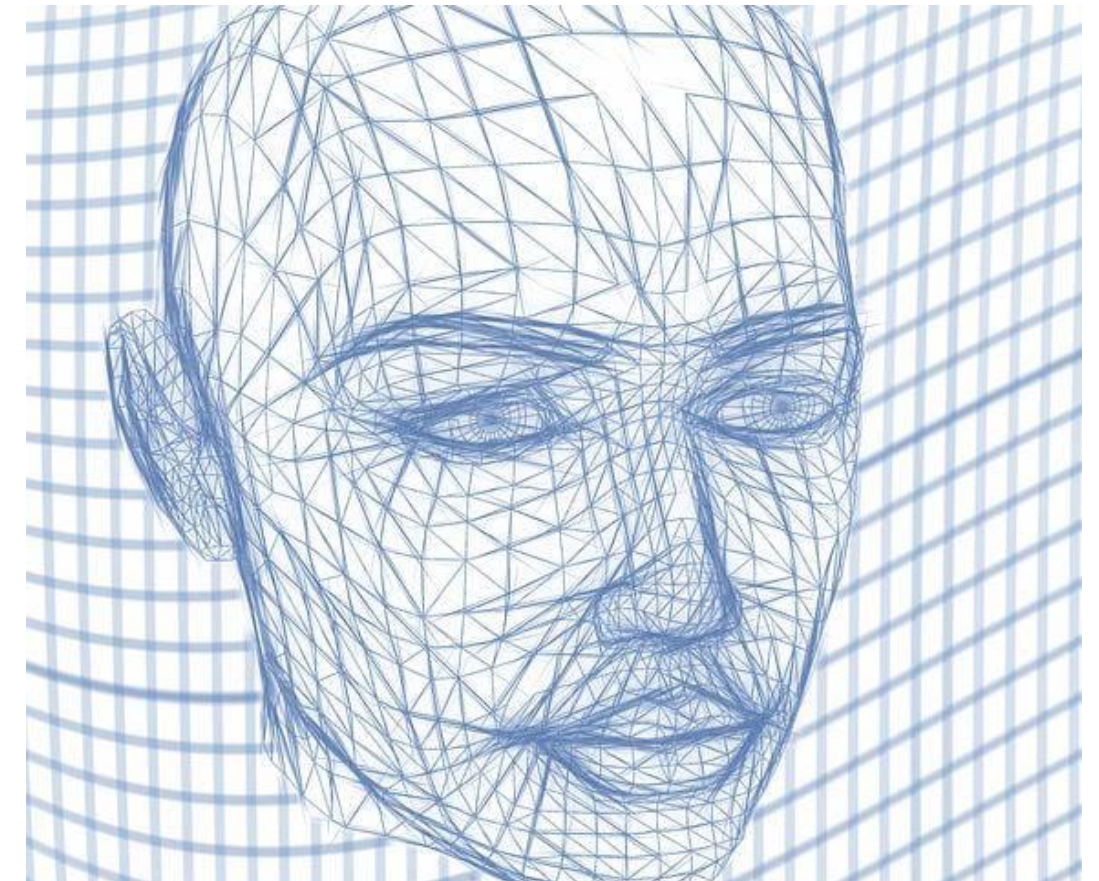
VISUAL



ANGLE

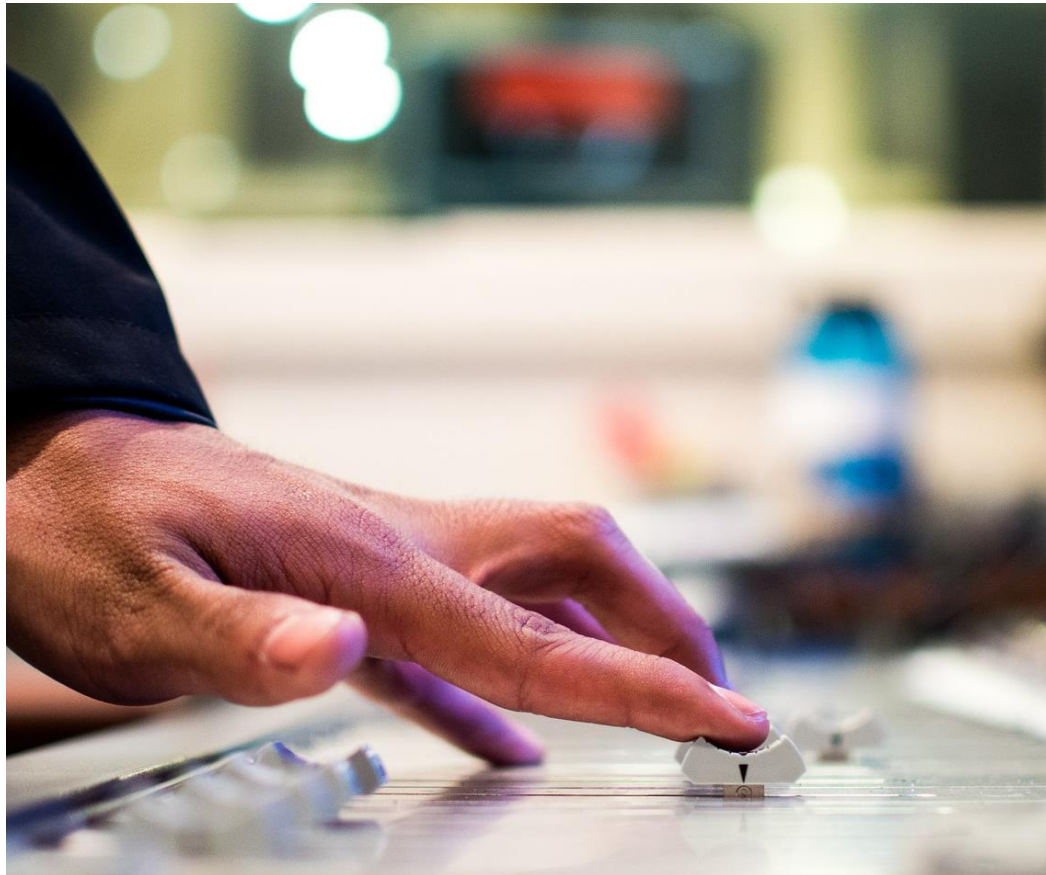


LOCATION



3D

AUDITORY



VOLUME



RHYTHM



TONE

KINEASTHETIC



INTERNAL FEELING



EXTERNAL FEELING



EMOTIONS

KINEASTHETIC



TEXTURE



TOUCH



SENSATION



CRAVINGS (LIKE TO DISLIKE)

CONTRASTIVE ANALYSIS

- Colour
- Far
- Dissociated
- Location



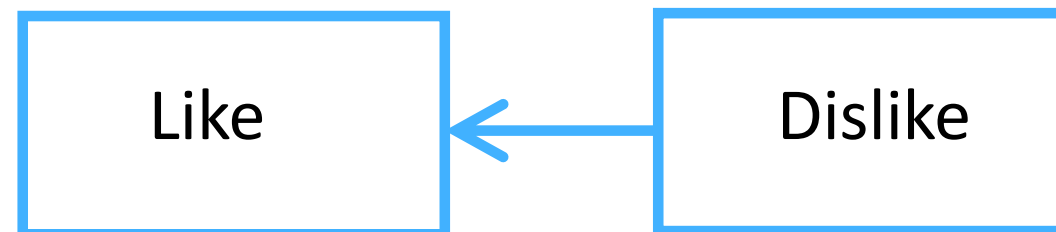
- B/W
- Near
- Associated
- Location



MAPPING ACROSS



1. Elicit sub-modalities of like
2. Elicit sub-modalities of dislike
3. Change the sub-modalities of like to the dislike substance
4. Test



LIKE TO DISLIKE CHANGE



LIKE TO DISLIKE CHANGE



LIKE TO DISLIKE SCRIPT

- Generally, it is a good idea to ask, *Is it all right for your unconscious mind to make this change today, and for you to be aware of it consciously?*
1. *Can you think of something that you like but wish you did not? Good, what is it? As you think about that, do you have a picture? (Elicit the sub-modalities)*
 2. *Can you think of something which is similar, but which you absolutely dislike. For example, ice cream and yogurt. As you think about that, do you have a picture?" (Elicit the sub-modalities)*
 3. Change the sub-modalities of #1 to the sub-modalities of #2 only where the two sub-modalities are different, by saying, *"Make it the sub-modality."*
 4. **Test.** *Now, about that thing you used to like? How is it different?*

<https://portal.vitalitylivingcollege.info/trainingprogram/breakthrough-coaching/487/1>.

PRACTICE BREAKOUT ROOM

LIKE TO DISLIKE EXERCISE

1. Pairs
2. Identify the sub-modalities of the like.
3. Identify the sub-modalities of the dislike.
4. Change the like state to the dislike state by using the words, make it.
5. Test
6. Switch



SUB-MODALITY BELIEF CHANGE

BELIEF CHANGE

I cannot
do it



Make it
untrue



I cannot
do it



Make it
untrue



BELIEF CHANGE SCRIPT PART 1

1. Can you think of a limiting or unwanted belief about yourself that you wish you did not have? As you think about that belief, do you have a picture? (Elicit the sub-modalities of limiting belief).
2. Can you think of a belief which is no longer true and phrase the belief as a positive statement. For example, the belief that I am 15 years old (when you are actually 50 years old). (Elicit the sub-modalities of the untrue belief. For best results, the location should be different).
3. Change the sub-modalities of the limiting belief to the sub-modalities of the belief that is no longer true (making the limiting belief untrue).
4. **TEST: Now, what do you think about that old belief?**

BELIEF CHANGE SCRIPT PART 2

5. Can you think of a belief which for you is absolutely true? Like, for example, the belief that the sun is going to rise from the east tomorrow. As you think about that belief, do you have a picture?" (Elicit the sub-modalities of absolutely true belief).

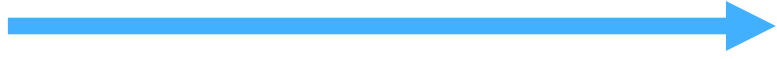
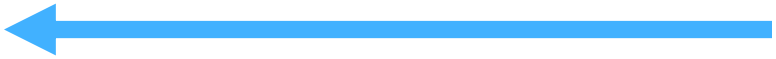
6. Can you think of a belief that you want to have, which is the opposite of the limiting belief? Good, what is it? As you think about that belief, do you have a picture? (Elicit the sub-modalities of the new belief)

7. Change the sub-modalities of the new belief to the sub-modalities of the belief that is absolutely true (making the belief you want true).

8. TEST: Now, what do you believe? What is your new belief?

BELIEF CHANGE SUB-MODALITIES

	Limiting or unwanted belief	Belief no longer true	Belief absolutely true	Desired new belief
V				
A				
K				



PRACTICE BREAKOUT ROOM

BELIEF CHANGE EXERCISE

1. Pairs.
2. Identify the sub-modalities of the limiting belief and then the belief that is no longer true. Make the limiting belief not true.
3. Test.
4. Identify the sub-modalities of the true belief and then the desired belief. Make the new belief true.
5. Test.
6. Switch.

SUMMARY

1. Pain relief
2. Advanced sub-modalities
3. Cravings (Like to dislike)
4. Sub-modality belief change
5. Next steps

NEXT STEPS

1. Personal development log, <https://portal.vitalitylivingcollege.info/trainingprogram/breakthrough-coaching/506/1>.

BREAKTHROUGH COACHING & NLP DIPLOMA



BREAKTHROUGH COACHING & NLP DIPLOMA



SUMMARY

1. Pain relief
2. Advanced sub-modalities
3. Cravings (Like to dislike)
4. Sub-modality belief change
5. Next steps

NEXT STEPS

1. Personal development

log, <https://portal.vitalitylivingcollege.info/trainingprogram/breakthrough-coaching/506/1>.

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**BELIEVE
IN
YOURSEL
F**

CONTENTS

1. Sub-modality belief change
2. Parts Integration
3. Next steps



SUB-MODALITY BELIEF CHANGE

DISTINCTIONS

1. The limiting belief has to be clear: I am not good enough.
2. There has to be a fact based untrue belief either with:
 - A neutral feeling: I am 10 ft tall.
 - Or belief that was true but no longer true: I am 10 years old.
3. The true belief has to be fact based with a neutral or good feeling:
 - I was born in Singapore, I am 50 years old.
 - It can also be generic, for example The sun rises in the east daily.
4. The desired belief has to be positively framed: I am good enough.
5. Pre-frame that you will work at pace and for them to give the immediate answer that comes to mind.

DISTINCTIONS

6. You have to work at pace, with no acknowledgements after each response.
7. Have to be able to note it down at the same time as they respond (print out the paper, have a note book or type in WhatsApp).
8. Only change the sub-modalities that are different.
9. For cravings it needs to be a similar food. For example, mutton curry and jackfruit will not work, but you need jackfruit curry.
10. In the sequence of a session with a client this will not be a stand alone but as part of the 7 steps as there can also be secondary gain.

BELIEF CHANGE

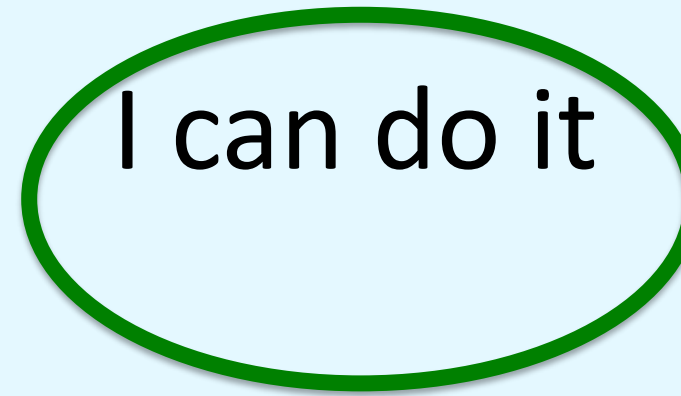
I cannot
do it



Make it
untrue



I can do it



Make it
true



BELIEF CHANGE SCRIPT PART 1

1. Can you think of a **limiting or unwanted belief** about yourself that you wish you did not have? As you think about that belief, do you have an image or a picture? (Elicit the sub-modalities of limiting belief).
2. Can you think of a belief which is not true **or no longer true, has a neutral feeling** and phrase the belief as a positive statement. (Elicit the sub-modalities of the untrue belief. For best results, the location should be different).
3. Change the **sub-modalities of the limiting belief to the sub-modalities of the belief that is not true or no longer true** by using the words, “Bring the image of the limiting belief up and make it XXX (using the sub-modality of the not true or no longer true belief).” (Make the limiting belief untrue).
4. **TEST: Now, what do you think about that old belief?**

BELIEF CHANGE SCRIPT PART 2

5. Can you think of a belief which for you is absolutely true? As you think about that belief, do you have an image or a picture? (Elicit the sub-modalities of the absolutely true belief).

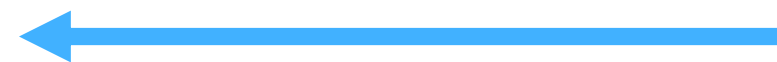
6. Can you think of a belief that you want to have, which is the opposite of the limiting belief (known as desired belief)? As you think about that belief, do you have an image or a picture? (Elicit the sub-modalities of the desired belief)

7. Change the sub-modalities of the desired belief to the sub-modalities of the belief that is absolutely true, by using the words, “Bring the image of the desired belief up and make it XXX (using the sub-modality of the true belief).” (making the belief you want true).

8. TEST: Now, what do you believe? How do you feel?

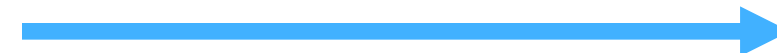
BELIEF CHANGE SUB-MODALITIES

	Limiting or unwanted belief (1)	A not true belief / Belief that is no longer true (2)	Belief that's absolutely true (3)	Desired new belief (4)
V				
A				
K				



BELIEF CHANGE SUB-MODALITIES

	Limiting Belief, I am not good enough	Belief that is no longer true (Fact based), I am 10 ft tall	Bring up the image limiting belief and say	Belief absolutely true,	Desired new belief	Bring up the image of the desired new belief and make it:
V	Black	White	Make it white	White	White	Say nothing
A	Ahhh	No sound	Make it no sound	Ho ho ho	Humming	Make it Ho Ho ho
K	Sad	Funny	Make it funny	No feeling	Happy	Make no feeling



PRACTICE BREAKOUT ROOM

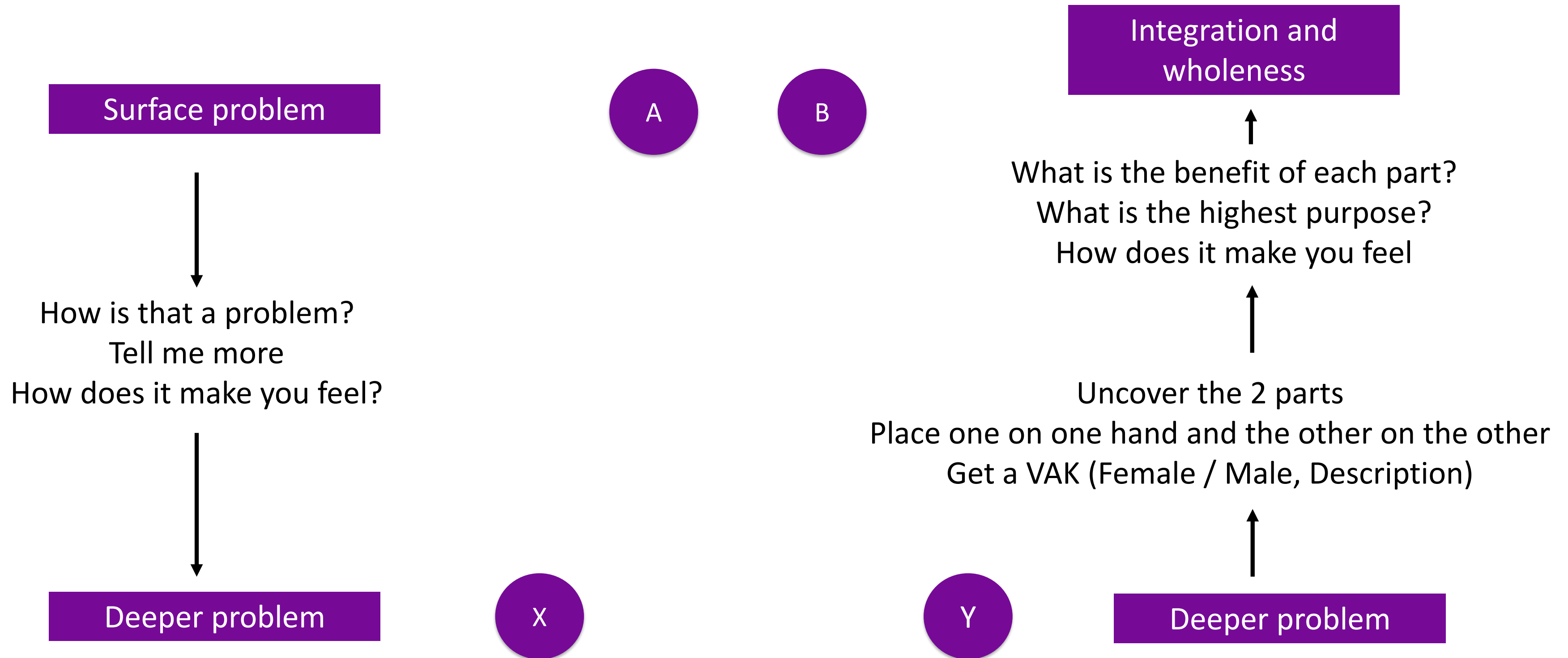
BELIEF CHANGE EXERCISE

1. Pairs.
2. Identify the sub-modalities of the limiting belief and then the belief that is not true or no longer true. Make the limiting belief not true.
3. Test.
4. Identify the sub-modalities of the true belief and then the desired belief. Make the new belief true.
5. Test.
6. Switch.



PARTS INTEGRATION

PARTS INTEGRATION



PARTS INTEGRATION

1. Identify the conflict and ask, “How is that a problem?” until you get to the root of the problem.
2. Then ask, “What is the higher purpose of the part?” You can even ask, “What is the benefit of one part?”, “What else?”, “What else?” and “What else?”
3. Then ask, “What is the higher purpose of the other part?” You can even ask, “What is the benefit of the other part?”, “What else?”, “What else?” and “What else?”
4. When you discover they have the same benefit in common you can allow the benefits of both parts to come together to create an integrated whole.

PRACTICE BREAKOUT ROOM

PARTS INTEGRATION EXERCISE

1. Pairs.
2. Identify the surface and deeper problem.
3. Identify the deeper belief and the opposite of it.
4. Uncover the benefit of the deeper problem.
5. Let the 2 parts come together.

TEAM ROOM

SHARING CIRCLE

1. Share your learnings as a giver and receiver.
2. Keep who you worked with and what you worked on as confidential.

PRESENT STATE – OLD MODEL OF THE WORLD

1. Understand and appreciate the current model of the world, issue and desired state.
2. What prevents the desired state and persists in the present state.
3. Soften or loosen the current model.
4. Change work to ignite the desired state.
5. Concretise and condition the desired state.
6. Ecology check, test and future pace.
7. Take massive action and celebrate.

DESIRED STATE – NEW MODEL OF THE WORLD

SUMMARY

1. Sub-modality belief change
2. Parts Integration
3. Next steps

NEXT STEPS

- 1. Grow:** Personal development log, <https://portal.vitalitylivingcollege.info/trainingprogram/breakthrough-coaching/506/1>.
- 2. Refresh:** Browse the manual, questions and answers and slides, <https://portal.vitalitylivingcollege.info/trainingprogram/breakthrough-coaching/502/1>.
- 3. Practice:** Ask for a buddy on the group and practice any skill you want.
- 4. Master:** Attend the optional Breakthrough coaching NLP on Wednesday 29th March 2023.

BREAKTHROUGH COACHING & NLP DIPLOMA



BREAKTHROUGH COACHING & NLP PRACTITIONER



SUMMARY

1. Sub-modality belief change
2. Parts Integration
3. Next steps

NEXT STEPS

1. **Grow:** Personal development log.
2. **Refresh:** Browse the manual, questions and answers and slides.
3. **Practice:** Ask for a buddy on the group and practice any skill you want.
4. **Master:** Attend the optional Breakthrough coaching NLP on Wednesday 29th March 2023.

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**ADVANCED
SKILLS:
UNDERSTANDING**

,

**PREVENTS &
SOETEN**

CONTENTS

1. Making the Meta Model work
2. Chunking
3. Milton Model
4. Hypnosis
5. Surprise!
6. Next steps

PRESENT STATE – OLD MODEL OF THE WORLD

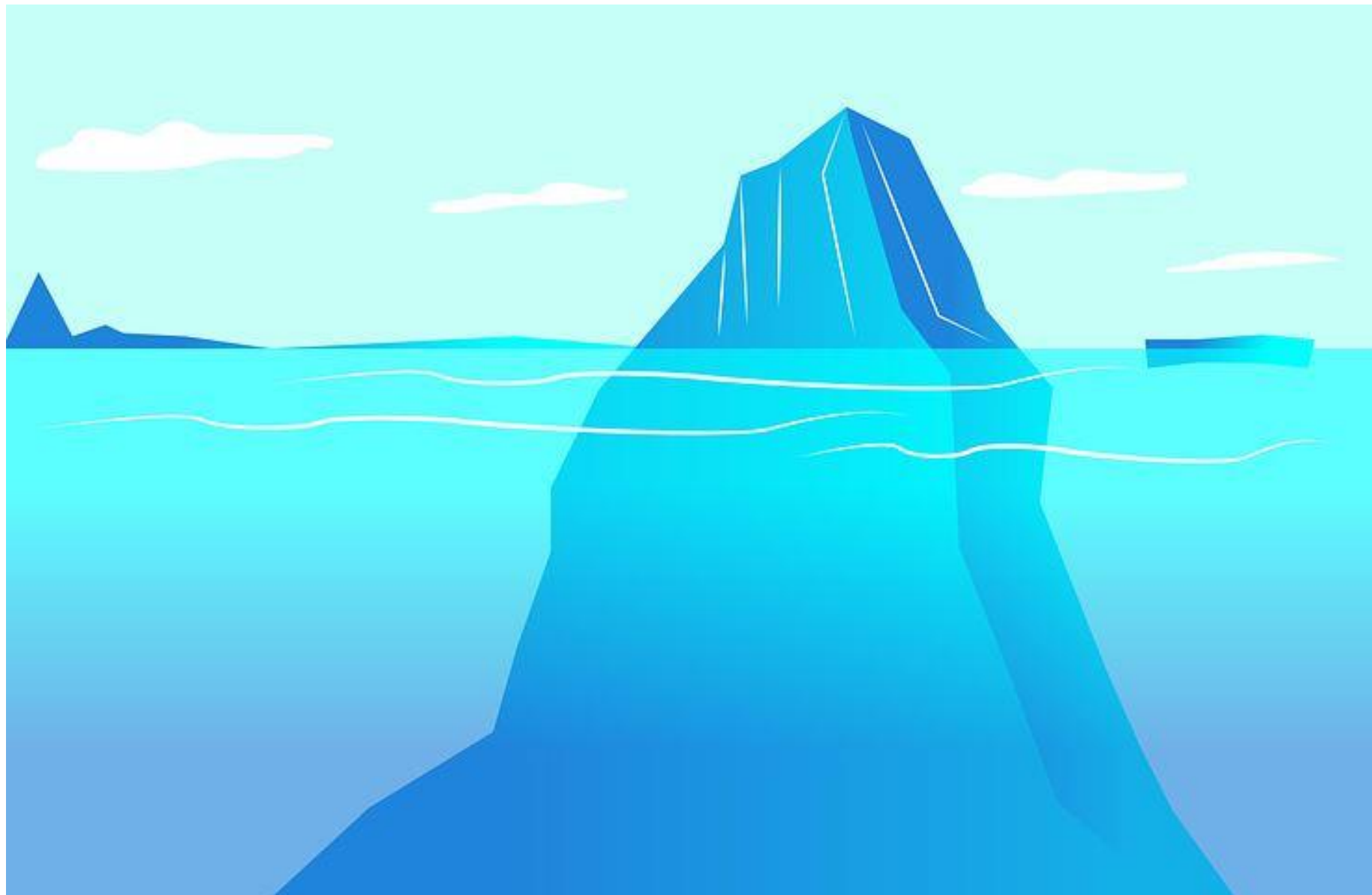
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- 2. What prevents the desired state and persists in the present state.**
- 3. Soften or loosen the current model.**
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DESIRED STATE – NEW MODEL OF THE WORLD



META MODEL

META MODEL



- Questions to uncover:
 - Deletions
 - Distortions
 - Generalisations
- Surface to deep structure
 - “The Chair was broken”.
“John broke the chair in 3 pieces with a hammer.”
 - Sensory Experience: VAK(OG).

META MODEL

Filters	Sub-categories	
Deletions	<ul style="list-style-type: none"> • Unspecified noun • Unspecified verbs • Missing information (Nominalisations) • Pronoun missing (Lack of referential index) • Simple deletion 	<ul style="list-style-type: none"> • What or Who specifically
Distortions	<ul style="list-style-type: none"> • One equals the other (Complex Equivalence) • Origin is missing (Lost Performative) • Mind reads • Action and reaction (Cause and Effect) • Assumption (Presuppositions) 	<ul style="list-style-type: none"> • How specifically?
Generalisations	<ul style="list-style-type: none"> • General words (Universal Quantifiers) • General actions (Modal operators of necessity) • Removes choice (Modal operators of possibility) 	<ul style="list-style-type: none"> • What would happen if? • What would not happen if?

META MODEL EXERCISE

- Person A shares a current issue (1 minute).
- Person B replies by asking:
 - How is that a problem?
 - Tell me more
- Person B & C writes everything down that Person A says.
- Person A takes a break while Person B & C identifies all the deletions, distortions and generalisations and prepares a response by saying the phrase a moment ago you said (3 minutes).
- Person A returns and Person B says “A moment ago you said..... And then asks the question to uncover or recover the deletion, distortion or generalisation (1 minutes).
- Person A responds with their non verbals.
- De-brief what worked and did not work (2 minutes).
- Switch

PRACTICE BREAKOUT ROOM

META MODEL EXERCISE

1. Three's
2. Decide who is going to be Person A, Person B and Person C.
3. Person A: Share a problem.
4. Person B: Asks the question, "How is this a problem?" and "Tell me more."
5. Person B & C: Writes everything down.
6. Person A: Takes a break.
7. Person B & C: Come up with the questions to ask.
8. Person A: Comes back.
9. Person B: A moment ago you said XXXX, ask the question.
10. 7 minutes each way.

MAKING THE META MODEL WORK: RAPPORT



- Use their words
 - A moment ago you shared ... tell me more..
- Ask questions in rapport
 - A moment ago you shared ... and I am curious to know
- The agreement frame
- The softening frame

THE AGREEMENT FRAME



- Replace “but” with “and”.
- “Yes, and”
- “I agree and”
- “I appreciate your thinking on this and”
- “I respect that you think that and”
- Avoid the phrase “I understand.”

THE AGREEMENT FRAME EXAMPLES

- Start by acknowledging the other person's point of view: "I can see where you're coming from..."
- Find areas of agreement: "We both agree that it's important to..."
- Use "and" instead of "but" to connect ideas: "I understand what you're saying, and I also think that..."
- Use positive language to express your own thoughts and feelings: "I appreciate your input, and I feel that we could also consider..."
- Use "what if" questions to encourage creative thinking: "What if we tried approaching this problem from a different angle?"

THE SOFTENING FRAME

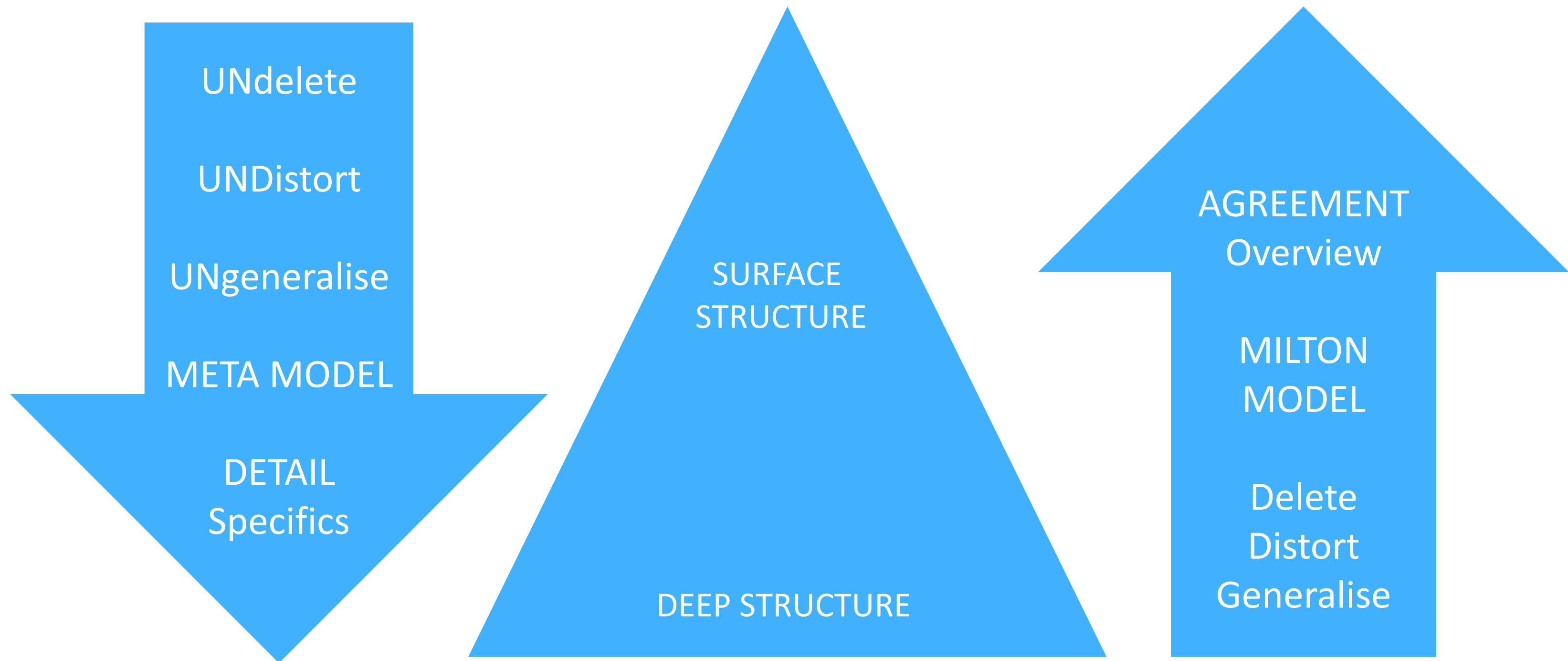


- I'm wondering
- That's interesting
- I'm curious
- I would love to learn more ...
- It feels ..
- It seems ..
- Might ...
- Perhaps
- May be ..

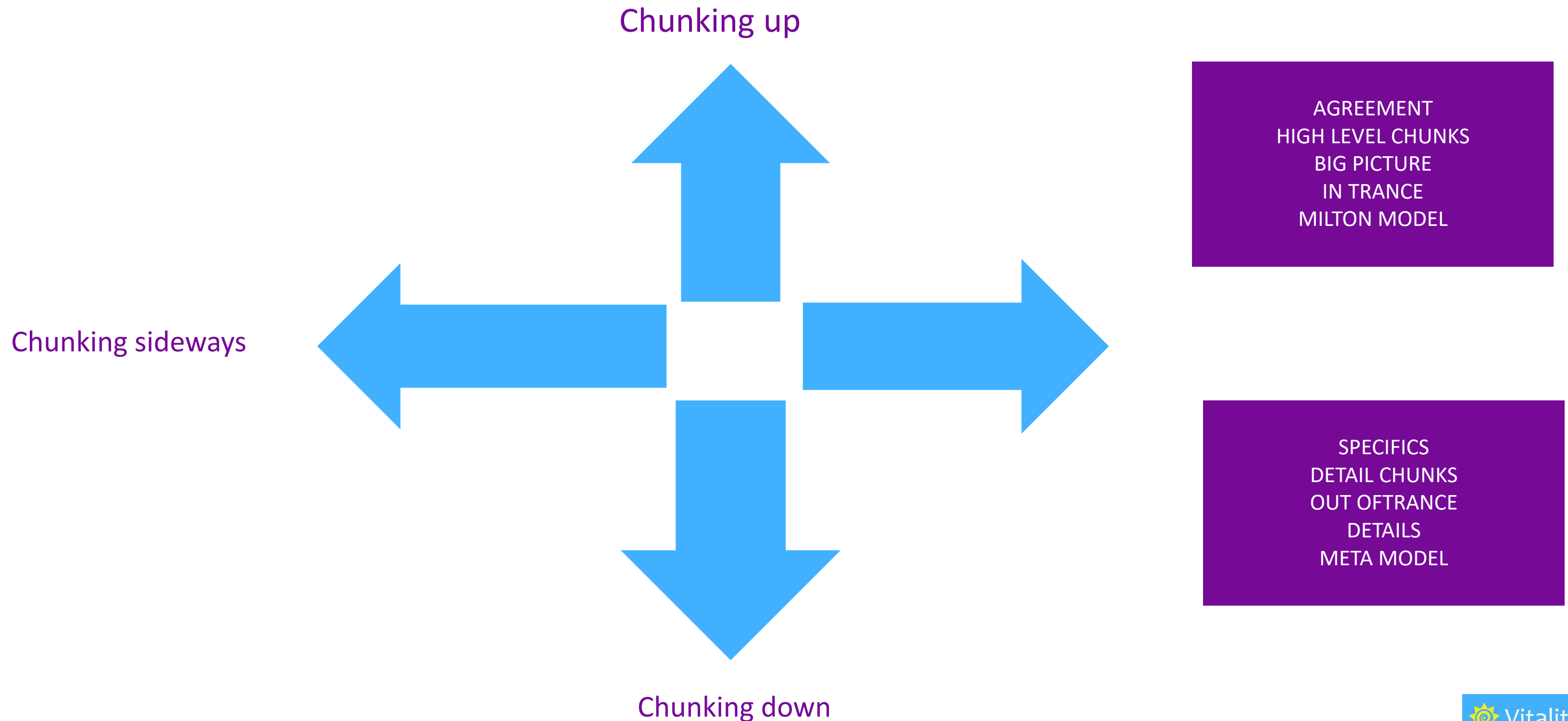
THE SOFTENING FRAME EXAMPLES

- Use "could" or "might" instead of "should" or "must".
 - For example, instead of saying "Why should you do that?" you could say "What could happen if you did that?" or "What might happen for the better if you did?"
- Use "wonder" instead of "why".
 - For example, instead of saying "Why did you do that?" you could say "I wonder what led you to do that?"
- Use "feels like" instead of making assumptions.
 - For example, instead of saying "You're angry", you could say "It feels like you might be feeling angry" or "It feels like I might have said something to make you feel angry"
- Use "perhaps" or "maybe" instead of making definitive statements.
 - For example, instead of saying "They are always irritated", you could say "May be they were irritated?"

META MODEL AND MILTON MODEL



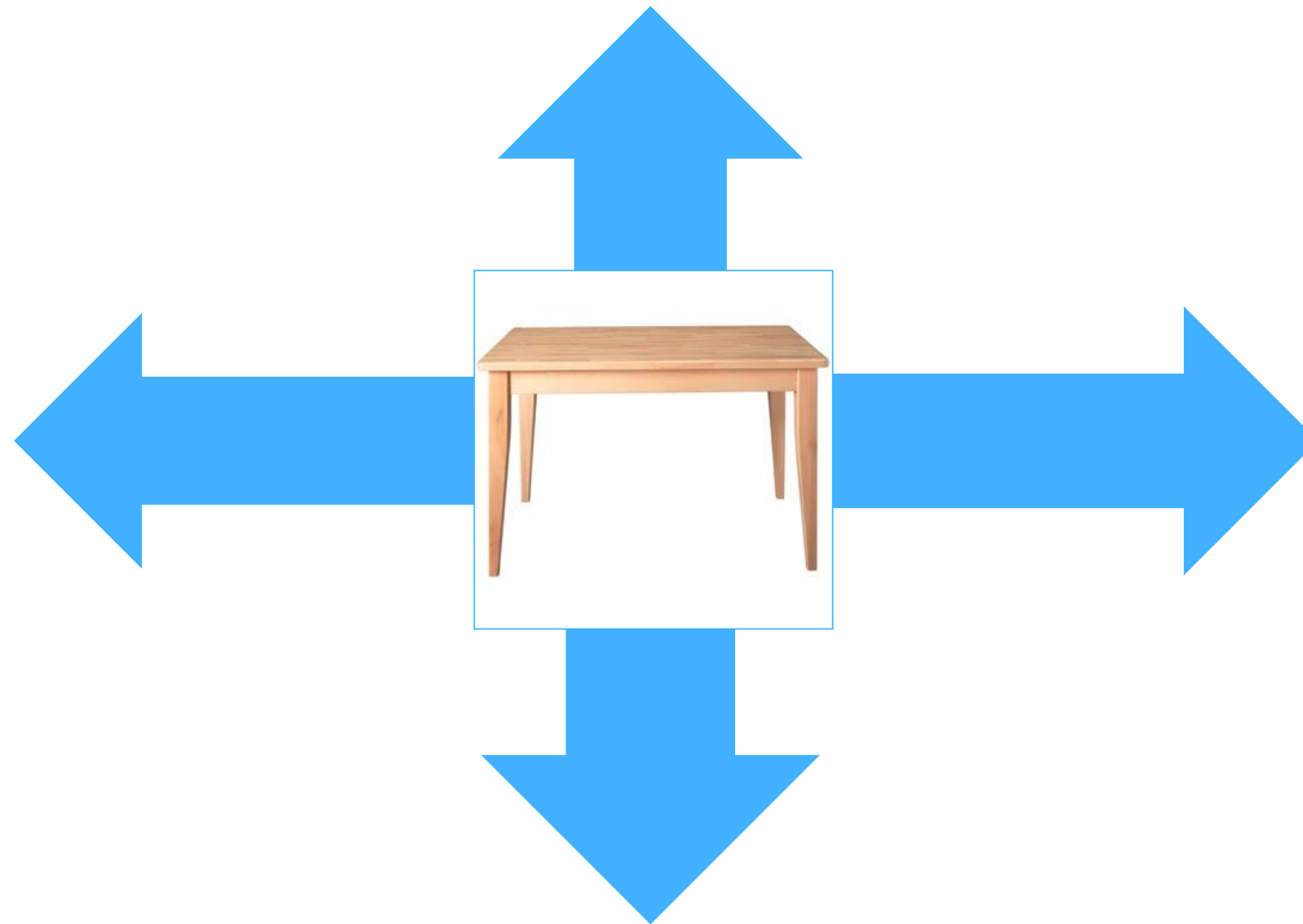
CHUNKING



CHUNKING

What is table, is an example of?

What are other examples of a table?



AGREEMENT
HIGH LEVEL CHUNKS
BIG PICTURE
IN TRANCE
MILTON MODEL

SPECIFICS
DETAIL CHUNKS
OUT OF TRANCE
DETAILS
META MODEL

What are the different parts of a table?

CHUNKING

FURNITURE

What is table, is an example of?

METAL, WOOD, COFFEE, WORK



What are other types of tables?

SCREWS, LEGS, TABLE TOP

What are the different parts of a table?

CHUNKING

UP

What is (THIS) an example of?

SIDEWAYS

What are other examples of THIS?

DOWN

What are the specific parts of THIS?

CHUNKING EXERICSE



- In team rooms
- The assist leader gives a topic to a team member, for example ocean
- The team members has to use words to either chunk up, down or sideways. For example:
 - Water bodies, is chunk up.
 - Atlantic ocean, or choppy ocean is chunk sideways.
 - Water, salt, waves, seaweed is chunk downwards.
- Team members have to guess if they are chunking up, down, or sideways.

PRACTICE TEAM ROOM

CHUNKING EXERCISE

1. Team rooms
2. Take turns proving a word
3. Take turns giving the chunking up, down or sideways symbol
4. Take turns proving answers
5. 10 minutes

HYPNOSIS



HISTORY OF HYPNOSIS



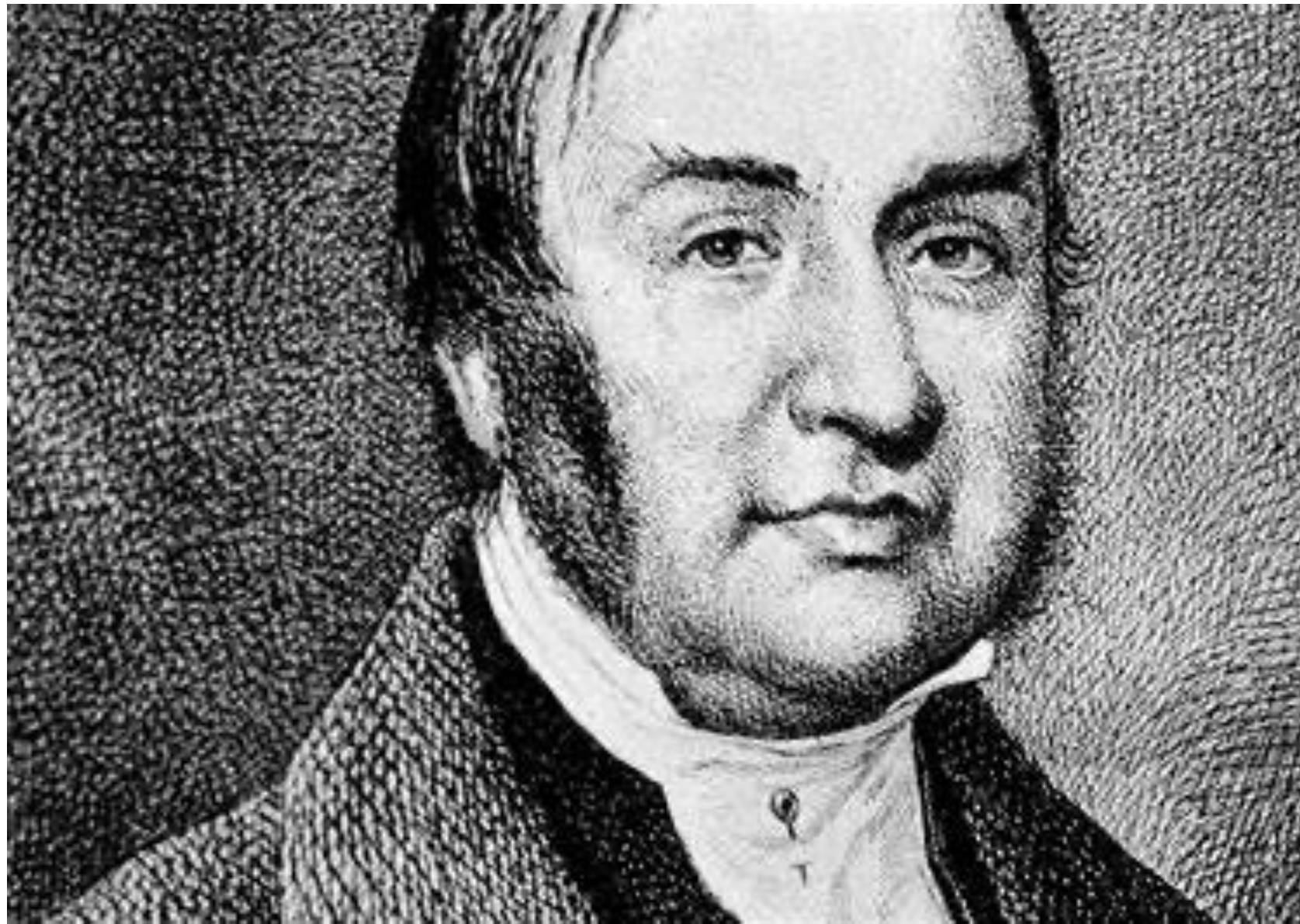
- Ancient civilisation: Hypnosis-like practices have been used by various cultures throughout history.
- For example, the ancient Egyptians and Greeks used sleep temples and dream incubation to induce altered states of consciousness for healing and divination.

HISTORY OF HYPNOSIS



- 18th century: Austrian physician Franz Mesmer, who believed that he could cure illness through a process he called "animal magnetism."
- Mesmer's techniques involved the use of magnets and other props to induce a trance-like state in his patients

HISTORY OF HYPNOSIS



- 19th century: Scottish surgeon James Braid coined the term "hypnosis" and developed a more scientific approach to the practice.
- Braid believed that hypnosis was a state of heightened suggestibility that could be induced through verbal suggestion and eye fixation.

HISTORY OF HYPNOSIS



- 20th century: Hypnosis was used primarily as a form of entertainment.
- During World War II, hypnosis was used by military doctors to treat soldiers with PTSD and other trauma-related conditions.
- In the 1950s and 1960s, hypnosis gained popularity as a tool for personal growth and self-improvement, with the rise of the human potential movement.

HISTORY OF HYPNOSIS



- Modern era: Today, hypnosis is widely used as a complementary therapy for a variety of conditions, including anxiety, pain management, smoking cessation, and weight loss.
- The practice has been supported by a growing body of scientific research, which has shed light on the neural mechanisms underlying hypnosis and its potential therapeutic benefits.

DIFFERENT TYPES OF HYPNOSIS



- Traditional
- Ericksonian
- Neuro-linguistic programming
- Self hypnosis
- Rapid hypnosis
- Regression hypnosis

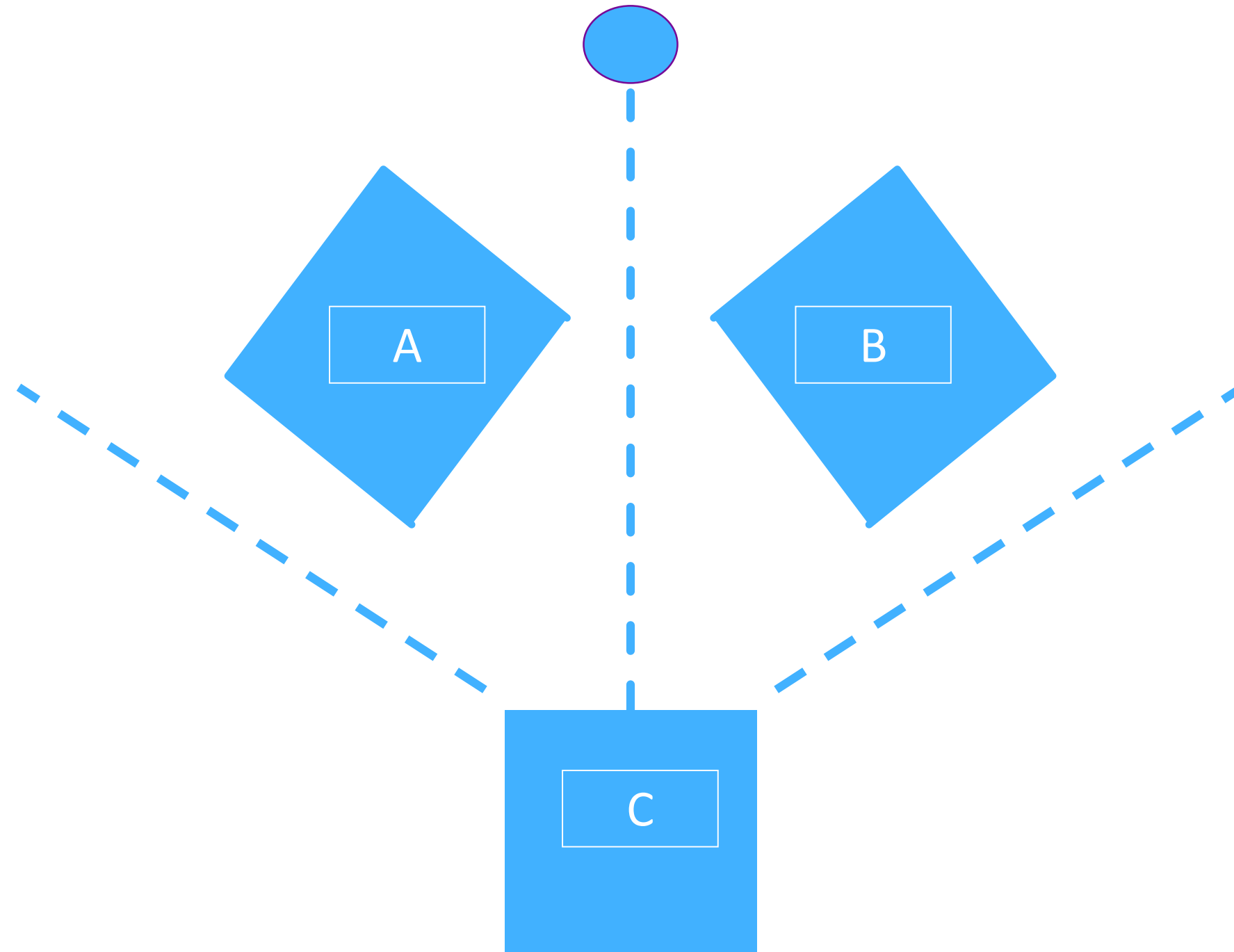
No one can
hypnotise you!

Rapport between the
conscious and the
unconscious mind.

3 THINGS TO REMEMBER

1. Wear purple
2. Deep gravelly voice
3. That's right

THAT'S RIGHT!



PRACTICE BREAKOUT ROOM

THAT'S RIGHT EXERCISE

1. Pairs
2. One person notices the shoulders moving up and down and matches their own breathing.
3. Then says the words, "That's right!"
4. Before you know your partner will be in trance.

MILTON MODEL



THE MILTON MODEL

1. Vague language: Using words like perhaps or may be.
2. Conversational pacing: Matching the language patterns.
3. Embedded commands: As you relax deeper and deeper.
4. Metaphors: Using stories of metaphors, for example imagine a butterfly emerging from the cocoon.
5. Double binds: Offering 2 choices, for example would you like to feel calm now or later.
6. Hypnotic language patterns
 - Repetition: Deeper and deeper.
 - Pacing and leading: Starting with what they agree with and then leading, for example, "you already know how good it feels to be relaxed, and as you continue to breathe deeply, you can feel even more comfortable."
 - Presuppositions: A phrase that assumes something is true.
7. Analog marking: Pauses, changes in tone, suddenly fast or slow.
8. Truism: Making statement that are true, for example, Everyone wants to be happy.

HYPNOSIS MANUAL



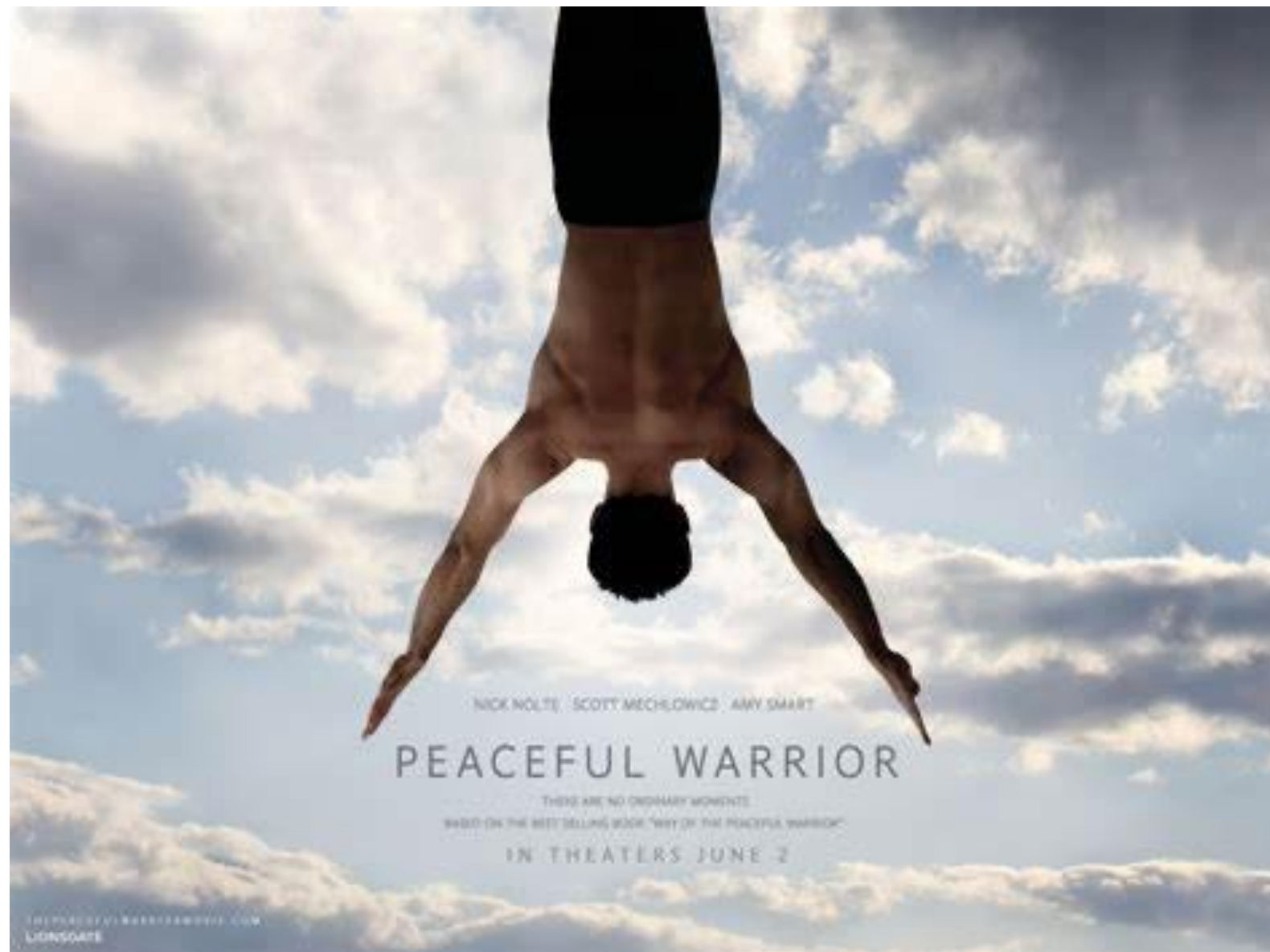
THE COMPLETE GUIDE TO

BREAKTHROUGH COACHING HYPNOSIS

Rangana Rupavi Choudhuri (PhD)



MOVIE EXERCISE



- BENDWIMP
- Meta model questions
- Milton model language
- Presuppositions
- Which scenes are related to which processes?

SUMMARY

1. Making the Meta Model work
2. Chunking
3. Hypnosis
4. Milton Model
5. Movie exercise
6. Next steps

NEXT STEPS

1. Personal development log.
2. Milton Model: Browse the worksheet on the Milton Model language patterns.
3. Browse the Hypnosis manual.

BREAKTHROUGH COACHING & NLP PRACTITIONER



BREAKTHROUGH COACHING & NLP PRACTITIONER



SUMMARY

1. Making the Meta Model work
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1. Personal development log.
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3. Browse: The Hypnosis manual.

MILTON MODEL LANGUAGE PATTERNS

MILTON MODEL LANGUAGE PATTERNS SUMMARY

Below you will find the summary of the different language patterns:

Pacing Current Experience	Describe client's verifiable, external experience undeniably.	"You are sitting here, listening to me..."
Linkage Words	Words that make connections.	"And..." (So, as, while, and, since, during, after, etc.)
Mind Reading	Claiming to know the thoughts or feelings of another without specifying how you know	"I know that you are wondering..."
Lost Performative	Value judgements where the person making the judgement is deleted	"And it's a good thing to wonder..."
Cause & Effect	Implying that one thing causes another. (If...then, because, makes, etc.)	"Because if you're wondering, then..."

MILTON EXERCISE

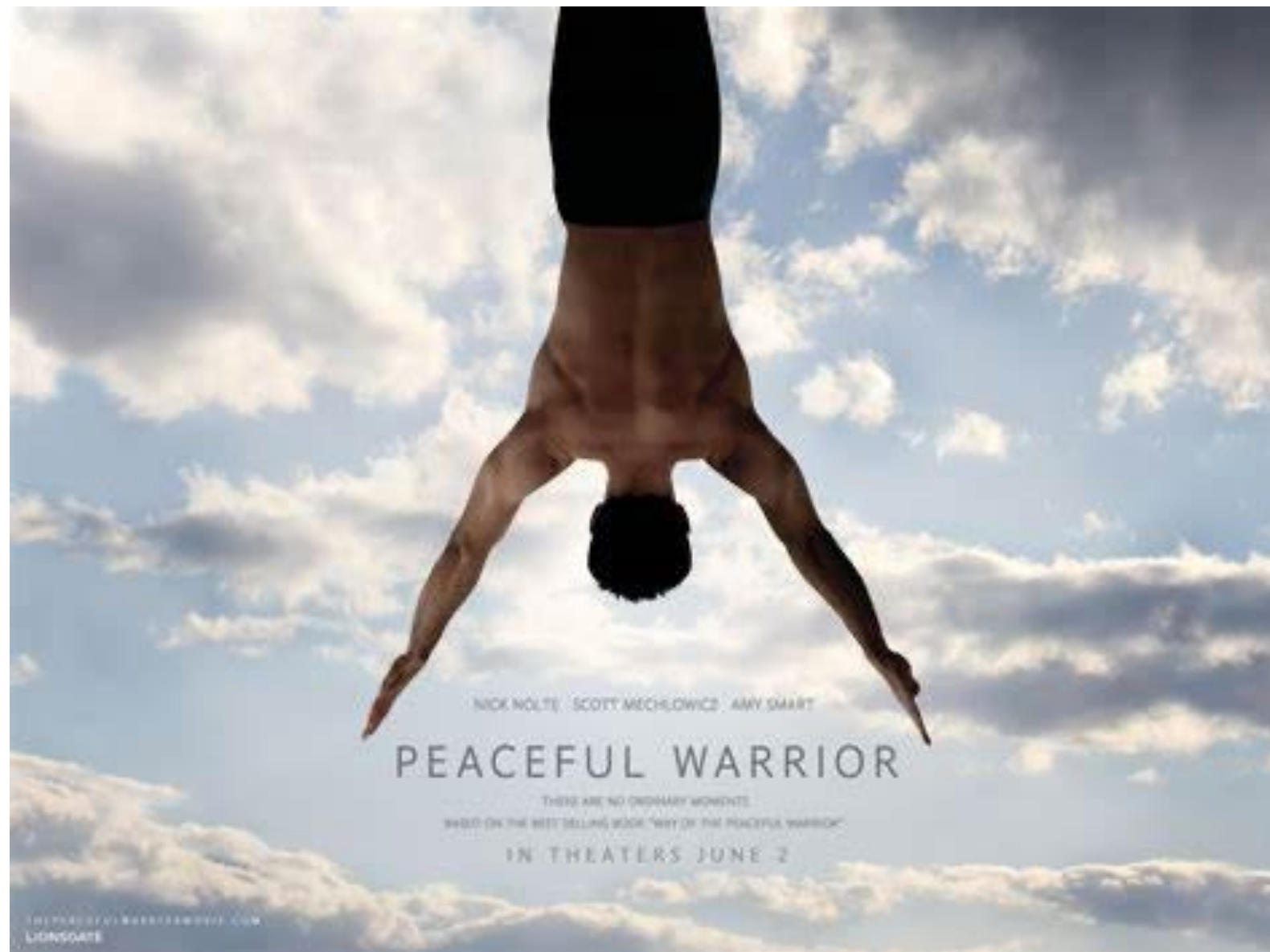
“You are sitting here, listening to me...and I know that you are wondering...and it’s a good thing to wonder...because if you’re wondering...then that means...that you are about to learn something new...and everything, every single thing that you can learn...will provide you with new insights...and with new understandings...and you can learn...can’t you? One can learn, you know...and it’s better to do that...because you might want to learn something quickly...or slowly...or even right now...do you know how to relax deeply? John Grinder says that Milton Erickson liked to tell stories...and his favourite story was about a tense tomato plant...and as long as you’re here...you might as well hear the story too. John went to see Milton and Betty. They were visiting relatives. When Milton told this story, he was speaking to you as a child...and he would look at his watch how quickly the tomato plant can relax...”

PRACTICE MAIN ROOM

MILTON MODEL EXERCISE

1. Notice the language patterns in the paragraph.
2. Read it out loud in a low gravelly voice.
3. That's right.

MOVIE EXERCISE



- BENDWIMP
- Meta model questions
- Milton model language
- Presuppositions
- Which scenes are related to which processes?

PRACTICE BREAKOUT ROOM

MOVIE POSTER DATES

1. Pairs or Three's
2. Share how the movie connected to the different posters from Breakthrough NLP (Poster WhatsApp Group).
3. 8 minutes total

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**HYPNOSIS,
METAPROGRAMS
& STRATEGIES**

CONTENTS

1. Hypnosis
2. Metaprograms
3. Strategy
4. Next steps

WHAT IS CLINICAL EVIDENCE FOR HYPNOSIS?



- Chronic pain
- Anxiety and depression
- Addiction
- Weight loss
- Irritable bowel syndrome

CHRONIC PAIN



- Back pain
- Fibromyalgia
- Arthritis

18 randomised controlled trials found that hypnosis was more effective in reducing pain intensity and improving physical functioning.

ANXIETY AND DEPRESSION



- Generalised Anxiety Disorder (GAD)
- Post Traumatic Stress Disorder (PTSD)
- Major depressive disorder

A meta-analysis of 18 studies found that hypnosis was more effective in reducing the symptoms of anxiety and depression.

ADDICTIONS



- Smoking
- Alcohol
- Cocaine

A meta-analysis of 59 studies found that hypnosis was a more effective smoking cessation tool than nicotine replacement therapy or behavioural counselling alone.

WEIGHT LOSS



- Binge eating
- Emotional eating

A meta-analysis of 6 studies found that hypnosis was effective in reducing body weight, with an average weight loss of 6 pounds (2.75 kg) over the course of treatment.

IRRITABLE BOWEL SYNDROME (IBS)



- Symptom severity
- Quality of life
- Psychological distress

A review of 28 studies found that hypnosis was effective for reducing symptoms of IBS, including abdominal pain and bloating.

THE STEPS OF HYPNOSIS

1. Preparation
2. Induction
3. Deepening
4. Suggestion therapy
5. Future pacing
6. Awakening



PREPARATION POINTS



- Don't expect to be hypnotised
- Expect to feel relaxed
- You are in control
- Be in a comfortable position
- Hypnosis is about learning how to go into trance

INDUCTION



1. Breathing
2. Progressive relaxation
3. Guided imagery
4. Eye fixation
5. Eyes closure
6. Rapid induction

BREATHING INDUCTION

1. Deep breathing
2. Diaphragmatic breathing
3. Breathe counting
 - 6 count breathing
 - 6 – 9 count
 - Square breathing
 - Box breathing
 - 4-7-8

THAT'S RIGHT!



A



B

PRACTICE BREAKOUT ROOM

BREATHING INDUCTION EXERCISES

1. Pairs
2. 2 minutes each way

PROGRESSIVE RELAXATION TECHNIQUES



1. Jacobson's Progressive Relaxation: Tense and release.
2. Autogenic Relaxation: Experiencing warmth, heaviness, and relaxation.
3. Body Scan: Head to toe and scan and focusing on each body part.
4. Applied Tension: Tense, hold and then release.
5. Mindfulness-based stress reduction: Increase awareness and acceptance of sensations, thoughts and emotions.

PROGRESSIVE RELAXATION EXPERIENCES



1. Relaxing each body part
2. Tighten and relax each body part
3. Progressive relaxation script
4. Healing colour and / or chemical
5. Healing light

RELAXING EACH BODY PART



- Relaxing the toes, allowing the toes to relax
- Relaxing the feet, allowing the feet to relax
- Moving progressively up each body part
- Relaxing the whole body now.
- Relaxing the head, allowing the head to relax now.
- Move progressively down the body.
- You will find you will be able to open your eyes now, as all parts of your body are relaxed.

PRACTICE BREAKOUT ROOM

RELAXING EACH BODY PART EXERCISE

1. Pairs
2. 2 minutes each way

TIGHTEN AND RELEASE EACH BODY PART



1. Tighten the toes
2. Release the toes
3. That's right
4. Keep moving through each body part
5. When it feels complete you will find you will be able to open your eyes now.

PRACTICE BREAKOUT ROOM

TIGHTEN AND RELEASE EXERCISE

1. Pairs
2. 3 minutes each way

PROGRESSIVE RELAXATION SCRIPT

1.3 The Progressive Relaxation Longer Method Script

Here is the longer method script for Progressive Relaxation:

Begin by finding a comfortable position, either sitting or lying down.

Close your eyes and take a deep breath in, then exhale slowly.

PRACTICE BREAKOUT ROOM

PROGRESSIVE RELAXATION EXERCISE

1. Pairs
2. 2 minutes each way

HEALING COLOUR OR CHEMICAL



1. Relaxing each body part.
2. Imagine a healing colour or chemical entering the whole body.
3. You will find you will only be able to open your eyes when all parts of you are fully integrated ready to carry on the healing process on its own.

PRACTICE BREAKOUT ROOM

HEALING COLOUR / CHEMICAL EXERCISE

1. Pairs
2. 3 minutes each way

HEALING LIGHT

5.2 Healing Light Script

Here is the script for Healing:

Find a comfortable position, either sitting or lying down, and close your eyes. Take a deep breath in, and as you exhale, imagine any stress or tension leaving your body.

Now, imagine a warm, comforting light at the centre of your being. This light represents your inner strength and healing power. Visualise this light growing brighter and stronger with each breath, filling your body with healing energy.

Focus your attention on any areas of your body where you may be feeling pain or discomfort. Imagine the healing light flowing to these areas, washing away any pain or discomfort. Feel the warmth and energy of the healing light as it fills your body.

PRACTICE BREAKOUT ROOM

HEALING LIGHT EXERCISE

1. Pairs
2. 2 minutes each way

GUIDED IMAGERY STEPS

1. Begin by asking the person to get into a comfortable position, either sitting or lying down.
2. Tell them to close their eyes and take a deep breath in, then exhale slowly.
3. Next, ask them to focus on their breathing and imagine a wave of relaxation washing over their body with each breath.
4. Use some conversational pacing by saying something like "you might feel your body becoming heavier and more relaxed with each breath you take."
5. Start to introduce some embedded commands by saying "as you relax deeper and deeper, you may find yourself feeling more and more comfortable and at ease."
6. Use a metaphor to deepen the relaxation by saying "imagine yourself floating on a cloud, feeling weightless and free."
7. Continue to use pacing and leading by saying "you may find yourself drifting off into a deep and peaceful state of relaxation."
8. Finally, use a double bind by saying "you can choose to either drift off into a deep sleep, or you can choose to stay in this state of relaxation, feeling refreshed and energised when you awaken."

GUIDED IMAGERY SCRIPT

- Before we begin, find a comfortable position where you can relax and let go. You might choose to sit or lie down, whatever feels best for you. Close your eyes and take a deep breath in, then exhale slowly. Feel your body starting to relax, and imagine a wave of relaxation washing over you with each breath.
- As you breathe deeply, you may notice your body becoming heavier and more relaxed. You may also notice your mind starting to slow down, becoming calm and peaceful. Allow yourself to sink deeper into this state of relaxation, feeling more and more comfortable and at ease.
- As you relax deeper and deeper, you can imagine yourself floating on a soft and fluffy cloud, feeling weightless and free. The cloud is gently carrying you to a place of deep relaxation and inner peace.
- As you continue to breathe deeply, you may find yourself drifting off into a deep and peaceful state of relaxation. You may even begin to notice a feeling of warmth and comfort spreading throughout your body, easing away any tension or discomfort.
- Now, you have a choice. You can choose to either drift off into a deep sleep, feeling completely safe and at ease, or you can choose to stay in this state of relaxation, feeling refreshed and energized when you awaken.
- Take a moment to make that choice now. Whichever you choose, know that you are safe, comfortable, and in complete control. When you are ready, you can awaken feeling renewed and refreshed, ready to face the rest of your day with a sense of calm and confidence.

PRACTICE BREAKOUT ROOM

GUIDED IMAGERY EXERCISE

1. Pairs
2. 2 minutes each way

EYE FIXATION & EYES CLOSED

3.1 Ericksonian Induction Script I

Here is script 1 for the Ericksonian Induction:

- A. Have you ever been in a trance before...right now?
- B. If yes, process to step 3. If no, then ask, “What is the relationship between the state you are in right now, and the state you were in just before you woke up this morning?”

ARM LEVITATION

3.2 Ericksonian Induction Script II (With Arm Levitation)

Here is script 2 for the Ericksonian Induction:

- A. Have you ever been in a trance before...right now? **Breathe out.**
- B. If yes, process to step 3. If no then ask, “What is the relationship between the state you are in right now, and the state you were in just before you woke up this morning?”
- C. Did you experience that state as being similar to the waking state, or different from the waking state?
- D. **Breathe in.** You can feel comfortable resting your hands gently on your thighs, can you not? (You can even demonstrate). That’s right, don’t let them touch each other.

PRACTICE BREAKOUT ROOM

ERICKSONIAN INDUCTION I AND II

1. Pairs
2. Ericksonian Induction 1
3. 5 minutes each way
4. Ericksonian Induction II
5. 10 minutes each way
6. 30 minutes total

THE STEPS OF HYPNOSIS

1. Preparation
2. Induction
3. Deepening
4. Suggestion therapy
5. Future pacing
6. Awakening



DEEPENING



1. Direct
 - With every breathe you take
2. Indirect
 - Walking down a set up steps
 - Number block
3. Repeated induction
 - Fractionation
4. Embedded metaphors

TOMATO METAPHOR



1. Confidence
2. Weight loss

FAIRY TALE METAPHOR



1. Relationships
2. Self esteem

SUGGESTION THERAPY



1. Positive affirmations
2. Direct suggestions
3. Indirect suggestions
4. Post-hypnotic suggestion
5. Visualisation

AWAKENING



1. Counting
2. Finger snap
3. Eyes open
4. Name calling
5. Suggesting movement

SELF HYPNOSIS SCRIPT

7.2 Self-Hypnosis Script

Here is the Self-Hypnosis script:

Find a quiet and comfortable place where you won't be disturbed. Sit down or lie down in a comfortable position, and close your eyes. Take a deep breath in, hold it for a few seconds, and then exhale slowly. As you continue to breathe deeply and evenly, begin to focus on your body.

Starting with your toes, imagine that each body part is becoming more

DIFFERENT TYPES OF HYPNOSIS



- Traditional
- Ericksonian
- Neuro-linguistic programming
- Self hypnosis
- Rapid hypnosis
- Regression hypnosis

PRESENT STATE – OLD MODEL OF THE WORLD

1. Understand and appreciate the current model of the world, issue and desired state.
2. What prevents the desired state and persists in the present state.
3. Soften or loosen the current model.
4. Change work to ignite the desired state.
5. Concretise and condition the desired state.
6. Ecology check, test and future pace.
7. Take massive action and celebrate.

DESIRED STATE – NEW MODEL OF THE WORLD



METAPROGRAMS

METAPROGRAMS

- Towards - Away From
- Internal - External
- Options - Procedures
- Sameness - Difference
- Decision Making - Using the Senses
- General - Specific
- Proactive - Reactive

METAPROGRAM EXERCISE

Actions within my control that I want to carry out	Deadline I want to set
What do you want in your (work)?	Answer (Criteria)
Why is (criteria) important (ask up to 3 times)?	Direction Away From Towards
How do you know you have done a good job at...?	Source Internal External
Why did you choose (your current work)?	Reason Options Procedures
What is the relationship between (your work this year and last year)?	Decisions Factors Sameness Difference

METAPROGRAM EXERCISE

How do you know that someone else (an equal of yours) is good at their (work)?	Convincer See Hear Do
How many times do you have to (see/hear/do) that to be convinced they are good?	No TimesNo ExamplesAutomaticPeriod of Time
If we were going to do a project together, would you want to know all the details first or the big picture first? Would you really need to know the (ask opposite) big picture/details?	Scope General..... Specific (Global).. (Detail)
When you come into a situation, do you normally act quickly after sizing it up, or do you do a detailed study of all the consequences and then act?	Level Proactive..... Reactive

PRACTICE MAIN ROOM

METAPROGRAMS EXERCISE

1. Answer the questions

MYERS BRIGGS (MBTI)



- Extraversion versus Intraversion
- Intuitive versus Sensing
- Thinking versus Feeling
- Perceiving versus Judging



PRACTICE BREAKOUT ROOM

METAPROGRAMS

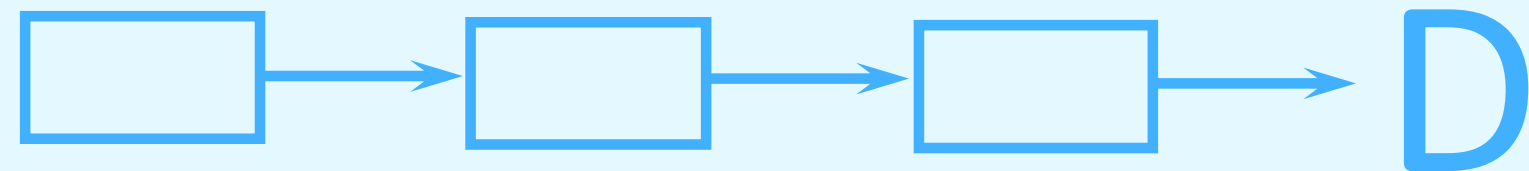
1. Pairs
2. What are Metaprograms and which ones you relate to and not.



STRATEGY

STRATEGIES

The order and sequence of the internal and external representations that produce a specific result.



You could design the greatest strategy, but if you don't get the trigger, the strategy won't ever get set off!

STRATEGIES



EXAMPLES OF STRATEGIES

- Love
 - Hate
 - Learning
 - Forgetting
 - Parenting
 - Sports
 - Communication
 - Sales
 -and, actually, everything else we do.
- | | |
|------------|------------|
| Decision | Relaxation |
| Motivation | Tension |
| Happiness | Fun |
| Boredom | Romance |
| Eating | Marketing |
| Health | Wealth |
| Disease | Depression |
| Creativity | Poverty |

GENERAL BUYING STRATEGIES



- Motivation
- Decision
- Convincer
- Reassurance

DIFFERENT BUYING STRATEGIES

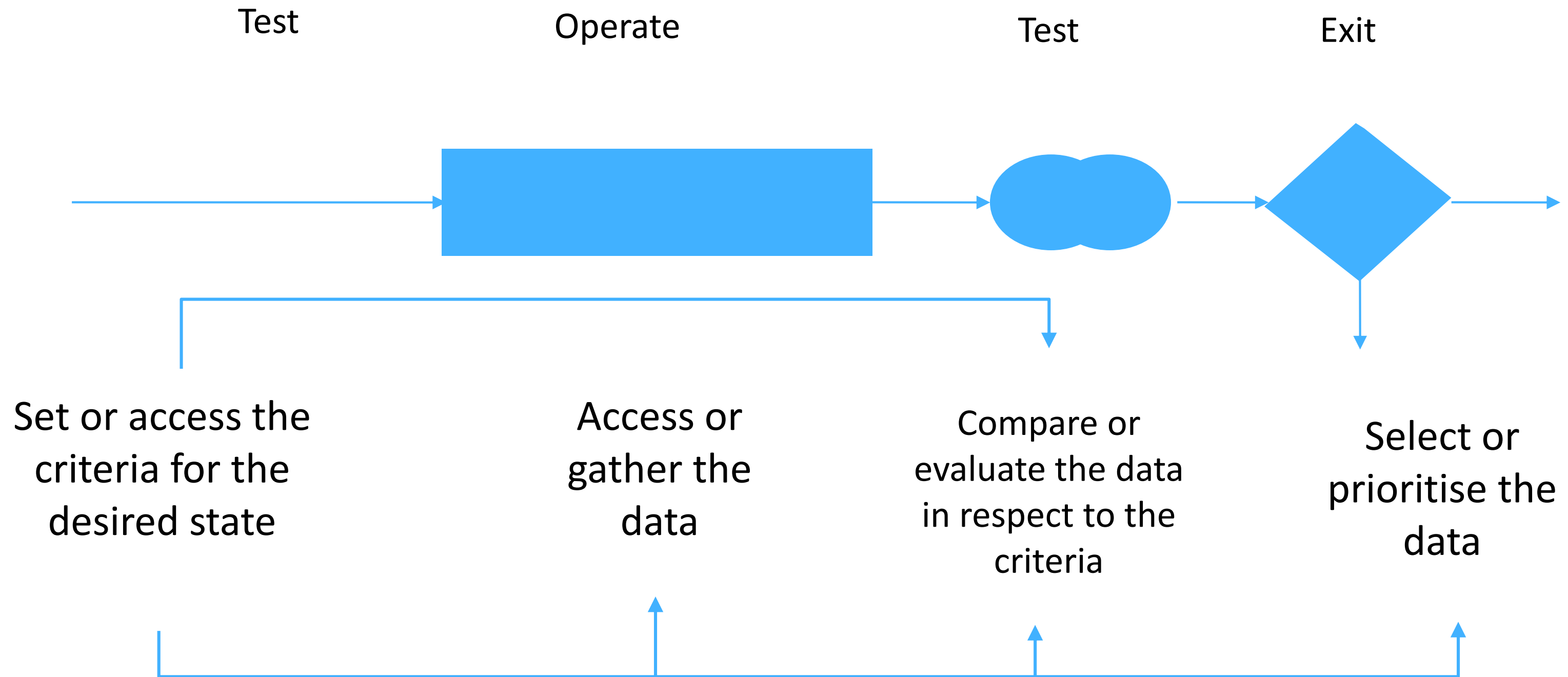


LOVE STRATEGIES



- Attraction
- Recognising Attraction
- Deep Love

TOTE MODEL



STRATEGY ELICITATION SCRIPT

- Can you recall a time when you were totally X'd?
- Can you recall a specific time?
- As you go back to that time now, what was the very first thing that caused you to be totally X'd?
 - Was it something you saw (or the way someone looked at you)?, Was it something you heard (or someone's tone of voice)?, or
 - Was it the touch of someone or something?
- After you (saw, heard, felt) that, what was the very next thing that happened as you were totally X'd?
 - Did you picture something in your mind?
 - Say something to yourself, or
 - Have a certain feeling or emotion?
- What was the next thing that happened as you were totally X'd.
- After you (list previous), did you know that you totally X'd, or...

PRACTICE TEAM ROOMS

STRATEGY ELICITATION

1. Practice one by one
2. 10 minutes

SUMMARY

1. Hypnosis
2. Metaprograms
3. Strategy
4. Next steps

NEXT STEPS

1. Personal development log
2. Memorise the strategy elicitation script
3. Self hypnosis:
 - 6 count breathing
 - Put the hand on the chest
 - Close the eyes
 - Relax the toes upto the head
 - Relax the whole body
 - Repeat the affirmation that I am healthy and happy
 - Visualise yourself achieving what you want
 - When you are ready to come out open the eyes

BREAKTHROUGH COACHING & NLP PRACTITIONER



BREAKTHROUGH COACHING & NLP PRACTITIONER



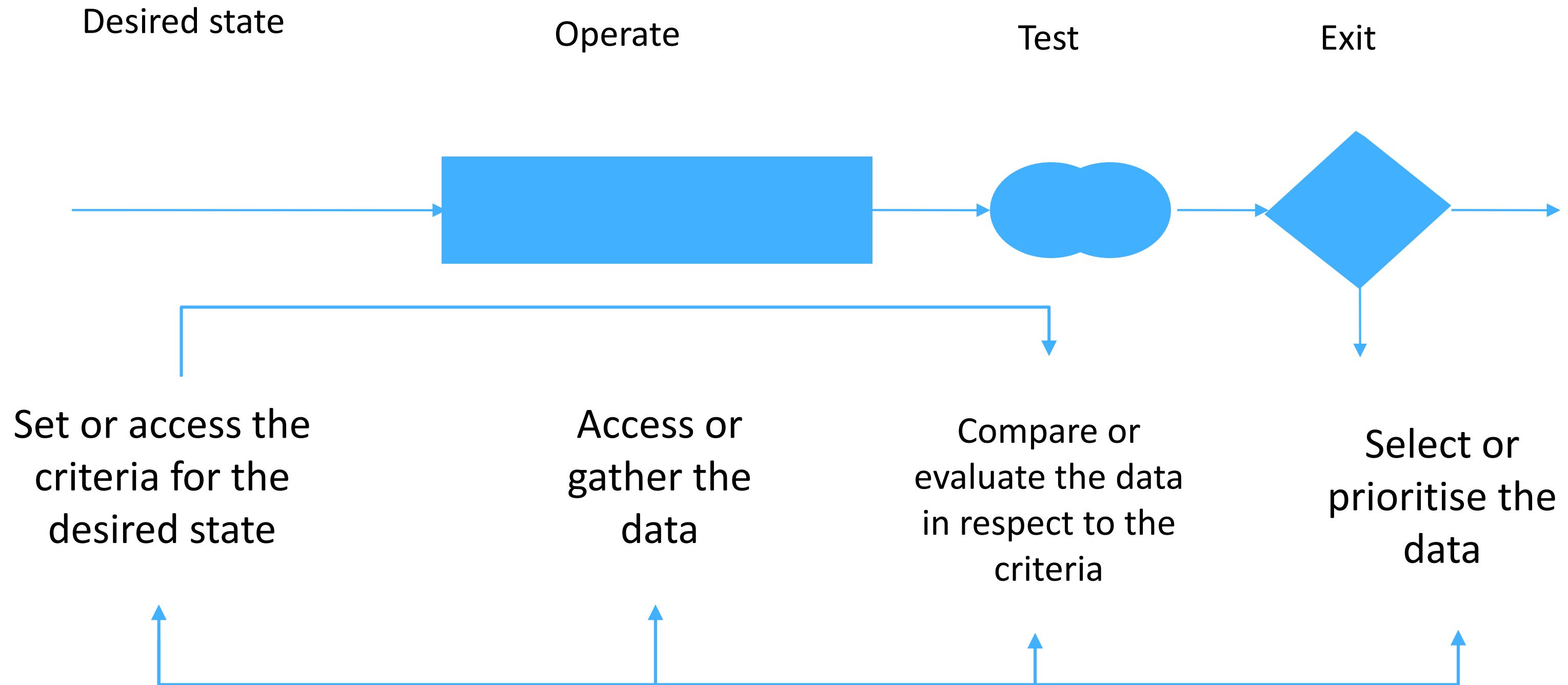
SUMMARY

1. Hypnosis
2. Metaprograms
3. Strategy
4. Next steps

NEXT STEPS

1. Personal development log
2. Memorise the strategy elicitation script

TOTE MODEL



STRATEGY ELICITATION SCRIPT

- Can you recall a time when you were totally X'd?
- Can you recall a specific time?
- As you go back to that time now, what was the very first thing that caused you to be totally X'd?
 - Was it something you saw (or the way someone looked at you)?, Was it something you heard (or someone's tone of voice)?, or
 - Was it the touch of someone or something?
- After you (saw, heard, felt) that, what was the very next thing that happened as you were totally X'd?
 - Did you picture something in your mind?
 - Say something to yourself, or
 - Have a certain feeling or emotion?
- What was the next thing that happened as you were totally X'd.
- After you (list previous), did you know that you totally X'd, or...

PRACTICE BREAKOUT ROOM

STRATEGY ELICITATION EXERCISE

1. Pairs
2. Practice one by one
3. 10 minutes each way
4. 5 minutes debrief

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**REFRAMING, THE
FUTURE &
TIMELINE
TECHNOLOGY**

CONTENTS

1. Logical levels
2. Reframing
3. Swish
4. Future Timeline
5. Disney Strategy
6. Next steps

LOGICAL LEVELS

Connection
Identity
Values & Beliefs
Skills & Capabilities
Behaviours
Environment

LOGICAL LEVELS SCRIPT

LOGICAL LEVELS FOR DEEP CHANGE SCRIPT

1. Step into the first space marked 'Environment'. Then ask:
 - "Where are you when you engage in this area of your life?"
 - "What do you see and hear?"
 - "Who else is there with you?"
2. Step into the second space marked 'Behaviour'. Then ask:
 - "What do you do when you engage in this area of your life?"
 - "What activities do you engage in?"
 - "If someone was watching you on a video, what would they see you do?
What would they hear you say?"

PRACTICE BREAKOUT ROOM

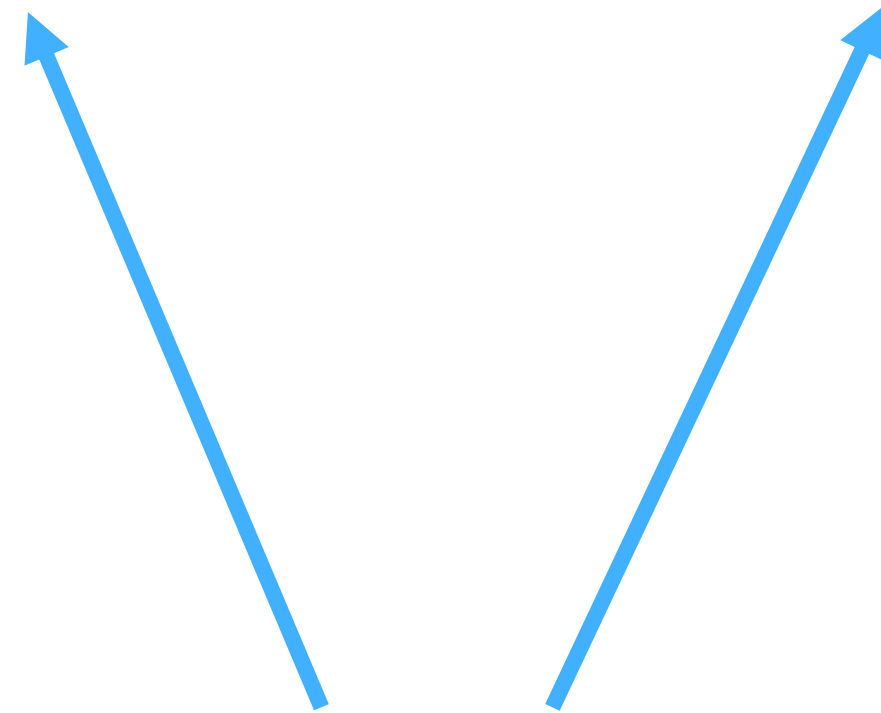
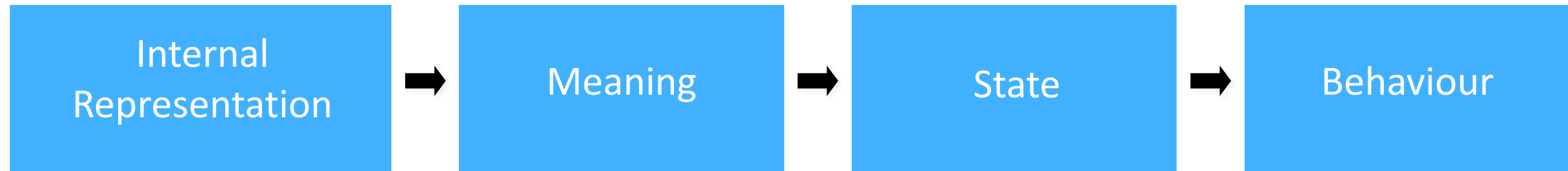
LOGICAL LEVELS EXERCISE

1. Pairs
2. Facilitate one way
3. Switch
4. 60 minutes total

REFRAMING

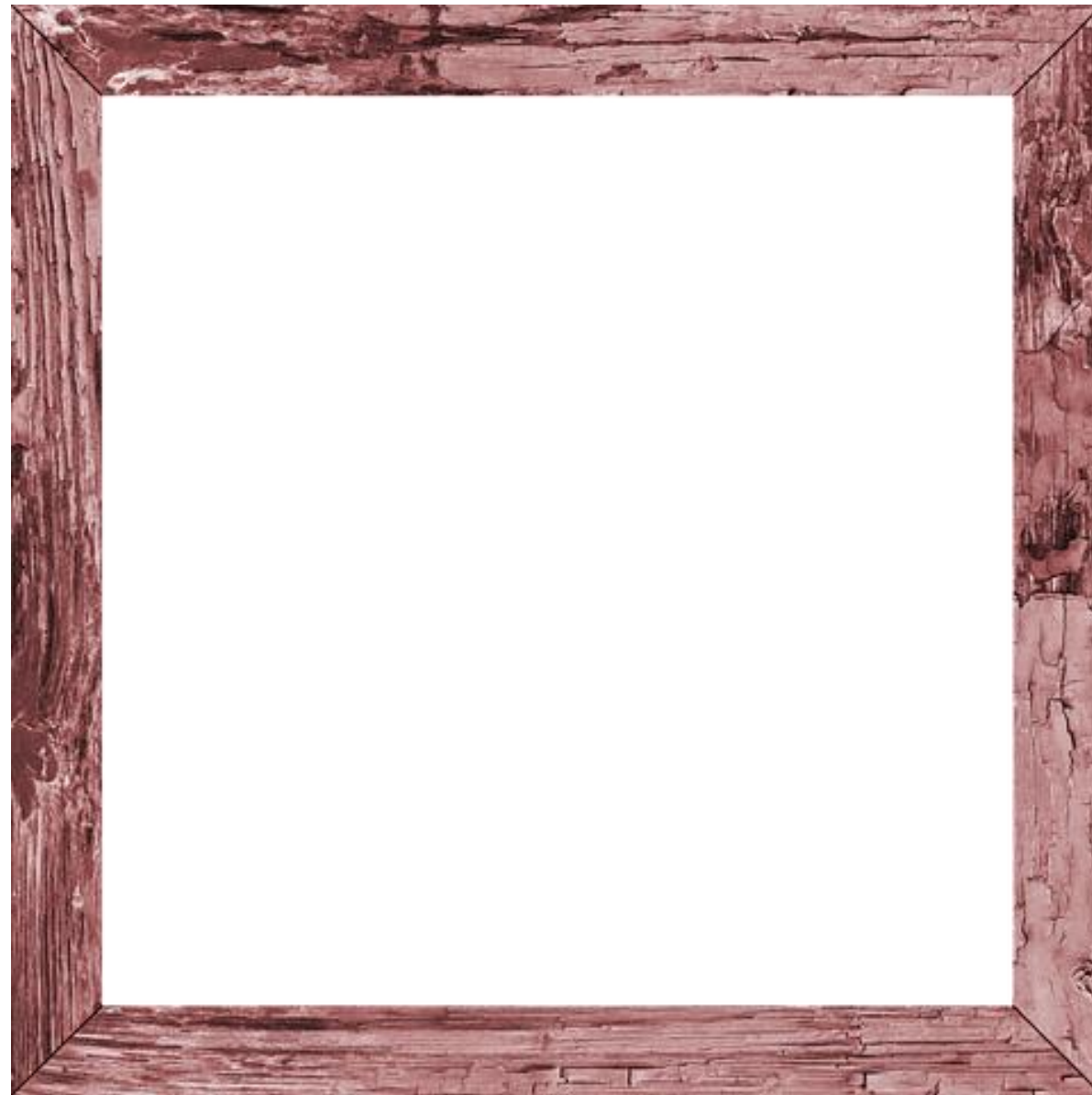


REFRAMING



Changes the meaning of the internal representation

CONTEXT REFRAME



CONTEXT REFRAME



CONTENT REFRAME



CONTENT REFRAME



REFRAME OPTIONS



- What else could this mean?
- What is the benefit of the behaviour?
- Humour
- Hypnotic language

REFRAME EXAMPLE



- I get too angry.
 - Question: A moment ago you said, you said you get too angry, I am curious to know are there any instances in which being angry is a good thing?
 - Metaphor: Story of anger.

REFRAME EXAMPLE



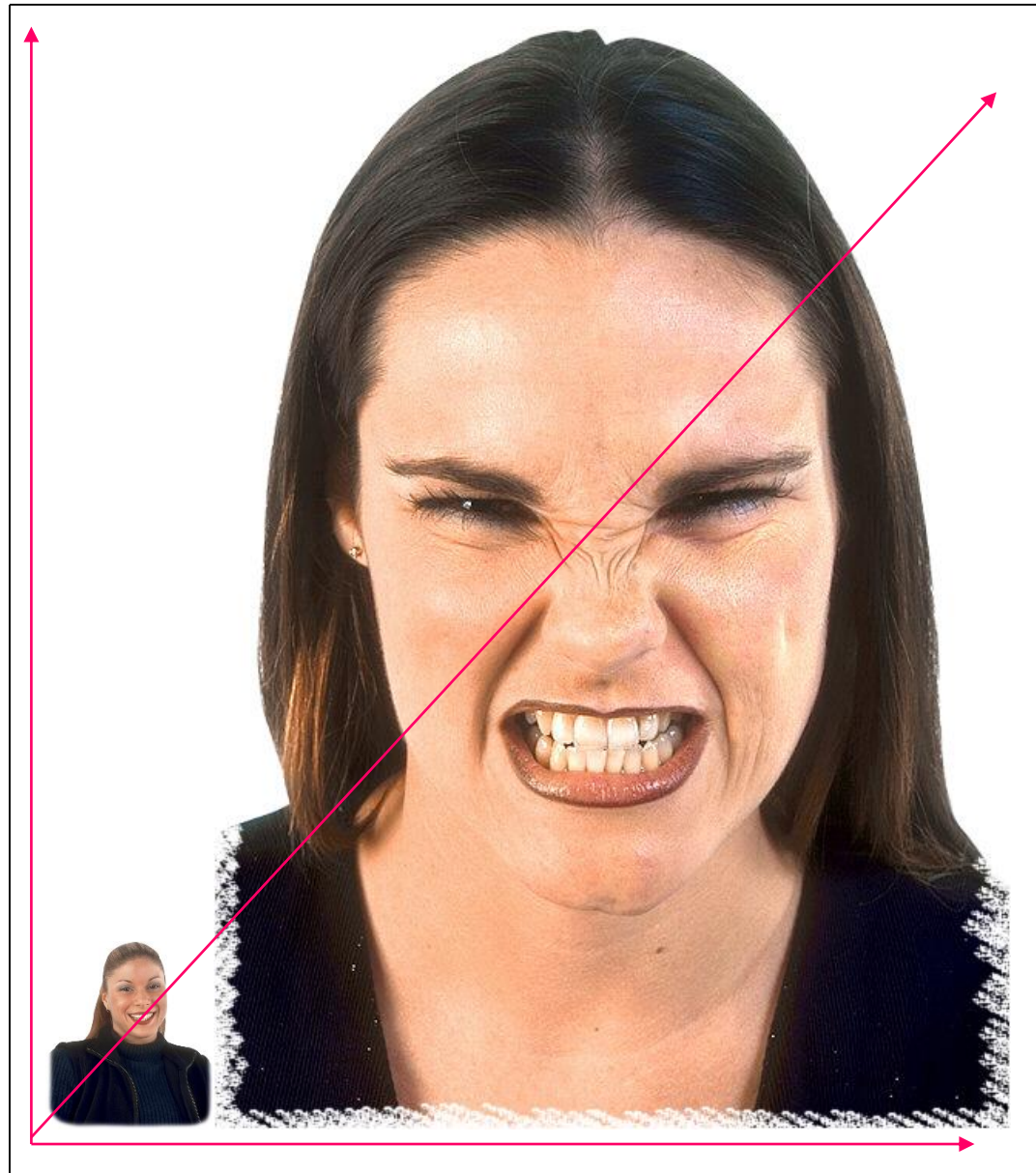
- I am stuck
- Question:
 - Are there any instances in which being stuck is a good thing?
 - What is the benefit of being stuck?
 - What is the highest purpose of being stuck?
- Story: Of stuckness being a stage of transformation.

SUDMODALITY CHANGE WITH REFRAME



- Change past event
- Parts integration
- Hypnotic language
- Presuppositions
- Perceptual positions
- SWISH

SWISH



- Associated old behaviour
- Dissociated new behaviour

PRACTICE BREAKOUT ROOM

SWISH EXERCISE

1. Pairs
2. Facilitate one way
3. Switch
4. 10 minutes total



FUTURE TIMELINE

FUTURE TIMELINE

1. Elicit the timeline.
2. Place it on the ground in a straight line.
3. Stand in the present and walk to the future when the goal is complete.
4. Look back and see, hear and feel notice all the steps that were completed.
5. Come back to the present.

PRACTICE BREAKOUT ROOM

FUTURE TIMELINE EXERCISE

1. Pairs
2. Facilitate one way
3. Switch
4. 10 minutes total



DISNEY STRATEGY

DISNEY STRATEGY

1. Step into the 'Dreamer' space and live your dream.
2. Step into the 'Realist' space and design a detailed business plan that will transform your dream into a reality.
3. Step into the 'Critic' space and question the plan. Is it achievable? Is the timetable realistic? What are the views of other people who will be affected?
4. Move and negotiate between the second and third spaces until you agree on an achievable plan.

DO NOT CRITICISE THE DREAM AT ANYTIME.

PRACTICE BREAKOUT ROOM

DISNEY STRATEGY EXERCISE

1. Pairs
2. Facilitate one way
3. Switch
4. 10 minutes total

BREAKTHROUGH COACHING



THE BREAKTHROUGH COACHING

1. Detailed Personal History (25 minutes)
2. Develop Plan (5 minutes)
3. Share with assist leader (5 minutes)
4. Start the intervention (60 minutes)
5. Towards the end complete Timeline Technology (40 minutes)
6. Action planning (5 minutes)
7. Close and celebrate

TIMELINE TECHNOLOGY



THE KEYS TO TIMELINE TECHNOLOGY

1. Introducing
2. Explaining
 - Prime directives
 - Pearl metaphor
3. Eliciting the timeline
4. Clearing the emotions
5. Installing positive emotions
6. Future pacing



INTRODUCING

1. Pre-talk
2. Speak directly with the unconscious mind.

EXPLAINING

1. Pre-frame
2. Reassure
3. Easy and fun
4. Answer questions quickly
5. Whether it makes sense or not your unconscious knows the truth

PRIME DIRECTIVES OF THE UNCONSCIOUS MIND

1. Runs and preserves the body.
2. Stores and organises all your memories.
3. Represses some of those memories with unresolved negative emotions.
4. Is highly symbolic.
5. Holding onto negative emotions is in direct conflict to "preserving the body."
6. Once you get the positive learning from what happened, then you can move on from it.

PEARL METAPHOR

1. Pearls for every emotion
2. The very first pearl
3. Cut the very first pearl
4. The pearls fall off



ELICITING THE TIMELINE

1. Past
2. Future
3. The line
4. Past to future



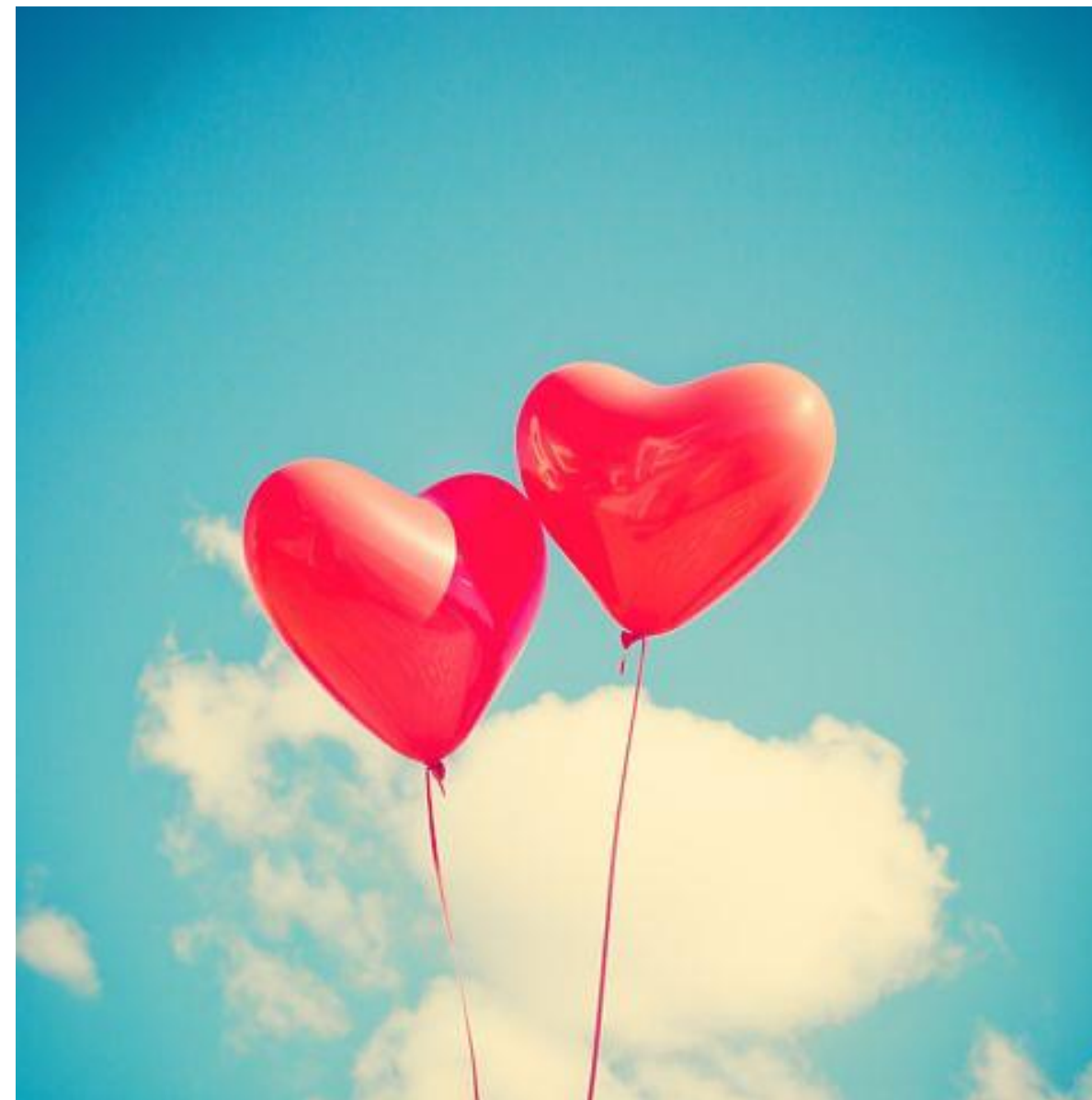
CLEARING THE EMOTIONS & EVENTS

1. Anger
2. Sadness
3. Fear
4. Hurt
5. Guilt



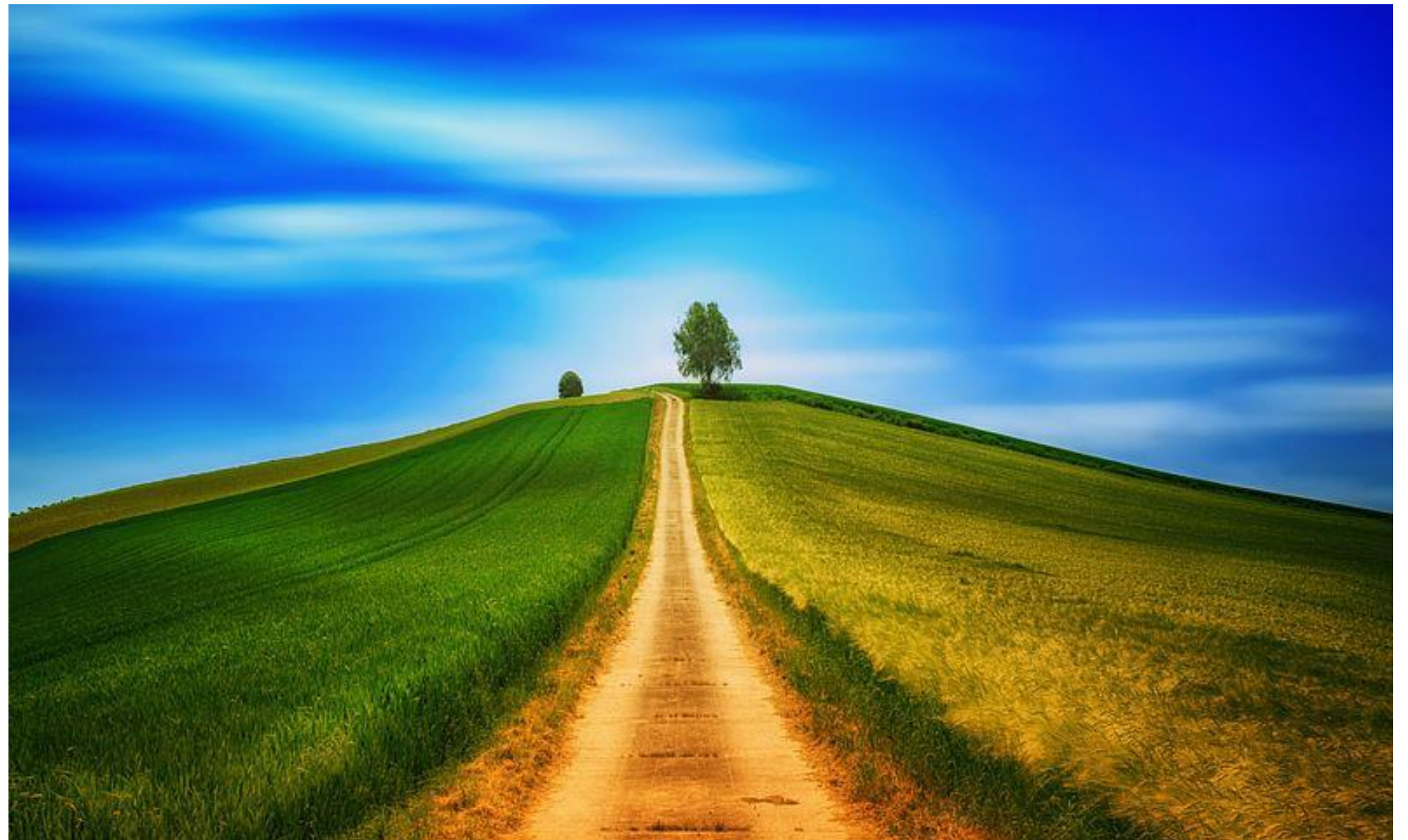
INSTALLING POSITIVE EMOTIONS

1. Desired Emotions
2. Elicit / Anchor
3. Balloon Metaphor
4. Resource Future Event



FUTURE PACING

- 1 day
- 1 week
- 1 month
- 6 months
- 1 year



TIMELINE TECHNOLOGY SCRIPT

TIMELINE TECHNOLOGY SCRIPT

1. Pre-Talk: Introducing the Unconscious Mind Model to your client

The Unconscious Mind Model is a framework that acknowledges the existence and influence of the unconscious mind, often compared to a 5-year-old child, in shaping thoughts, behaviours, and emotions.

You can introduce the Unconscious Mind Model in the following way:

- In a moment I will ask you a series of things. Some of it might sound rather funny to the conscious mind, and that is great because I'm not going to speak with your conscious mind right now. It's your unconscious mind that will hear everything I say.

THE BREAKTHROUGH COACHING

1. Detailed Personal History (25 minutes)
2. Develop Plan (5 minutes)
3. Share with assist leader (5 minutes)
4. Start the intervention (60 minutes)
5. Towards the end complete Timeline Technology (40 minutes)
6. Action planning (5 minutes)
7. Close and celebrate

SUMMARY

1. Logical levels
2. Reframing
3. Swish
4. Future Timeline
5. Disney Strategy
6. Next steps

NEXT STEPS

1. Personal development log, <https://portal.vitalitylivingcollege.info/trainingprogram/breakthrough-coaching/506/1>.
2. Read the Timeline Technology script and Detailed Personal history.

BREAKTHROUGH COACHING & NLP PRACTITIONER



SUMMARY

1. Logical levels
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**THE
BREAKTHROUGH
COACHING
PROCESS**

ALL I NEED IS WITHIN
ME NOW!

I AM A VOICE
I WILL LEAD, NOT FOLLOW
I WILL BELIEVE, NOT DOUBT
STEP UP, STEP UP

PRESENT STATE – OLD MODEL OF THE WORLD

1. What do you want?
2. What prevents or persists?
3. Soften the current model.
4. Change work.
5. Condition the desired state.
6. Test and make it real.
7. Take action and celebrate.

DESIRED STATE – NEW MODEL OF THE WORLD

PRESENT STATE – OLD MODEL OF THE WORLD

1. Understand and appreciate the current model of the world, the issue, and the desired state.
2. What prevents the desired state and persists in the present state.
3. Soften or loosen the current model.
4. Change work to ignite the desired state.
5. Concretise and condition the desired state.
6. Ecology check, test and future pace.
7. Take massive action and celebrate.

DESIRED STATE – NEW MODEL OF THE WORLD

THE BREAKTHROUGH COACHING

1. Detailed Personal History (25 minutes)
2. Develop plan (5 minutes)
3. Share with assist leader (5 minutes)
4. Start the intervention (60 minutes)
5. Towards the end, complete Timeline Technology (40 minutes)
6. Action planning (5 minutes)
7. Close and celebrate

THE BREAKTHROUGH COACHING

BREAKTHROUGH COACHING SESSION

Analysis after Detailed Personal History

1. BENDWIMP
2. Strategies: Change procedures
 - A. Strategy 1:
 - B. Strategy 2:
 - C. Strategy 3:
 - D. Strategy 4:
3. Timeline Technology:
4. Close & celebrate:

- B (Beliefs):
- E (Events):
- N (Needs):
- D (Desires):
- W (Wounds):
- I (Identity):
- M (Meta programs):
- P (Purpose):

BREAKTHROUGH COACHING & NLP PRACTITIONER



BREAKTHROUGH COACHING & NLP PRACTITIONER



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**THE
BREAKTHROUGH
COACHING
PROCESS**

PRESENT STATE – OLD MODEL OF THE WORLD

1. What do you want?
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DESIRED STATE – NEW MODEL OF THE WORLD

PRESENT STATE – OLD MODEL OF THE WORLD

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4. Change work to ignite the desired state.
5. Concretise and condition the desired state.
6. Ecology check, test and future pace.
7. Take massive action and celebrate.

DESIRED STATE – NEW MODEL OF THE WORLD

PRESENT STATE – OLD MODEL OF THE WORLD

1. Understand and appreciate the current model of the world, the issue, and the desired state.

- Training goals
- SMART goals
- SMART (ER) goals
- **Wheel of life**
- Stages of learning
- From old to new model
- 6 human needs
- Languages of love
- Notice what you love about them first
- Remove the “I” from the label
- BENDWIMP
- Calibration
- Rapport
- **Well formed outcome**

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DESIRED STATE – NEW MODEL OF THE WORLD

PRESENT STATE – OLD MODEL OF THE WORLD

1. Understand and appreciate the current model of the world, issue and desired state.

- Filtering (Deletion, Distortion, & Generalisation)
- NLP communication model
- Senses (VAK, Ad, O, G)
- Agreement frame
- Softening frame
- Notice the Metaprograms
- What is the outcome or goal?
- **Detailed Personal History**

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DESIRED STATE – NEW MODEL OF THE WORLD

PRESENT STATE – OLD MODEL OF THE WORLD

2. What prevents the desired state and persists in the present?

- Cause versus effect (How is that a problem, It's a problem because...)
- What prevents the goal?
- What persists in the problem/issue?
- Trapping beliefs
- BENDWIMP
- **Secondary gain**
- Meta model questions
- Give an ordeal
- Strategy elicitation
- Gain leverage – pain versus pleasure

DESIRED STATE – NEW MODEL OF THE WORLD

PRESENT STATE – OLD MODEL OF THE WORLD

3. Soften or loosen the current model.

- Visual Squash
- Evolutionary and revolutionary growth
- Secondary gain
- **Trapping beliefs**
- Positive beliefs
- Meta model questions
- Contrastive analysis
- Chunk up and chunk down
- **Pattern interrupt**
- **Hypnosis**
 - Breathing (6 count, box breathing, 6 – 9 breathing, 4-7-8 breathing)
 - Progressive relaxation (body parts, tighten and release, and guided imagery)
 - Ericksonian induction I and II
- Milton model language patterns
- Reframing

DESIRED STATE – NEW MODEL OF THE WORLD

PRESENT STATE – OLD MODEL OF THE WORLD

4. Change work to ignite the desired state.

- Well-formed outcome
- Secondary gain
- **Simple event change (Mean, Learn, Integrate, Share)**
- **Simple belief change**
- **Change past event (memory with resources)**
- **Change past history (emotion to memory with tree)**
- **Story of success**
- **Phobia or unpleasant experience process**
- **Pain relief**
- Mapping across
- Sub-modalities
- **Sub-modality like to dislike**
- **Sub-modality belief change**
- **Perceptual positions**
- **Parts Integration**
- Hypnosis

DESIRED STATE – NEW MODEL OF THE WORLD

PRESENT STATE – OLD MODEL OF THE WORLD

4. Change work to ignite the desired state.

- Hypnosis continued..
 - Breathing (6 count, box breathing, 6 – 9 breathing, 4-7-8 breathing)
 - Progressive relaxation (body parts, tighten and release, and guided imagery)
 - Ericksonian induction I and II
 - Healing light
 - Weight Loss using the tomato metaphor
 - Building Confidence
 - Calming Anxiety
 - Tackling Irritable Bowel Syndrome
 - Weight Loss & Overeating
 - Stop Smoking
 - Relaxation
 - Pain Relief
 - Anxiety
 - Relief
 - Stress Relief
 - Procrastination

DESIRED STATE – NEW MODEL OF THE WORLD

PRESENT STATE – OLD MODEL OF THE WORLD

4. Change work to ignite the desired state.
 - SWISH
 - Timeline Technology

DESIRED STATE – NEW MODEL OF THE WORLD

PRESENT STATE – OLD MODEL OF THE WORLD

5. Concretise and condition the desired state.

- Triad of success
- State elicitation
- Anchoring (Stacking)
- Ring of power
- New behaviour generator
- Empowering alternates - new beliefs, emotion and meaning
- Personal inventory
- Rocking chair (scripting)
- Metaphors
- Incantation
- Timeline Technology

DESIRED STATE – NEW MODEL OF THE WORLD

PRESENT STATE – OLD MODEL OF THE WORLD

6. Ecology check, test and future pace.

- Well formed outcome
- **Future timeline**
- **Disney strategy**
- Hypnosis
 - Future pace
- Future pace
- Cartesian coordinates

DESIRED STATE – NEW MODEL OF THE WORLD

PRESENT STATE – OLD MODEL OF THE WORLD

7. Take massive action and celebrate

- Write down action steps
- **Encourage action (Triad of success)**
- Physiology
- **Follow-up phone calls**
- Celebrate actions

DESIRED STATE – NEW MODEL OF THE WORLD

THE BREAKTHROUGH COACHING

1. Detailed Personal History (25 minutes)
2. Develop plan (5 minutes)
3. Share with assist leader (5 minutes)
4. Start the intervention (60 minutes)
5. Towards the end, complete Timeline Technology (40 minutes)
6. Action planning (5 minutes)
7. Close and celebrate

THE BREAKTHROUGH COACHING

BREAKTHROUGH COACHING SESSION: Analysis after Detailed Personal History

1. BENDWIMP
2. Strategies: Change procedures
 - A. Strategy 1:
 - B. Strategy 2:
 - C. Strategy 3:
 - D. Strategy 4:
3. Timeline Technology:
4. Close & celebrate:

B (Beliefs):
E (Events):
N (Needs):
D (Desires):
W (Wounds):
I (Identity):
M (Metaprograms):
P (Purpose):

BREAKOUT ROOMS

1. Make a note of your Breakout room number. We will also post a picture in the WhatsApp Group.
2. Complete the Detailed Personal History (20-25 minutes)
3. The **CLIENT** stays in the Breakout room and takes a break (15 minutes).
4. The **COACH** stays in the Breakout room and completes the plan (5 minutes).
5. When the plan has been completed, **ONLY** the COACH to come to the Main Room (you may need to wait)
6. You will be assigned to an Assist Leader (5 minutes).
7. Let the Assist Leader know your Breakout room number so they can move you back (they may also move you to the main room).
8. Find any skills, scripts, and worksheets you need (5 minutes).
9. Get started with Breakthrough Coaching sessions.

BREAKOUT ROOMS SUCCESS FACTORS

1. Keep your phone in switched off or in airplane mode.
2. Join from the laptop or desktop, not your phone or tablet.
3. No distractions.
4. Treat it like a professional paid session.
5. Remove any Zoom background filters like the blur effect.
6. Headphones for privacy if there's a chance someone may overhear.
7. Keep with you a pen, some paper, tissues, and water.
8. Know where your skills, scripts, and worksheets are.

CERTIFICATION GUIDELINES

1. Attendance of each day: how you showed up
2. Breakthrough coaching process 1
3. Test
4. Breakthrough coaching process 2
5. Your personal log (submit by 2.30 pm IST on Wednesday, 16th May)
6. Adhering to an international code of conduct,
<https://vitalitylivingcollege.info/vlc-code-of-conduct/>

NEXT STEPS: PRINT OUT YOUR TOOL KIT

1. The Breakthrough NLP Skills with steps
2. The Breakthrough NLP coaching laminates
3. The like to dislike sub-modality checklist
4. The belief change sub-modality checklist
5. The Breakthrough Hypnosis scripts
6. The Logical Levels script
7. The Timeline Technology script

NEXT STEPS: MARK YOUR CALENDAR

1. 13th April – The Coaching Application
2. 20th April – The Coaching Application
3. 27th April – Break
4. 4th May – Test, The Coaching Process
5. 11th May – Breakthrough Coaching
6. 18th May – Certification Day (Submit your personal log by 2.30 pm on Wednesday, 16th May to certification@vitalitylivingcollege.info)
7. 19th May – First paid client

NEXT STEPS: COACHING INTERVIEWS

- What you do you do?
- Your experience of coaching
- How you work with others
- Client shares
- How have you found the Breakthrough NLP training?
- How has the training made a difference to you?
- What advice would you give others?

BREAKTHROUGH COACHING & NLP PRACTITIONER



BREAKTHROUGH COACHING & NLP MENTORING



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THE COACHING APPLICATION

CONTENTS

1. Goddess Warrior
2. Phobia for unpleasant experience
3. Metaprograms
4. Hypnosis
5. Next steps

GODDESS WARRIOR



GODDESS WARRIOR



FOR PHOBIA OR UNPLEASANT EXPERIENCE

1. Establish a bail-out anchor.
2. Talk about the phobic reaction and calibrate your client's reaction.
3. Check the client's ecology with changing or eliminating the phobia.
4. Ask the client to give the phobia a score out of 10 for how strong it is now and what score they would like it to be.
5. Help your client find the first time the phobia occurred. If they claim they have always had it, help them find a particularly significant time at which they had the phobic response.
6. Say to your client: "I want you to imagine that you are sitting in the middle of your favourite cinema, and up on the screen you can see a black and white snapshot in which you see yourself in a situation just before you had the phobic reaction." Wait for them to nod.

FOR PHOBIA OR UNPLEASANT EXPERIENCE

7. "Good, then I want you to float out of your body up to the projection booth of the cinema, where you can watch yourself watching yourself. From that position you'll be able to see yourself sitting in the middle of the cinema, and also see yourself in the black and white snapshot up on the screen in that situation just before you had the phobic reaction." Wait for them to nod.
8. "Now, I want you to turn that snapshot up on the screen into a black and white movie, and watch it from the beginning, just before you had the phobic reaction, to just beyond the end of that unpleasant experience and then stop it as a black and white snapshot again. Do this two more times, keeping the picture black and white."
9. "On the third time when you get to the end, I want you to stop it as a snapshot again, and then jump inside the picture, change it to colour and run the movie backwards. All the people will walk backwards and everything else will happen in reverse, just like rewinding a movie, except that you will be inside the movie."

FOR PHOBIA OR UNPLEASANT EXPERIENCE

10. "Run it backwards in colour and take only about one or two seconds to do it, ending the movie just before the event first occurred." Go forwards, backwards, really fast, and change sub-modalities as required.

11. Test.

PRACTICE BREAKOUT ROOM

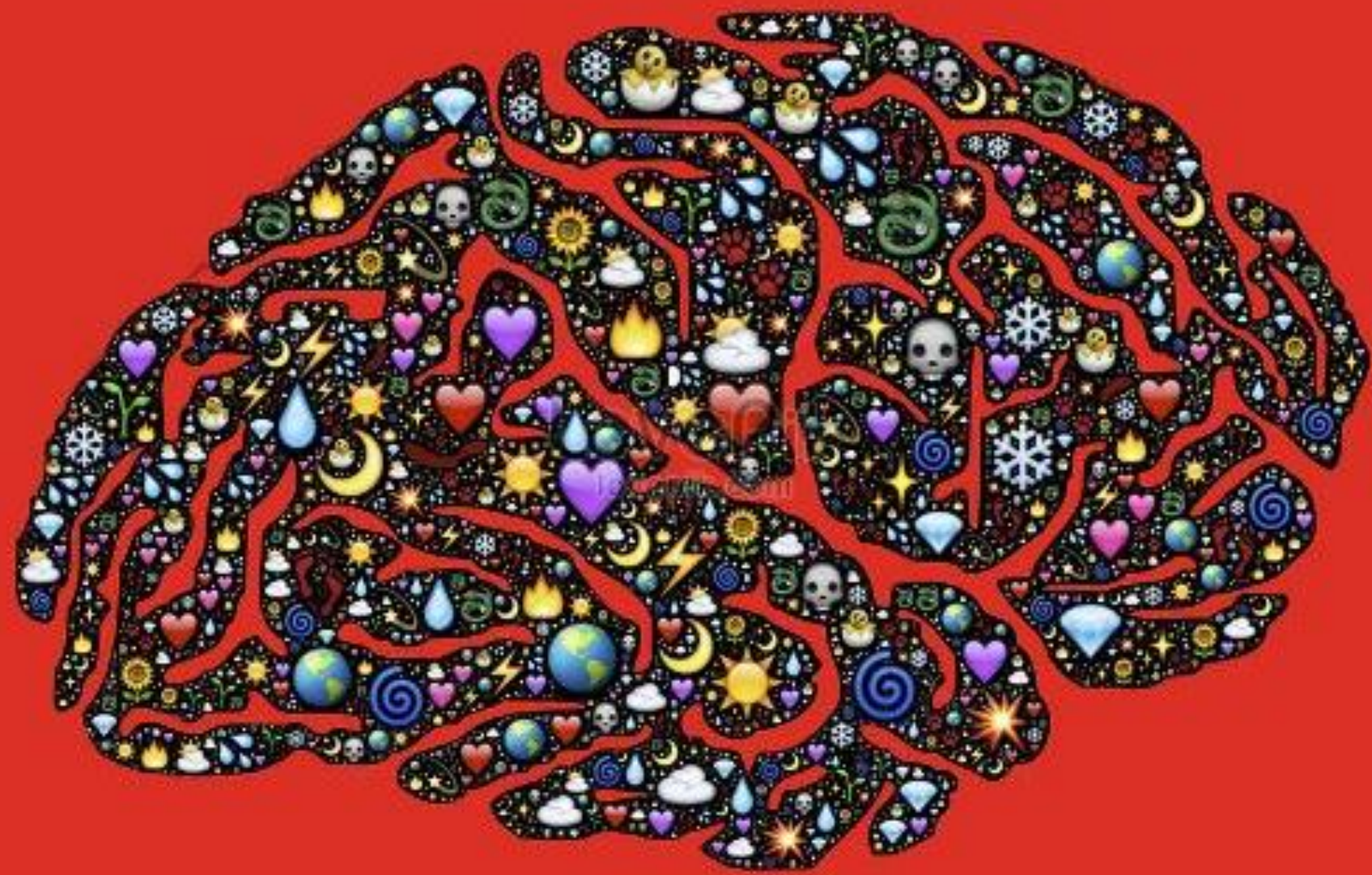
PHOBIA OR UNPLEASANT EXPERIENCE

1. Pairs
2. Facilitate one way
3. Switch
4. 30 minutes total

PRACTICE TEAM ROOM

TEAM TIME

1. Share your magic moments, learnings and distinctions so far.



METAPROGRAMS

METAPROGRAMS

- Towards - Away From
- Internal - External
- Options - Procedures
- Sameness - Difference
- Decision Making - Using the Senses
- General - Specific
- Proactive - Reactive

METAPROGRAM EXERCISE

Actions within my control that I want to carry out	Deadline I want to set
What do you want in your (work)?	Answer (Criteria)
Why is (criteria) important (ask up to 3 times)?	Direction Away From Towards
How do you know you have done a good job at...?	Source Internal External
Why did you choose (your current work)?	Reason Options Procedures
What is the relationship between (your work this year and last year)?	Decisions Factors Sameness Difference

METAPROGRAM EXERCISE

How do you know that someone else (an equal of yours) is good at their (work)?	Convincer See Hear Do
How many times do you have to (see/hear/do) that to be convinced they are good?	No TimesNo ExamplesAutomaticPeriod of Time
If we were going to do a project together, would you want to know all the details first or the big picture first? Would you really need to know the (ask opposite) big picture/details?	Scope General..... Specific (Global).. (Detail)
When you come into a situation, do you normally act quickly after sizing it up, or do you do a detailed study of all the consequences and then act?	Level Proactive..... Reactive

PRACTICE BREAKOUT ROOM

METAPROGRAMS EXERCISE

1. Pairs
2. Ask the questions
3. De-brief

HYPNOSIS



THE STEPS OF HYPNOSIS

1. Preparation
2. Induction
3. Deepening
4. Suggestion therapy
5. Future pacing
6. Awakening



INDUCTION



1. Breathing
2. Progressive relaxation
3. Guided imagery
4. Eye fixation
5. Eyes closure
6. Rapid induction

GUIDED IMAGERY STEPS

1. Begin by asking the person to get into a comfortable position, either sitting or lying down.
2. Tell them to close their eyes and take a deep breath in, then exhale slowly.
3. Next, ask them to focus on their breathing and imagine a wave of relaxation washing over their body with each breath.
4. Use some conversational pacing by saying something like, "You might feel your body becoming heavier and more relaxed with each breath you take."
5. Start to introduce some embedded commands by saying, "As you relax deeper and deeper, you may find yourself feeling more and more comfortable and at ease."
6. Use a metaphor to deepen the relaxation by saying, "Imagine yourself floating on a cloud, feeling weightless and free."
7. Continue to use pacing and leading by saying, "You may find yourself drifting off into a deep and peaceful state of relaxation."
8. Finally, use a double bind by saying, "You can choose to either drift off into a deep sleep, or you can choose to stay in this state of relaxation, feeling refreshed and energised when you awaken."

GUIDED IMAGERY SCRIPT

- Before we begin, find a comfortable position where you can relax and let go. You might choose to sit or lie down, whatever feels best for you. Close your eyes and take a deep breath in, then exhale slowly. Feel your body starting to relax, and imagine a wave of relaxation washing over you with each breath.
- As you breathe deeply, you may notice your body becoming more relaxed. You may also notice your mind starting to slow down, becoming calm and peaceful. Allow yourself to sink deeper into this state of relaxation, feeling more and more comfortable and at ease.
- As you relax deeper and deeper, you can imagine yourself floating on a soft and fluffy cloud, feeling weightless and free. The cloud is gently carrying you to a place of deep relaxation and inner peace.
- As you continue to breathe deeply, you may find yourself drifting off into a deep and peaceful state of relaxation. You may even begin to notice a feeling of warmth and comfort spreading throughout your body, easing away any tension or discomfort.
- Now, you have a choice. You can choose to either drift off into a deep sleep, feeling completely safe and at ease, or you can choose to stay in this state of relaxation, feeling refreshed and energized when you awaken.
- Take a moment to make that choice now. Whichever you choose, know that you are safe, comfortable, and in complete control. When you are ready, you can awaken feeling renewed and refreshed, ready to face the rest of your day with a sense of calm and confidence.

GUIDED IMAGERY SCRIPT

2.1.2 Simple Induction Technique for Relaxation Using Guided Imagery Script

Here is the relaxation script using simple induction:

This relaxation exercise will help you relax and let go of any tension. You can choose to sit or lie down, whatever feels most comfortable for you.

The purpose of this exercise is to help you feel calmer and more peaceful, and to release any stress or tension you may be holding in your body and mind.

Before we begin, find a comfortable position where you can relax and let go. You might choose to sit or lie down, whatever feels best for you.

Close your eyes and take a deep breath in, then exhale slowly. Feel your body starting to relax, and imagine a wave of relaxation washing over you with each breath.

As you breathe deeply, you may notice your body becoming more relaxed. You may also notice your mind starting to slow down, becoming calm and peaceful. Allow yourself to sink deeper into this state of relaxation, feeling more and more comfortable and at ease.

PRACTICE BREAKOUT ROOM

GUIDED IMAGERY EXERCISE

1. Pairs
2. 2 minutes each way

DEEPENING



1. Direct
 - With every breath you take
2. Indirect
 - Walking down a set of steps
 - Number block
3. Repeated induction
 - Fractionation
4. Embedded metaphors

DEEPENING

1. Take a breath in and out.
2. Pace current experience:
 - As you are sitting in your space, go ahead and take a breath in... and out.
 - With every breath you take, you are going deeper and deeper.
 - With the sound of my voice and the air in this room, it is causing you to go deeper and deeper.

DEEPENING

3. Number block:

- Imagine a staircase in front of you, go ahead and step onto the top step, step 10. With every step you take you will find you are getting more and more relaxed.
- Stepping onto step number 9, feeling relaxed.
- Stepping onto step number 8, feeling even more relaxed.
- Step number 7, feeling your muscles becoming relaxed.
- Step number 6, deeper and deeper, more and more relaxed.
- Step number 5, your body feeling more and more at peace.
- Step number 3, your mind is at peace and still.
- Step number 2, so relaxed.
- Stepping onto step number 1, feeling fully relaxed.

DEEPENING

4. Coming out of trance: Now, I'm going to count from 1 to 10, and when I reach 10, you will be fully awake and alert, feeling refreshed and energised.

- 1... Becoming aware of your body...
- 2... Feeling your toes and legs...
- 3... Starting to become more aware of your surroundings...
- 4... Feeling more and more awake and alert...
- 5... Knowing with each breath you take, you will feel more and more relaxed...
- 6... Feeling so glad of heart for having completed your relaxation today...
- 7... Taking a deep breath and feeling energised...
- 8... More and more energised...
- 9... Opening your eyes, feeling refreshed and ready to take on the rest of your day...
- 10... Fully awake and alert, feeling great!

PRACTICE BREAKOUT ROOM

DEEPENING EXERCISE

1. Pairs
2. Facilitate one way
3. Switch
4. 7 minutes total

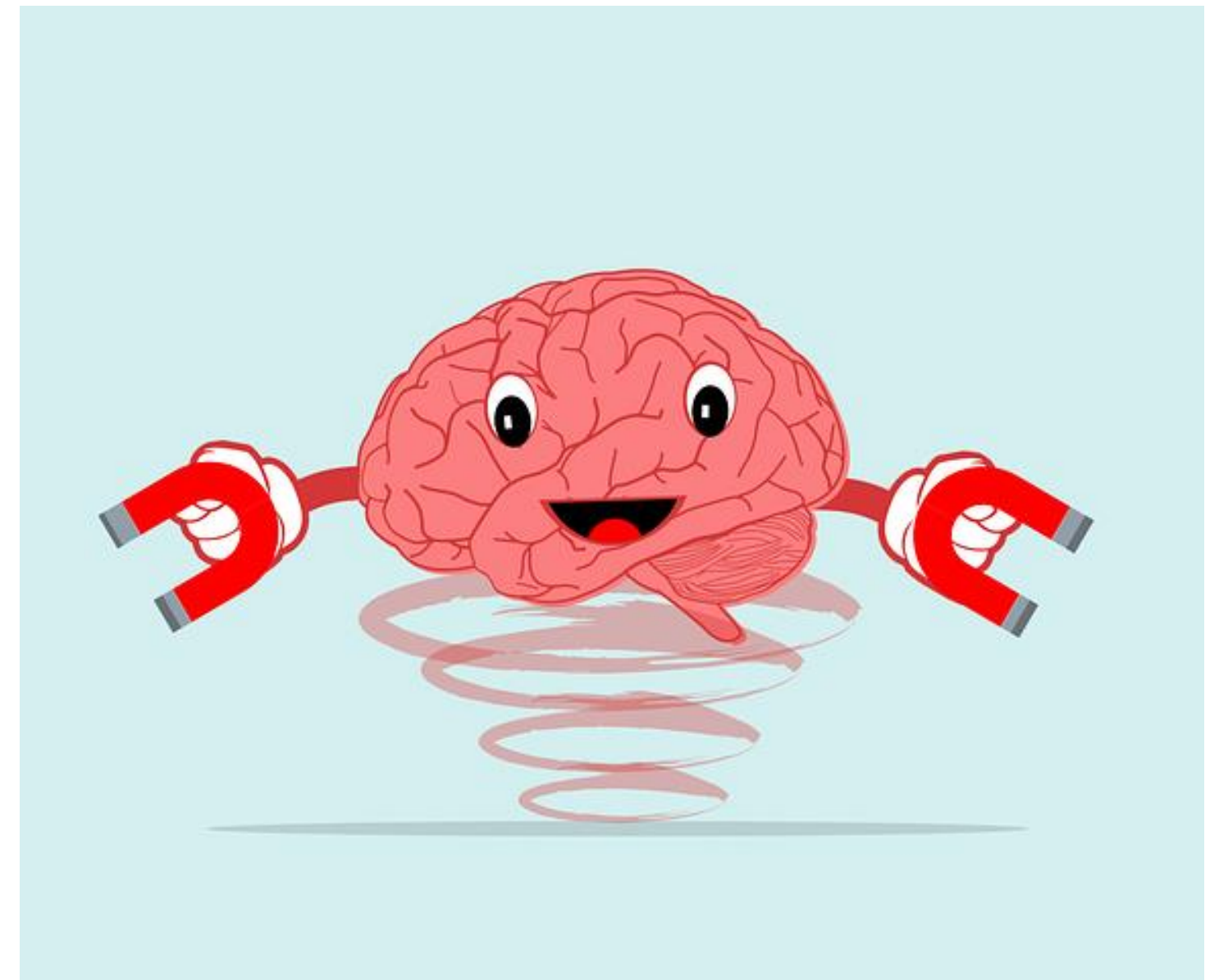
SUGGESTION THERAPY



1. Positive affirmations
2. Direct suggestions
3. Indirect suggestions
4. Post-hypnotic suggestion
5. Visualisation

POSITIVE AFFIRMATIONS

1. I am capable of achieving my goals.
2. I radiate confidence and self-assurance.
3. I am surrounded by love and positivity.
4. I am grateful for all the abundance in my life.
5. I trust in my ability to make the right decisions.
6. I am strong and resilient in the face of challenges.
7. I deserve happiness and success.
8. I am worthy of love and respect.
9. I am constantly growing and learning.
10. I am at peace with myself and the world around me.



PRACTICE MAIN ROOM

POSITIVE AFFIRMATIONS EXERCISE

1. Write an example of a positive affirmation that works for you.
2. Give an example for a client. Write down the outcome the client wants and the affirmation.

DIRECT SUGGESTIONS

1. You will feel more relaxed and calm with each passing moment.
2. You will find it easy to focus and concentrate on your work.
3. You will wake up feeling refreshed and energised.
4. You will have the confidence to speak in public with ease.
5. You will enjoy exercising and eating healthy foods.
6. You will be able to let go of any negative thoughts and emotions.
7. You will find it easy to fall asleep quickly and peacefully.
8. You will feel more motivated to achieve your goals.
9. You will be able to overcome any challenges that come your way.
10. You will feel more positive and optimistic about your life.



PRACTICE MAIN ROOM

DIRECT SUGGESTION EXERCISE

1. Write an example of a direct suggestion you can use in hypnosis.

INDIRECT SUGGESTIONS

1. As you listen to my voice, imagine a sailboat on the ocean. Just as the wind guides the sailboat on its journey, let your subconscious mind guide you towards your desired outcome.
2. Picture yourself standing at the edge of a deep, dark forest. You can see the sunlight filtering through the leaves, inviting you to explore the mysteries within. Trust yourself to take the first step and journey into the unknown, knowing that you are capable of handling whatever comes your way.
3. Imagine yourself as a caterpillar, inching along the ground. But as you continue to crawl, you begin to feel a transformation taking place. You start to spin a cocoon around yourself and rest, trusting that your metamorphosis will bring about the change you desire.

INDIRECT SUGGESTIONS

4. Think of yourself as a gardener, carefully tending to the seeds of your thoughts and emotions. As you nurture your mind and heart, your inner garden will flourish, bringing forth the fruits of your labour.
5. Picture yourself as a bird soaring high in the sky. As you spread your wings and fly, feel the freedom and possibility that comes with embracing the unknown and trusting in your own abilities.

PRACTICE MAIN ROOM

INDIRECT SUGGESTIONS EXERCISE

1. Discuss the indirect suggestions and the purpose of each.
2. Come up with another indirect suggestion and share on the WhatsApp Group.

POST-HYPNOTIC SUGGESTIONS

1. Smoking cessation: "After you wake up, you'll have no desire to smoke cigarettes anymore."
2. Stress reduction: "Whenever you feel stressed, you'll take a deep breath, relax your body, and feel calm and centred."
3. Weight loss: "You'll find yourself eating smaller portions, making healthier choices, and feeling satisfied with less food."
4. Confidence building: "You'll feel confident in yourself and your abilities, and approach challenges with a positive and determined mindset."
5. Public speaking: "You'll feel calm and confident when speaking in front of groups, and your words will flow smoothly and easily."

POST-HYPNOTIC SUGGESTION SCRIPT

- Deeper and deeper, more and more relaxed.
- Let yourself drift into an even deeper state with every breath you take knowing from this moment on, every time you encounter a situation where you would normally feel **stressed**, you will automatically take a deep breath and feel a sense of calm wash over you. Your mind and body will relax, and you will feel a renewed sense of confidence and control.
- You will find that this response happens automatically, without any conscious effort on your part. It will become a natural part of who you are, and you will experience a new sense of ease and relaxation in situations that used to cause you stress or anxiety.
- So now, as I count from one to three, you will emerge feeling relaxed, refreshed, and energised. Knowing with every breath in, with each moment, you will find a sense of calm washing over you.
- One... two... three, awake and alert.

PRACTICE BREAKOUT ROOM

POST-HYPNOTIC SUGGESTIONS EXERCISE

1. Pairs
2. Facilitate a hypnotic suggestion with the post-hypnotic suggestion
3. Induction, deepening, post-hypnotic suggestion, awake.

WHEN YOU THINK YOU CAN



SUMMARY

1. Goddess Warrior
2. Phobia for unpleasant experience
3. Metaprograms
4. Hypnosis
5. Next steps

NEXT STEPS

1. Personal development log.
2. Give or receive the second Breakthrough Coaching session.

BREAKTHROUGH COACHING & NLP MENTORING



BREAKTHROUGH COACHING & NLP MENTORING



SUMMARY

1. Goddess Warrior
2. Phobias or unpleasant experiences
3. Metaprograms
4. Hypnosis
5. Next steps

NEXT STEPS

1. Personal development log.
2. Give or receive the second Breakthrough Coaching session.

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THE COACHING APPLICATION

CONTENTS

1. Hypnosis
2. Reframing
3. Strategy
4. Next steps

HYPNOSIS



THE STEPS OF HYPNOSIS

1. Preparation
2. Induction
3. Deepening
4. Suggestion therapy
5. Future pacing
6. Awakening



FUTURE PACING

5.1 Future Pacing Technique for Giving A Speech Script

Here is the script for giving a speech using future pacing:

Now, imagine yourself at a future event where you will be giving a speech. See yourself walking confidently up to the podium, feeling calm and composed. Imagine looking out at the audience and feeling a sense of connection and engagement with them. As you begin to speak, feel your words flowing effortlessly from your mouth, and notice how your audience is responding positively to your message. See yourself finishing your speech with a sense of pride and accomplishment, and receiving enthusiastic applause from the audience.

PRACTICE BREAKOUT ROOM

FUTURE PACING EXERCISE

1. Pairs
2. Come up with your own script on future pacing.
3. The situation is your client is going to be completing an exam on 4 May and they want to feel confident.
4. 7 minutes each way

AWAKENING



1. Counting
2. Finger snap
3. Eyes open
4. Name calling
5. Suggesting movement

HEALING COLOUR OR CHEMICAL



1. Induction: Relaxing each body part, or box breathing.
2. Deepening: Deeper and deeper.
3. Suggestion: Imagine a healing colour or chemical entering the whole body.
4. Future pace: Step into the future.
5. Awake: You will find you will only be able to open your eyes when all parts of you are fully integrated and ready to carry on the healing process on their own.

PRACTICE BREAKOUT ROOM

HEALING COLOUR / CHEMICAL EXERCISE

1. Pairs
2. Induction: 1 minutes
3. Deepening: 1 minutes
4. Suggestion: 2 minutes
5. Future pacing: 1 minutes
6. Wake up: 1 minutes
7. 8 minutes each way

DIFFERENT TYPES OF HYPNOSIS



- Traditional
- Ericksonian
- Neuro-linguistic programming
 - Change past event
 - Change past history
- Rapid hypnosis
- Regression hypnosis
- Self-hypnosis

SELF HYPNOSIS

1. 6 count breathing
2. Put your hand on your chest
3. Close your eyes
4. Relax your toes, moving up towards your head
5. Relax your whole body
6. Repeat the affirmation: I am healthy and happy
7. Visualise yourself achieving what you want
8. When you are ready to come out, open your eyes



SELF HYPNOSIS SCRIPT

9.2 Self-Hypnosis Technique Script

Here is the script for self-hypnosis:

Find a quiet and comfortable place where you won't be disturbed. Sit down or lie down in a comfortable position, and close your eyes. Take a deep breath in, hold it for a few seconds, and then exhale slowly. As you continue to breathe deeply and evenly, begin to focus on your body.

Starting with your toes, imagine that each body part is becoming more and more relaxed. Feel the tension melting away from your muscles, and allow yourself to sink deeper and deeper into relaxation.

**PRACTICE
MAIN
ROOM**

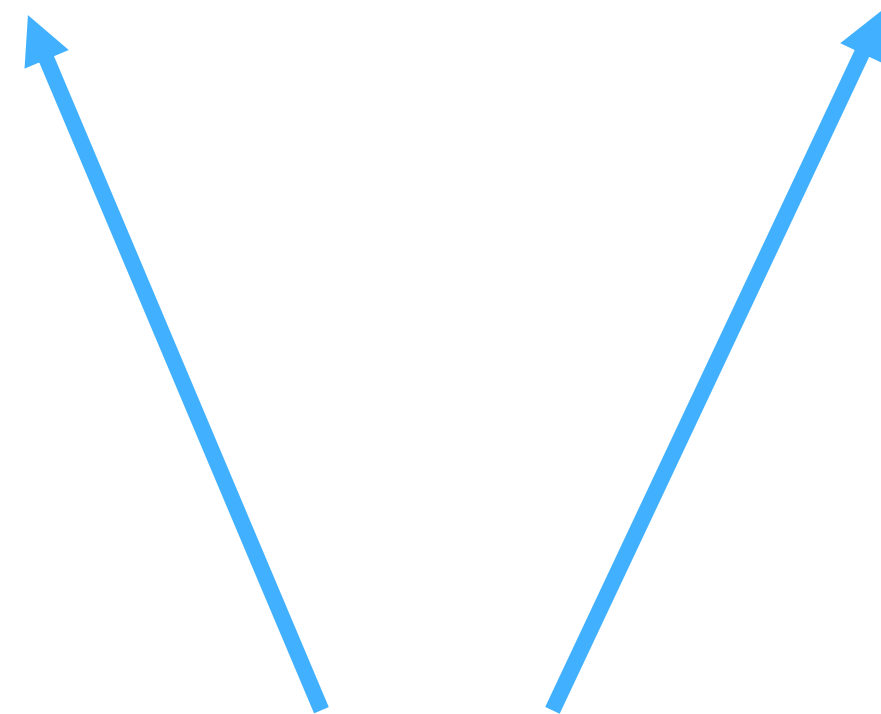
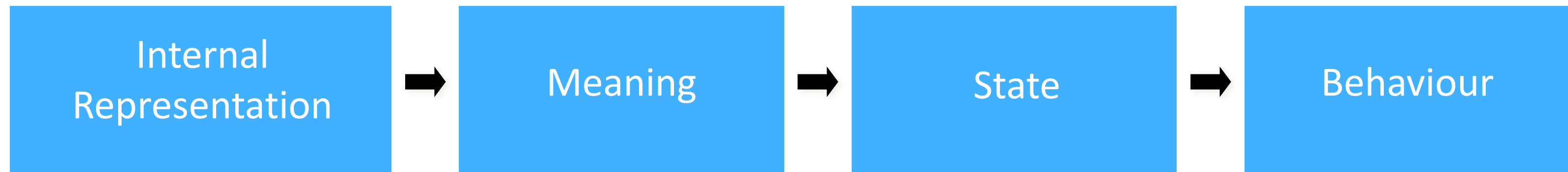
SELF HYPNOSIS EXERCISE

1. Practice together

REFRAMING



REFRAMING



Changes the meaning of the internal representation

EXAMPLE

1. Thought: "I'm never going to be good at this." Reframe: "I may not be good at this yet, but with practice and effort, I can improve."
2. Thought: "I can't believe I failed that test." Reframe: "I didn't do as well as I hoped on the test, but I can learn from my mistakes and do better next time."
3. Thought: "I'm so busy, I'll never be able to get everything done." Reframe: "I have a lot to do, but I can prioritize and focus on what's most important."
4. Thought: "I hate exercising, it's so boring." Reframe: "Exercise is a way to take care of my body and improve my health."
5. Thought: "I'm so stressed out, I can't handle this." Reframe: "I'm feeling overwhelmed right now, but I can take a break, ask for help, and find ways to manage my stress."
6. Thought: "I'm always getting stuck in traffic." Reframe: "I have some time to listen to music or catch up on my podcast while I'm stuck in traffic."
7. Thought: "I can't believe I have to work on the weekend." Reframe: "Working on the weekend is an opportunity to make progress on my projects and move closer to my goals."

REFRAMING



PRACTICE BREAKOUT ROOM

REFRAMING EXERCISE

1. Three's
2. Decide who is going to be Person A, Person B and Person C.
3. Person A: Share a problem (2 minutes).
4. Person B: Ask the question, "How is this a problem?" and "Tell me more."
5. Person B & C: Write everything down.
6. Person A: Take a break.
7. Person B & C: Brainstorm potential reframes (3 minutes).
8. Person A comes back.
9. Person B: "A moment ago you said XXXX", share the reframe with the words, "What would happen if you were to find out..." or "What is the benefit?" or "I wonder ..." (2 minutes)
10. 7 minutes each way.



STRATEGY

STRATEGY ELICITATION SCRIPT

- Can you recall a time when you were totally X'd?
- Can you recall a specific time?
- As you go back to that time now, what was the very first thing that caused you to be totally X'd?
 - Was it something you saw (or the way someone looked at you)?, Was it something you heard (or someone's tone of voice)?, or
 - Was it the touch of someone or something?
- After you (saw, heard, felt) that, what was the very next thing that happened as you were totally X'd?
 - Did you picture something in your mind?
 - Say something to yourself, or
 - Have a certain feeling or emotion?
- What was the next thing that happened as you were totally X'd.
- After you (list previous), did you know that you totally X'd, or...

PRACTICE MAIN ROOM

STRATEGY ELICITATION

1. Practice together

PRACTICE BREAKOUT ROOMS

STRATEGY ELICITATION EXERCISE

1. Pairs
2. Elicit an attraction or confidence strategy
3. Elicit the opposite strategy
4. Get the learnings
5. Change the “old” strategy as needed
6. 5 minutes each way

SUMMARY

1. Hypnosis
2. Reframing
3. Strategy
4. Next steps

NEXT STEPS

1. Personal development log.
2. Give and receive a third Breakthrough Coaching session.
3. Meet with your study buddy pods and revise in time for the exam.
4. Practice the self hypnosis.

BREAKTHROUGH COACHING & NLP MENTORING



BREAKTHROUGH COACHING & MENTORING



SUMMARY

1. Hypnosis
2. Reframing
3. Strategy
4. Next steps

NEXT STEPS

1. Personal development log.
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3. Meet with your study buddy pods and revise in time for the exam.
4. Practice the self hypnosis.

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THE COACHING PROCESS

CONTENTS

1. Preparation
2. Exam
3. The coaching process
4. Next steps



PRE- SUPPOSITIONS

PRE-SUPPOSITIONS OF NLP

1. Respect the other person's model of the world.
2. The map is not the territory.
3. People make the best choice they can at the time.
4. Every behaviour has a positive intention.
5. The person with the most flexible behaviour will win.
6. There is no failure, only feedback and learning.
7. Resistance is a sign of lack of rapport.
8. Everyone is doing the best they can with the resources they have available.

believe in
yourself

BELIEF CHANGE

TRAPPING BELIEFS EXERCISE

5 negative experiences	The associated belief

POSITIVE BELIEF EXERCISE

5 positive experiences	The associated belief

SIMPLE BELIEF CHANGE EXERCISE

1. Pick one of your positive beliefs from the list of positive experiences.
2. Now pick one of the lower intensity negative experiences.
3. Bring your attention back to the positive belief: See, hear and feel it. Breathe into it as if it's true.
4. Now step into the old memory and replace the old belief with the new one.
5. Now test how you feel about the past experience.

PRACTICE BREAKOUT ROOM

SIMPLE BELIEF CHANGE EXERCISE

1. Pairs
2. Facilitate one way.
3. Reassure and congratulate.
4. Switch
5. Facilitate the other way.
6. Reassure and congratulate.
7. 5 minutes each way.



ANCHORING

ANCHORING: CHANGING STATE SCRIPT

1. What emotional state you would like to experience that you have experienced before?
2. Can you remember a specific time when you felt that emotional state?
3. Can you remember a specific time?
4. As you go back to that time now, go right back to that time now, float down into your body and see what you saw, hear what you heard and feel all the feeling that you felt.
5. As you feel all these feelings squeeze your hand.
6. The tighter you squeeze the more you feel, the more you feel the tighter you squeeze.
7. Break state.
8. Test by squeezing the hand.

PRACTICE BREAKOUT ROOM

ANCHORING EXERCISE

1. Pairs
2. Facilitate one way.
3. Reassure and congratulate.
4. Switch
5. Facilitate the other way.
6. Reassure and congratulate.
7. 2 minutes each way.



CHANGE PAST EVENT

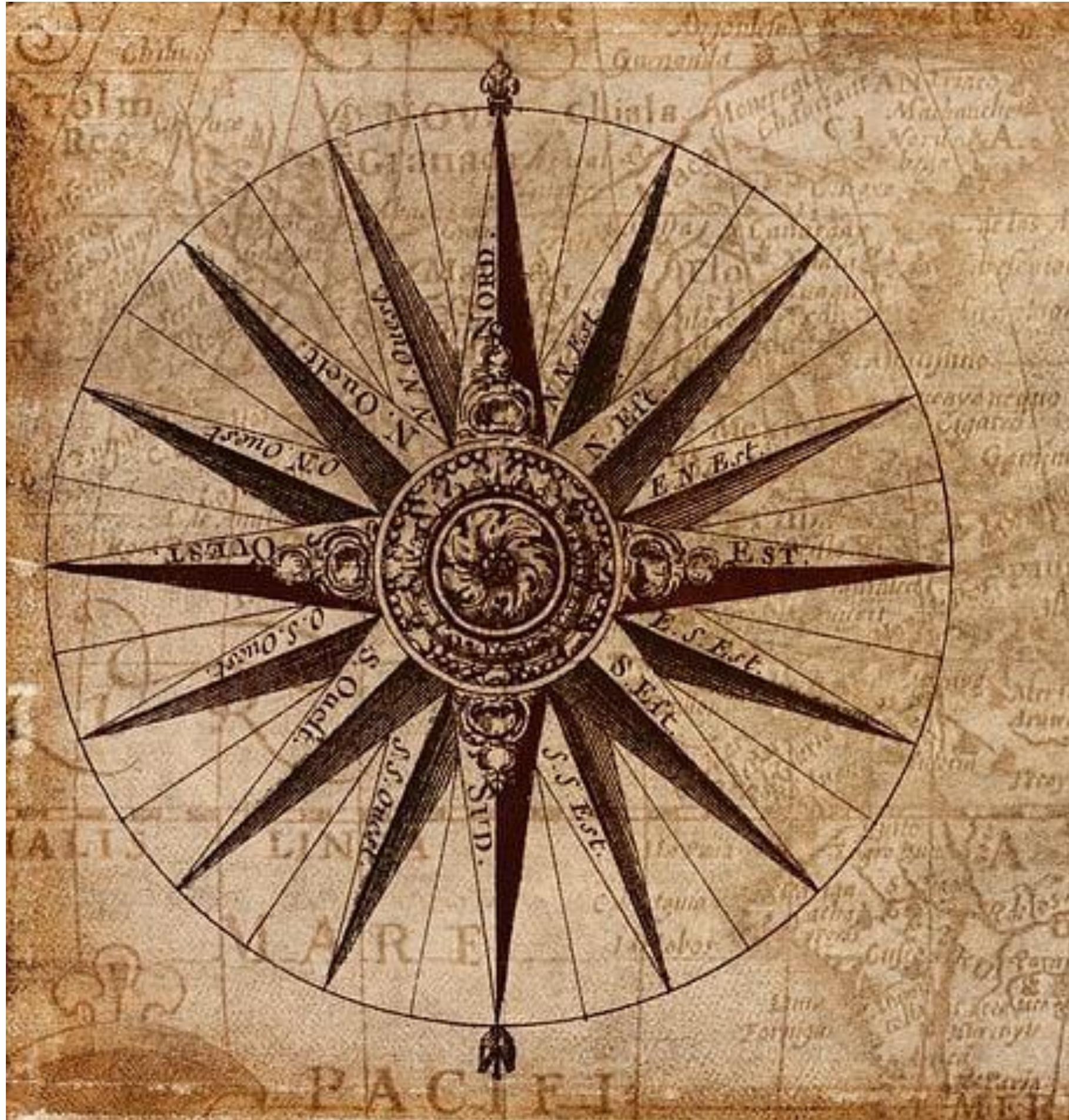
CHANGE PAST EVENT SCRIPT

1. Have your client identify a negative experience/event and associated belief.
2. Place the old events onto a big movie screen and for now let it go blank.
3. Invite the Past You off the old memory to come and sit next to you, hold their hand and check how are they feeling (check for safety).
4. Then ask the Past You what positive qualities did they want at the time that would have helped them cope with the past event better, for example acceptance, not taking it personally, and inner calm.
5. Place the resource they wanted in their hand and get them to breathe it in.
6. Keep asking what do they want, place in their hand and breathe until the past experience is no longer negative or the client feels better (you can keep asking how are they feeling in-between to test where the client is – calibrate client physiology).
7. Send the Past You back onto the movie screen and notice how it is different.
8. Check how the client is feeling and what is their new belief.
9. Check the feelings towards the old belief.
10. Congratulate the client.

PRACTICE BREAKOUT ROOM

CHANGE PAST EVENT EXERCISE

1. Pairs
2. Facilitate one way.
3. Reassure and congratulate.
4. Switch
5. Facilitate the other way.
6. Reassure and congratulate.
7. 10 minutes each way.



CHANGE PAST HISTORY

CHANGE PAST HISTORY SCRIPT

1. Have your client identify a persistent recurring undesirable state.
2. Ask when have you felt like that before? When else? When was the very first time?
3. Place the old events onto a big movie screen and for now let it go blank.
4. Invite the Past You off the old memory to come next to you or sit by a special magical tree with a mentor.
5. Brainstorm resources that would have been useful in the old event.
6. Breathe in the desired resources one by one and hand them to the person and let the Past You back onto the movie screen (can also use State Elicitation to anchor the positive resources).
7. Play the old event again and this time from the new perspective with these resources.
8. Test – How do you feel?
9. Complete a Future Pace.
10. Complete an Ecology check (Cartesian Co-ordinates)
11. Congratulate the client.

**PRACTICE
MAIN ROOM**

CHANGE PAST HISTORY EXERCISE

1. Visualisation

WORKING WITH THE TIMELINE

Elicit a timeline

Timeline to clear the past negative emotions, experiences and beliefs

Create a timeline for the future

Use the timeline to overcome anxiety

PRACTICE MAIN ROOM

ANXIETY COLLAPSE EXERCISE

1. Step into the future.
2. Knowing its finished.
3. Celebrate.

PRACTICE TEAM ROOM

BREAKTHROUGH NLP TEST

1. Pen and paper or typing (drawing).
2. 30 minutes.

BENEFITS OF COACHING

1. Gain clarity and focus on your goals.
2. Develop a positive and growth-oriented mindset.
3. Identify and overcome limits and self doubt.
4. Develop stronger communication and leadership skills.
5. Improve personal and professional relationships.
6. Set achievable goals and create a plan to achieve them.
7. Boost your confidence and self-esteem.
8. Stay motivated and accountable.
9. Increase productivity and efficiency.
10. Improve work-life balance and overall well-being.



BENEFITS OF BREAKTHROUGH COACHING

1. Root cause of the challenge.
2. Personal development, career, health, wellness, teen, love, money, business and life.
3. Significant change and transformation.





BREAKTHROUGH H COACHING NLP EXAMPLES

PRACTICE MAIN ROOM

BREAKTHROUGH COACHING BENEFITS EXERCISE

1. Write in chat how has Breakthrough coaching benefited you?
2. How can you apply it in real life?
3. If you were to hire a coach, where would you want them to help you?
4. Where might the people you know need help?

FROM STUCK IN JOB TO CAREER SUCCESS

Lisa was feeling stuck in her job. She had been working in the same position for years, and although she enjoyed her work, she felt like there was something missing. She didn't know what her next steps were, and the thought of making a change was overwhelming.

That's when Lisa decided to try coaching. She had heard that coaching could help her gain clarity and focus on her goals, and that's exactly what she needed. In her coaching sessions, Lisa learned how to identify her strengths and weaknesses, and how to create a plan to achieve her goals. Her coach helped her to overcome the limiting beliefs that had been holding her back, and taught her how to develop a positive and growth-oriented mindset.

As a result of her coaching, Lisa not only gained the confidence to make a change in her career, but also improved her communication and leadership skills. She developed stronger relationships with her colleagues and was able to achieve a better work-life balance. She learned how to stay motivated and accountable, and how to set achievable goals for herself.

Lisa was able to unlock her full potential and achieve the success she had always dreamed of. She realized that coaching wasn't just for CEOs or executives, but for anyone who wanted to make a change in their life. If you're feeling stuck or unsure of your next steps, coaching can help you too. Say yes to finding out more about our coaching services and take the first step towards achieving your goals today.

HEALTHIER EATING AND WEIGHT LOSS

John had been struggling to lose weight for years. He had tried every diet and exercise plan out there, but nothing seemed to work. He was about to give up when he decided to try coaching.

In his coaching sessions, John learned how to develop a positive and growth-oriented mindset, and how to overcome the limiting beliefs that had been holding him back.

With the support of his coach, John was able to create a sustainable plan for healthy eating and exercise that fit his lifestyle. Thanks to coaching, John lost over 50 pounds and gained the confidence to maintain his new healthy habits for life.

HEALTHIER EATING AND WEIGHT LOSS

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LEAVE A TOXIC RELATIONSHIP TO BEING HAPPIER

After years of being in a toxic relationship, Sarah was feeling lost and unsure of herself. She had lost her sense of identity and didn't know how to move forward.

That's when she decided to try coaching. In her coaching sessions, Sarah learned how to identify and overcome the limiting beliefs and behaviours that had been holding her back.

She gained the confidence to set boundaries and stand up for herself, and learned how to communicate effectively in all areas of her life. As a result, Sarah was able to leave her toxic relationship and move on to a healthier, happier life.

BETTER WORK-LIFE BALANCE & WELL-BEING

As a small business owner, Tom was struggling to balance his work and personal life. He was constantly stressed and overwhelmed, and didn't know how to prioritise his time. That's when he decided to try coaching.

In his coaching sessions, Tom learned how to manage his time more effectively and prioritise his tasks based on his goals. He also gained the confidence to delegate tasks to his team and trust them to get the job done.

Tom was able to create a sustainable work-life balance and improve his overall well-being.

FROM PROCRASTINATION TO MOTIVATED

Karen had always been a procrastinator. She had a habit of putting things off until the last minute, which often led to stress and anxiety. She knew that her procrastination was holding her back in her career and personal life, but she didn't know how to break the cycle.

That's when Karen decided to try coaching. In her coaching sessions, she learned how to identify the underlying causes of her procrastination and how to develop strategies to overcome it, including a plan for breaking down tasks into manageable steps and setting achievable goals.

Karen also learned how to develop a positive and growth-oriented mindset, and how to stay motivated and accountable. She was able to overcome her procrastination and achieve success in her career and personal life. She learned how to manage her time effectively and prioritise her tasks based on her goals. Karen also gained the confidence to take on new challenges and step outside of her comfort zone.

PRACTICE BREAKOUT ROOM

BRAINSTORM COACHING IDEAS

1. Pairs
2. Brainstorm the different areas you could use coaching for.
3. 5 minutes

THE COACHING PROCESS

The screenshot shows a course page for 'Breakthrough Coaching NLP Practitioner Training'. The page is divided into several sections:

- Header:** Includes 'Refer a friend' and 'Hi, Rangana'.
- Course Card:** Features a woman's portrait, the course title, and the tagline 'COACH YOURSELF AND OTHERS TO SUCCESS INTERNATIONAL CERTIFICATION PROGRAM'. It shows '0% Complete'.
- Course Outline:** A list of modules from 1 to 7.
- Lesson 11 Summary:** Titled '11. Summary', it includes a 'Mark As Complete' button and navigation links for 'Previous Lesson' and 'Next Lesson'.
- Lesson Content:** A list of 10 steps for the coaching process, each underlined.

7 STEPS TO CREATE THE LIFE YOU WANT

Peak
Performance
& Coaching

7 Steps to Creating the Life you Want

Harness the power of the mind



With an introduction to Neurolinguistic
Programming (NLP) & Breakthrough Coaching

Rangana Rupavi Choudhuri (PhD)

 Vitality **LIVING**
— College —

THE COACHING PROCESS

1. Intake from
2. Consultation call
3. Four, 2.5 - 3 hour long sessions
4. Six, 1 - 1.5 hour long sessions



BREAKTHROUGH COACHING: SMOKING

- Consultation call:
 - An ordeal: The 100 reasons to give up smoking.
- Session 1
 - Detailed Personal History
 - Well formed outcome
 - Secondary gain: Find the leverage to make the change.
 - Strategy: What is the very first thing that has to happen that causes you to smoke? Elicit a strategy.
 - Emotion: Roll the cameras back to the moment before you want to have a cigarette and what are you feeling emotionally?
 - Change Past History: Emotion, belief, memory, future pace (include hypnotic metaphor), cartesian co-ordinates.
 - Anchoring: The desired emotions.
 - Close and celebrate

BREAKTHROUGH COACHING: SMOKING

- Session 2:
 - Metaphor: Story of giving up smoking.
 - An ordeal: The 100 reasons to give up smoking.
 - Change past event: Memories associated with smoking and associated emotions.
 - If any traumatic memories arises: Change past trauma.
 - If any beliefs arises: Sub-modality belief change or parts integration.
 - Surface conflict, I want to smoke – I do not want to smoke: Parts integration.
 - Hypnosis: Progressive relaxation, or Ericksonian induction II with suggestion on stop smoking.
 - Future pace and close.

BREAKTHROUGH COACHING: SMOKING

- Session 3:
 - New Behaviour Generator
 - Swish
 - Hypnosis: Stop smoking script
 - Timeline Technology
 - Close and celebrate
- Session 4:
 - Logical levels
 - Hypnosis: Stop smoking script
 - Future Timeline, Disney Strategy, or Rocking Chair

BREAKTHROUGH COACHING: LOVE

1. Identify communication patterns
2. Improve communication skills
3. Build rapport
4. Identify limiting beliefs
5. Practice positive visualisation
6. Reframing

BREAKTHROUGH COACHING: LOVE

- There are 2 reasons relationships fail:
 - Negative anchoring
 - Unfulfilled strategies
- So the Relationship process is designed to:
 - Clean up negative anchors
 - Explore strategies to fulfill the relationship

BREAKTHROUGH COACHING: LOVE

- Clean up negative anchors
 - Empty out with perceptual positions
 - Identify negative events and use change past event
 - Identify negative emotions and use change person history
 - Anchor positive states
- Explore strategies to fulfill the relationship
 - Diagnosis
 - Explore the love languages
 - Explore the human needs
 - Enquire about the attraction, love and deep love strategies

BREAKTHROUGH COACHING: LOVE

- Explore strategies to fulfill the relationship
 - Diagnosis
 - Change
 - Well-formed outcome
 - Sub-modality belief change or parts integration
 - Logical levels
 - Timeline Technology
 - Concretise and condition
 - Future timeline
 - Cartesian co-ordinates
 - Take massive action

BREAKTHROUGH COACHING: LOVE

- Explore strategies to fulfill the relationship
 - Diagnosis
 - Change
 - Well-formed outcome
 - Sub-modality belief change or parts integration
 - Logical levels
 - Timeline Technology
 - Concretise and condition
 - Future timeline
 - Cartesian co-ordinates
 - Take massive action

CERTIFICATION GUIDELINES

1. Attendance of each day: how you showed up
2. Breakthrough coaching process 1
3. Test
4. Breakthrough coaching process 2
5. Your personal log (submit by 2.30 pm IST on Wednesday, 16th May)
6. Adhering to an international code of conduct,
<https://vitalitylivingcollege.info/vlc-code-of-conduct/>

BREAKTHROUGH COACHING



THE BREAKTHROUGH COACHING

1. Detailed Personal History (25 minutes), to be completed in advance.
2. Develop plan (10 minutes). Submit the summary to Fatema Bharucha in a one to one WhatsApp message by Tuesday 9th May at 2.30pm IST.
3. Prepare the processes that you need and master steps in advance.
4. Final Breakthrough Coaching with NLP exam on 11th May:
 - Provide the session without any scripts, other than Well Formed Outcome, Hypnosis Scripts, Logical Levels and Timeline Technology
 - Action planning, close and celebrate
 - Follow up the next day

NEXT STEPS

1. Personal development log, <https://portal.vitalitylivingcollege.info/trainingprogram/breakthrough-coaching/506/1>.
2. Complete the Detailed Personal History with your client and share a summary of your plan by 2.30pm IST on 9th May with Fatema Bharucha.
3. Review the 7 steps to Breakthrough NLP and the associated skills

PRESENT STATE – OLD MODEL OF THE WORLD

1. What do you want?
2. What prevents or persists?
3. Soften the current model.
4. Change work.
5. Condition the desired state.
6. Test and make it real.
7. Take action and celebrate.

DESIRED STATE – NEW MODEL OF THE WORLD

PRESENT STATE – OLD MODEL OF THE WORLD

1. Understand and appreciate the current model of the world, the issue, and the desired state.
2. What prevents the desired state and persists in the present state.
3. Soften or loosen the current model.
4. Change work to ignite the desired state.
5. Concretise and condition the desired state.
6. Ecology check, test and future pace.
7. Take massive action and celebrate.

DESIRED STATE – NEW MODEL OF THE WORLD

PRESENT STATE – OLD MODEL OF THE WORLD

1. Understand and appreciate the current model of the world, the issue, and the desired state.

- Training goals
- SMART goals
- SMART (ER) goals
- **Wheel of life**
- Stages of learning
- From old to new model
- 6 human needs
- Languages of love
- Notice what you love about them first
- Remove the “I” from the label
- BENDWIMP
- Calibration
- Rapport
- **Well formed outcome**

720

DESIRED STATE – NEW MODEL OF THE WORLD

PRESENT STATE – OLD MODEL OF THE WORLD

1. Understand and appreciate the current model of the world, issue and desired state.

- Filtering (Deletion, Distortion, & Generalisation)
- NLP communication model
- Senses (VAK, Ad, O, G)
- Agreement frame
- Softening frame
- Notice the Metaprograms
- What is the outcome or goal?
- **Detailed Personal History**

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DESIRED STATE – NEW MODEL OF THE WORLD

PRESENT STATE – OLD MODEL OF THE WORLD

2. What prevents the desired state and persists in the present?

- Cause versus effect (How is that a problem, It's a problem because...)
- What prevents the goal?
- What persists in the problem/issue?
- Trapping beliefs
- BENDWIMP
- **Secondary gain**
- Meta model questions
- Give an ordeal
- Strategy elicitation
- Gain leverage – pain versus pleasure

DESIRED STATE – NEW MODEL OF THE WORLD

PRESENT STATE – OLD MODEL OF THE WORLD

3. Soften or loosen the current model.

- Visual Squash
- Evolutionary and revolutionary growth
- Secondary gain
- **Trapping beliefs**
- Positive beliefs
- Meta model questions
- Contrastive analysis
- Chunk up and chunk down
- **Pattern interrupt**
- **Hypnosis**
 - Breathing (6 count, box breathing, 6 – 9 breathing, 4-7-8 breathing)
 - Progressive relaxation (body parts, tighten and release, and guided imagery)
 - Ericksonian induction I and II
- Milton model language patterns
- Reframing

DESIRED STATE – NEW MODEL OF THE WORLD

PRESENT STATE – OLD MODEL OF THE WORLD

4. Change work to ignite the desired state.

- Hypnosis continued..
 - Breathing (6 count, box breathing, 6 – 9 breathing, 4-7-8 breathing)
 - Progressive relaxation (body parts, tighten and release, and guided imagery)
 - Ericksonian induction I and II
 - Healing light
 - Weight Loss using the tomato metaphor
 - Building Confidence
 - Calming Anxiety
 - Tackling Irritable Bowel Syndrome
 - Weight Loss & Overeating
 - Stop Smoking
 - Relaxation
 - Pain Relief
 - Anxiety
 - Relief
 - Stress Relief
 - Procrastination

DESIRED STATE – NEW MODEL OF THE WORLD

PRESENT STATE – OLD MODEL OF THE WORLD

4. Change work to ignite the desired state.
 - SWISH
 - Timeline Technology

DESIRED STATE – NEW MODEL OF THE WORLD

PRESENT STATE – OLD MODEL OF THE WORLD

5. Concretise and condition the desired state.

- Triad of success
- State elicitation
- Anchoring (Stacking)
- Ring of power
- New behaviour generator
- Empowering alternates - new beliefs, emotion and meaning
- Personal inventory
- Rocking chair (scripting)
- Metaphors
- Incantation
- Timeline Technology

DESIRED STATE – NEW MODEL OF THE WORLD

PRESENT STATE – OLD MODEL OF THE WORLD

6. Ecology check, test and future pace.

- Well formed outcome
- **Future timeline**
- **Disney strategy**
- Hypnosis
 - Future pace
- Future pace
- Cartesian coordinates

DESIRED STATE – NEW MODEL OF THE WORLD

PRESENT STATE – OLD MODEL OF THE WORLD

7. Take massive action and celebrate

- Write down action steps
- **Encourage action (Triad of success)**
- Physiology
- **Follow-up phone calls**
- Celebrate actions

DESIRED STATE – NEW MODEL OF THE WORLD

PRESENT STATE – OLD MODEL OF THE WORLD

4. Change work to ignite the desired state.

- Well-formed outcome
- Secondary gain
- **Simple event change (Mean, Learn, Integrate, Share)**
- **Simple belief change**
- **Change past event (memory with resources)**
- **Change past history (emotion to memory with tree)**
- **Story of success**
- **Phobia or unpleasant experience process**
- **Pain relief**
- Mapping across
- Sub-modalities
- **Sub-modality like to dislike**
- **Sub-modality belief change**
- **Perceptual positions**
- **Parts Integration**
- Hypnosis

DESIRED STATE – NEW MODEL OF THE WORLD

BREAKTHROUGH COACHING & MENTORING

