VITALITY LIVING COLLEGE

BREAKTHROUGH NLP FACILITATOR

Master Slides



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BREAKTHROUGH NLP FACILITATOR

Module 1: Begin With The End In Mind



1

BEGIN WITH THE END IN MIND

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CONTENTS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. What will you get?
    - Personal Development Log
2. Begin with the end in mind
3. Facilitator state
4. Your goals
5. Your audit
6. The 4MAT system
7. Next steps






















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WHAT WILL YOU GET?

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Be an effective and impactful group facilitator, so you can change lives and make a real difference in the world.
- Present powerfully, engaging your audiences with story telling and an inspiring presence to transform.
- Present either on stage or online, in front of small and large audiences, in schools, companies, and to members of the public.
- Create your coaching course to share with your audience.

CERTIFICATION REQUIREMENTS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Be a Certified Breakthrough Coach & NLP Practitioner.
- Attend all days of training: Share your Personal Development Log.
- Fill in the BC NLP Facilitator audit and Personal Development Plan.
- Share 1 video of you conducting a 45-minute seminar/ workshop/ program.
- Complete a video audit of your 45-minute seminar/ workshop/ program.
- Provide your BC NLP marketing plan (bio, corporate proposal, marketing communication).
- Map out your BC NLP Facilitator seminar content plan.

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?

https://vitalitylivingcollege.info/wp-content/uploads/2024/03/Personal-Development-Log-01.03.2024.pdf

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THEMED WORKSHOPS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Students - How to have unstoppable confidence
- Parents - How to be relaxed in the heart of chaos
- Corporates - How to excel at work
- Members of the public - How to be unstoppable

EASY TO ABSORB SKILLS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Triangle of success
- Visual squash
- Well-formed outcome
- Wheel of life
- Evolutionary versus revolutionary model
- Anchoring / Stacking anchors
- Simple belief change (trapping beliefs)
- Simple event change
- Emotional blowout
- Hypnosis
- Presuppositions
- Pain relief
- Perceptual positions
- Secondary gain
- Ring of power
- Rocking chair / Future timeline / Disney
- Evolutionary versus revolutionary model
- Visual Auditory and Kinaesthetic (VAK)

NOT COMPLEX SKILLS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Cause versus effect
- Meta model / Milton model
- Logical levels
- Change past event / Change past history
- Ericksonian induction
- Trauma change work / Phobias or unpleasant experience
- Deep change work, for example Parts Integration, Sub-modality belief change and Timeline Technology

NOT COMPLEX SKILLS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

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- Meta model / Milton model
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- Trauma change work / Phobias or unpleasant experience
- Deep change work, for example Parts integration, Sub-modality belief change and Timeline Technology

NOT BREAKTHROUGH NLP PRACTITIONER CERTIFICATION TRAINING, BUT EMPOWERING THEMED WORKSHOPS & PROGRAMS

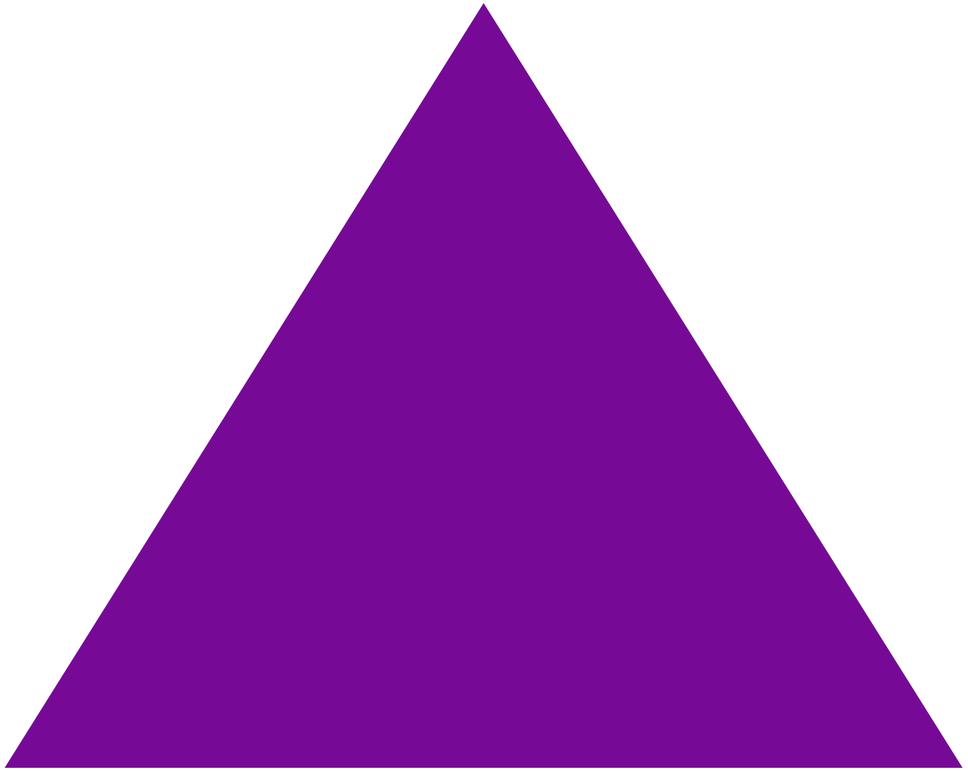


TRIANGLE OF SUCCESS

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FACILITATOR STATE

What I say to myself?



My body and breathing

My focus

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PRACTICE MAIN ROOMS

FACILITATOR STATE

- Come into your facilitator state
- What is your body language like?
- What are you saying to yourself?
- What’s your focus?

PRACTICE BREAKOUT ROOMS

TRIANGLE OF SUCCESS

- Pairs
- Adopt your triangle of success as a facilitator
- The other person to match and mirror their body language and guess their emotional state.
- 2.5 minutes each way; 5 minutes

BEGIN WITH THE END IN MIND

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Audience
- Theme
- Title
- Sub-heading

FOR CONFIDENCE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- **Overcome limits to thrive:** Discover the limits holding you back and unleash your potential.
- **Goal setting and achievement:** Set compelling goals, create effective action plans, and achieve desired outcomes.
- **Enhancing self-confidence and empowerment:** Boost self-confidence, develop a positive self-image, and foster a sense of empowerment.
- **Creating empowering mindsets and perspectives:** Shift perspectives, reframe experiences, and develop empowering mindsets for personal breakthroughs.

FOR TEENAGERS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- **Goal setting and future planning:** Set meaningful goals, explore your passions, and plan for academic and personal endeavours.
- **Building self-confidence and success:** Boosting self-esteem, developing a success mindset, and empowering teenagers to believe in themselves.
- **Peer relationships and communication:** Get on someone's wavelength fast, conflict resolution, and effective communication with peers.

FOR ENTREPRENEURS AND OWNERS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- **Goal setting and visioning:** Set goals, develop the future vision and action.
- **Communicate with confidence:** How to get on someone's wavelength fast, and communicate with understanding and confidence.
- **Managing work-life balance:** Enable a healthy work-life balance, set life goals that create joy and prevent burnout.

FOR MOMS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- **Self-care and well-being:** Unlocking self-care, stress relief and maintaining personal wellness.
- **Work-life integration:** Balancing career aspirations, family responsibilities, and personal goals to achieve a sense of fulfilment and satisfaction.
- **From self-doubt to self-belief:** Lifting self-doubt to finding a sense of balance and self-acceptance.
- **Rediscovering identity and purpose:** Goal setting to reignite your passion and purpose.

FOR SELF-LOVE & COMPASSION

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- **Cultivating self-love and self-compassion:** Developing a foundation of loving kindness as the basis for healthy relationships and personal well-being.
- **Compassionate communication:** Communication skills rooted in non-judgment to foster understanding and connection.
- **Healing relationship wounds:** Healing past relationship wounds, letting go of emotional baggage, and creating space for love and compassion to flourish.

FOR RELATIONSHIPS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- **Communication skills for healthy relationships:** Effective communication techniques, and conflict resolution strategies to foster healthy and meaningful connections.
- **Managing relationship challenges and conflict:** Navigate relationship challenges, resolve conflicts, and promote mutual understanding.
- **Relationship vision and goal setting:** Defining your relationship vision, setting goals, and working towards a fulfilling and harmonious partnership.
- **Dating and relationship readiness:** Letting go of past hurts and getting ready to navigating the dating world with confidence.

FOR CORPORATES

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- **Building high-performing teams:** Through understanding and powerful communication.
- **Stress management in the workplace:** Manage stress, promote work-life balance, and enhance well-being in a corporate environment.
- **Executive presence and personal branding:** Developing executive presence, enhancing professional image, and building a strong personal brand.
- **Change management:** Navigating organisational change, overcoming resistance, and adapting to new circumstances.

PRACTICE BREAKOUT ROOMS

BRAINSTORM EXERCISE

- Groups of 4 - 5
- The different audiences or seminar types
- Share on the WhatsApp support group
- Present your ideas in the main room in 2 minutes
- 10 minutes total (Brainstorm, prepare, present)

STAR JUMPING



PRACTICE MAIN ROOMS

STAR JUMPING VISUALISATION

- Share your experience
- 2 minutes

BEGIN WITH THE END IN MIND

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Audience (Client Type)
- Pain
- Problem
- Solution
- Prayer
- Answer

PRACTICE MAIN ROOMS

END IN MIND EXERCISE

- Write down your audience / client type profile
- 2 minutes

BEGIN WITH THE END IN MIND

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Program name
- Online / Offline
- Length

PRACTICE MAIN ROOMS

END IN MIND EXERCISE

- Write down your program name, online / offline, length
- 2 minutes

PRACTICE BREAKOUT ROOMS

END IN MIND EXERCISE

- Pairs
- Discuss whatever you've decided about your clients and program so far
- 5 minutes

S.M.A.R.T.(E.R.) GOALS



S.M.A.R.T GOALS



SPECIFIC



MEASURABLE



ACHIEVABLE

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S.M.A.R.T GOALS



RELEVANT



TIME BASED



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

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YOUR GOALS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Specific
- Measurable
- Achievable
- Relevant
- Timebound

YOUR GOALS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Launch a program for women to help them feel more empowered in themselves by December 2023
- Launch a program for corporates to help senior leaders communicate with confidence by XXX
- Launch a program to teenagers to help them feel XXX by XXX
- Launch a program for moms to feel happy and calm by XXXX

PRACTICE MAIN ROOMS

YOUR GOALS EXERCISE

- Write down your S.M.A.R.T. goal
- 2 minutes

START TO END GOALS





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YOUR GOALS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Start: Attend Breakthrough NLP Facilitator Training.
- Next: Do research with the audience to map out content and logistics.
- Means: Practice one of the modules as part of a 45-minute coaching certification.
- End: Launch marketing by September 2023 to launch retreat in Q4 2023.

YOUR GOALS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- **Start:** Research about the target audience – understand their pain points, desires, language, and where they hang out.
- **Next:** Build a community – create a space (e.g., WhatsApp group, Facebook group, email list) where the target audience feels seen, heard, and supported.
- **Means:** Engage consistently with valuable content, personal stories, interactive posts, and relationship-building to nurture trust and connection.
- **End:** Create and deliver a powerful 45-minute workshop that speaks directly to the audience’s core needs and inspires transformation.

PRACTICE MAIN ROOMS

START TO END GOALS

- Write down your Start to End goal
- 2 minutes

PRACTICE BREAKOUT ROOMS

SHARE YOUR GOALS

- Pairs
- Share your SMART and Start to End goals

5 minutes total

BREAKTHROUGH COACHING NLP SKILLS AUDIT

BREAKTHROUGH COACHING NEURO-LINGUISTIC PROGRAMMING (BC NLP) FACILITATOR SKILLS AUDIT

Please rank the Facilitator's skills (Excellent, Good, Average or Poor) based on the criteria mentioned below.

Name:

	LIST OF SKILLS	Excellent	Good	Average	Poor
1.	Anchoring (Creating powerful states)				
2.	Cravings (Like to Dislike)				
3.	Disney Strategy				
4.	Emotional Blowout				
5.	Evolutionary vs Revolutionary Model				
6.	Future Pace				
7.	Future Timeline				
8.	Hypnosis – Body Part				

https://vitalitylivingcollege.info/wp-content/uploads/2024/03/1.-BC-NLP-Facilitator-Skills-Audit-01.03.2024.pdf

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YOUR AUDIT

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

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PRACTICE BREAKOUT ROOMS

SHARE YOUR GOALS

- Pairs
- Share your SMART and Start to End goals

5 minutes total

OVERVIEW

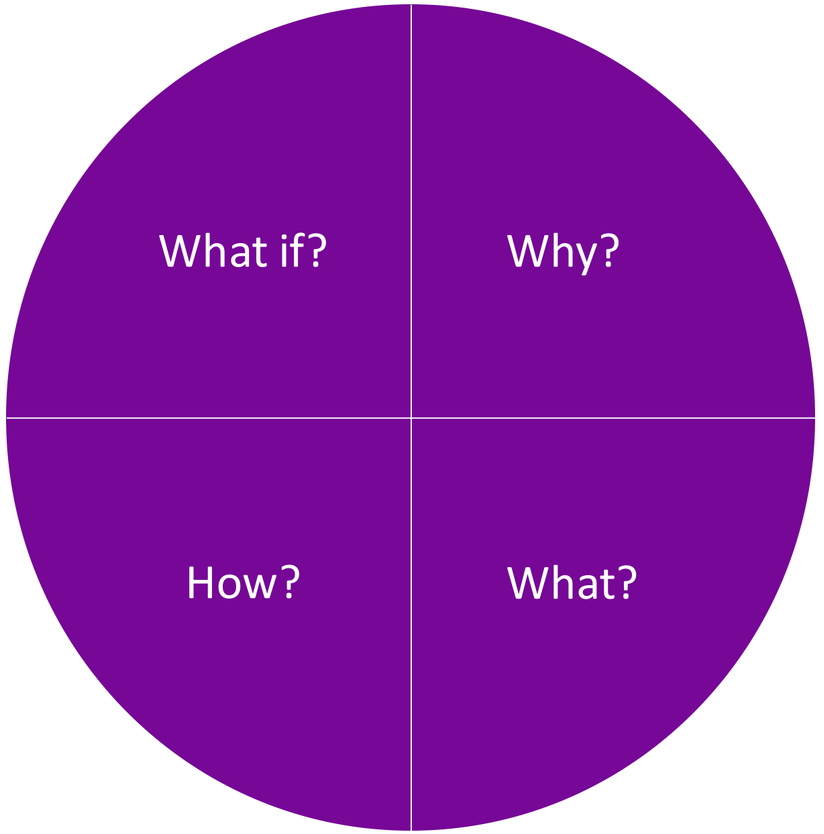
PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

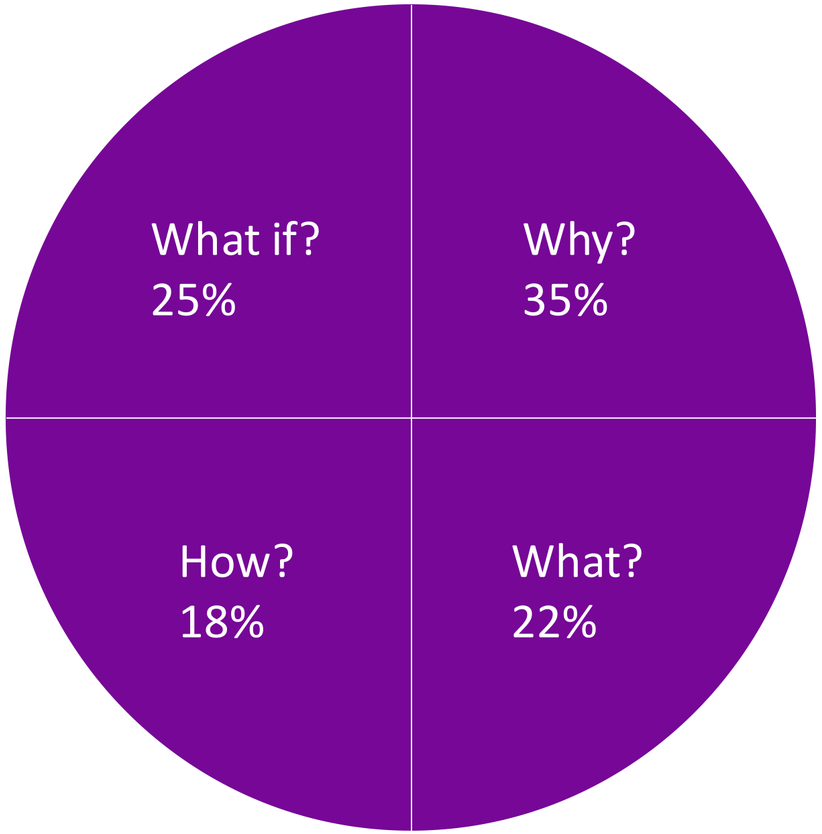
- Open a group
- Start, middle, and end
- Story-telling
- Demonstrations
- Practice sessions
- Take questions, handle hecklers and complaints
- Close a group

THE 4MAT SYSTEM

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Why?
- What?
- How?
- What if?


What if?
Why?
How?
What?


What if?
25%
Why?
35%
How?
18%
What?
22%

THE WHY FRAME

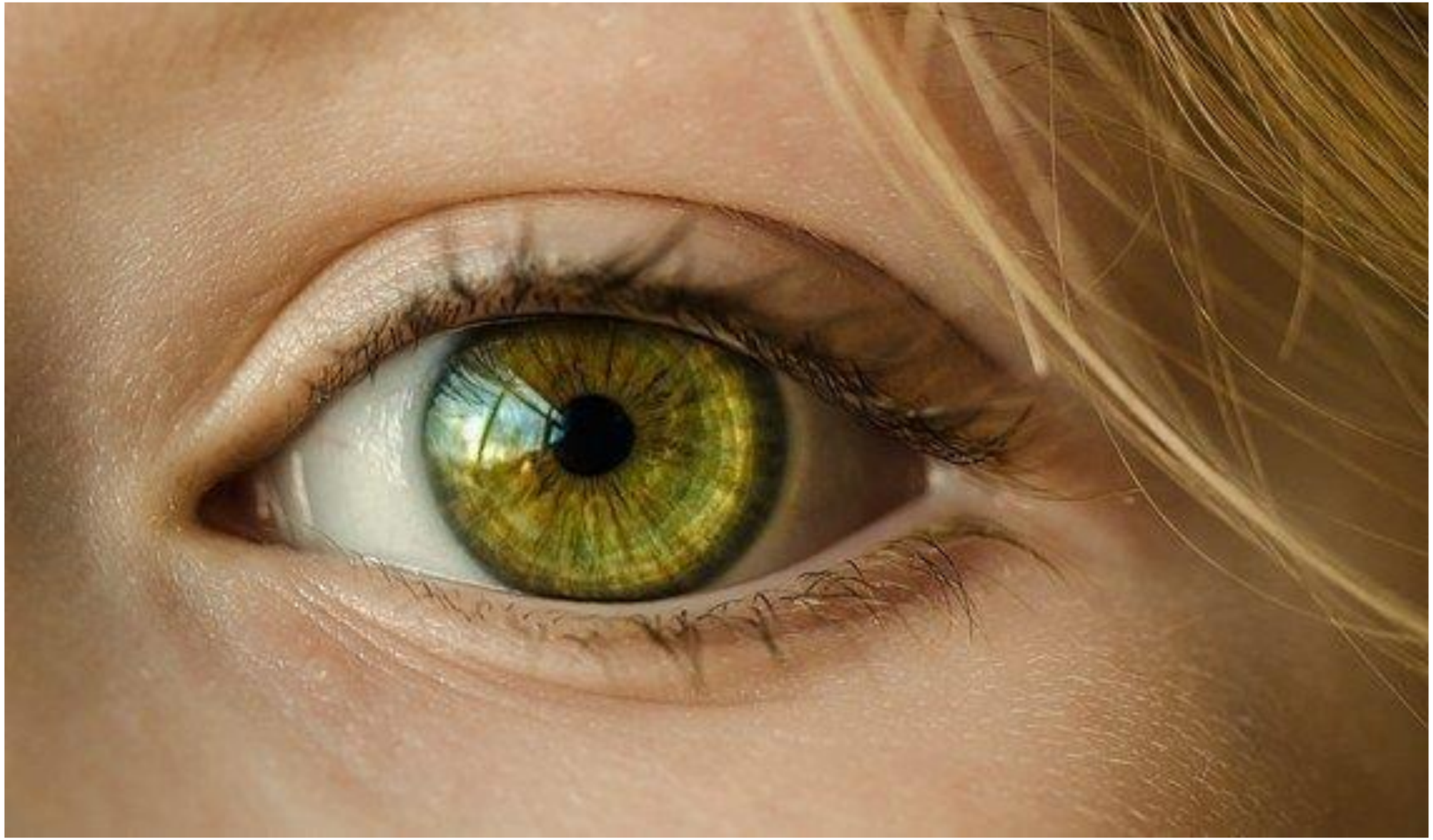
PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Eye contact
- Welcome
- YES SET
- When I was in your place
- SNOGA
- Woe to wow (testimonial)
- Safe space
- Intention setting / goal setting
- Audit
- Evidence

THE WHY FRAME

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

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PRACTICE BREAKOUT ROOMS

EYE CONTACT EXERCISE

- Groups of 4-6
- Practice eye contact
- 6 minutes total

THE WHY FRAME

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Eye contact
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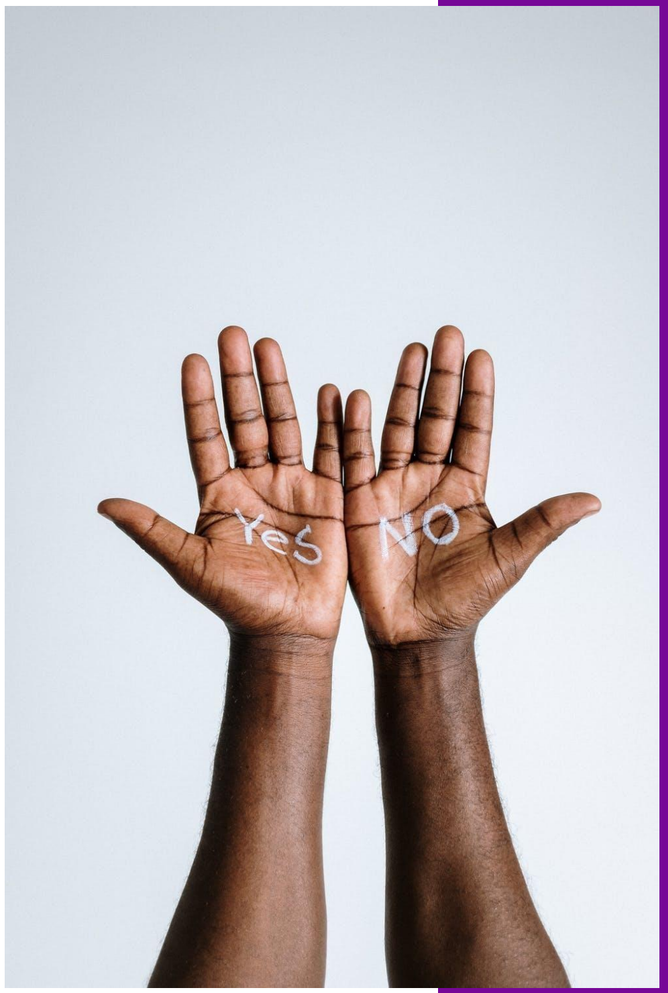

WILLKOMMEN
स्वागत
欢迎
BIENVENIDA
WELCOME
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THE WHY FRAME

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

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YES SET

- Instant rapport
- Engages yes and no



YES SET

So here we are on XXXX online for this XXX program.

NEXT STEPS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. **Update:** Your Personal Development Log, https://portal.vitalitylivingcollege.info/course/breakthrough-coaching-nlp-facilitator-training/20-personal-development-logs/lesson/1-personal-development-log-67f24501a1586
2. **Complete:** Your Breakthrough NLP Facilitator skills audit, https://vitalitylivingcollege.info/wp-content/uploads/2024/03/1.-BC-NLP-Facilitator-Skills-Audit-01.03.2024.pdf
3. **Fill in:** Your BC NLP Facilitator marketing plan till Goals, https://vitalitylivingcollege.info/wp-content/uploads/2024/03/2.-Marketing-Plan-Template-BC-NLP-26.02.2024.pdf

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?

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MARKETING PLAN

BREAKTHROUGH COACHING NEURO-LINGUISTIC PROGRAMMING (BC NLP) MARKETING PLAN

MARKETING PLAN: [YOUR NAME]

No	Marketing	Details
1.	Audience Type (e.g., ambitious women, corporate executives, moms, teenagers)	
1a.	Profile (e.g., age, gender, location, preferences, personality)	
1b.	Pain (A challenge that creates dissatisfaction)	

https://vitalitylivingcollege.info/wp-content/uploads/2024/03/2.-Marketing-Plan-Template-BC-NLP-26.02.2024.pdf

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SUMMARY

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. What will you get?
    - Personal Development Log
2. Begin with the end in mind
3. Facilitator state
4. Your goals
5. Your audit
6. The 4MAT system
7. Next steps

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BREAKTHROUGH NLP FACILITATOR

Module 1: Begin With The End In Mind



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BREAKTHROUGH NLP FACILITATOR

Module 2: Opening A Room



SUMMARY

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

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CERTIFICATION DEADLINE

2

OPENING A ROOM

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CONTENTS

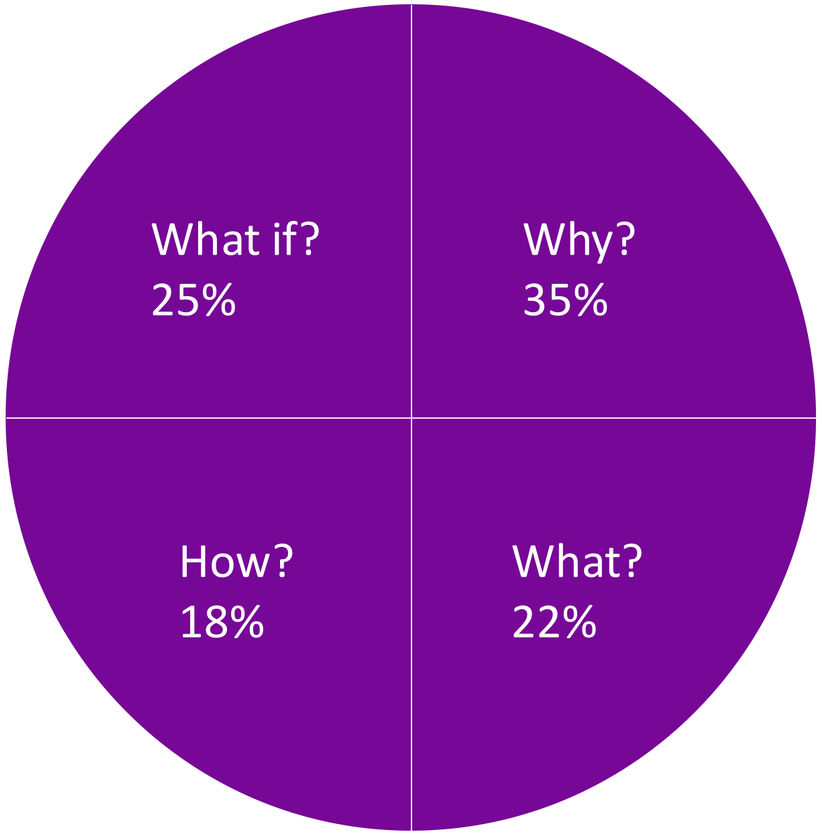
PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. Importance of movement
2. Facilitator state
3. The 4MAT system
4. Welcome
5. YES set
6. When I was in your place
7. SNOGA
8. Woe to wow story
9. Next steps

THE 4MAT SYSTEM

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

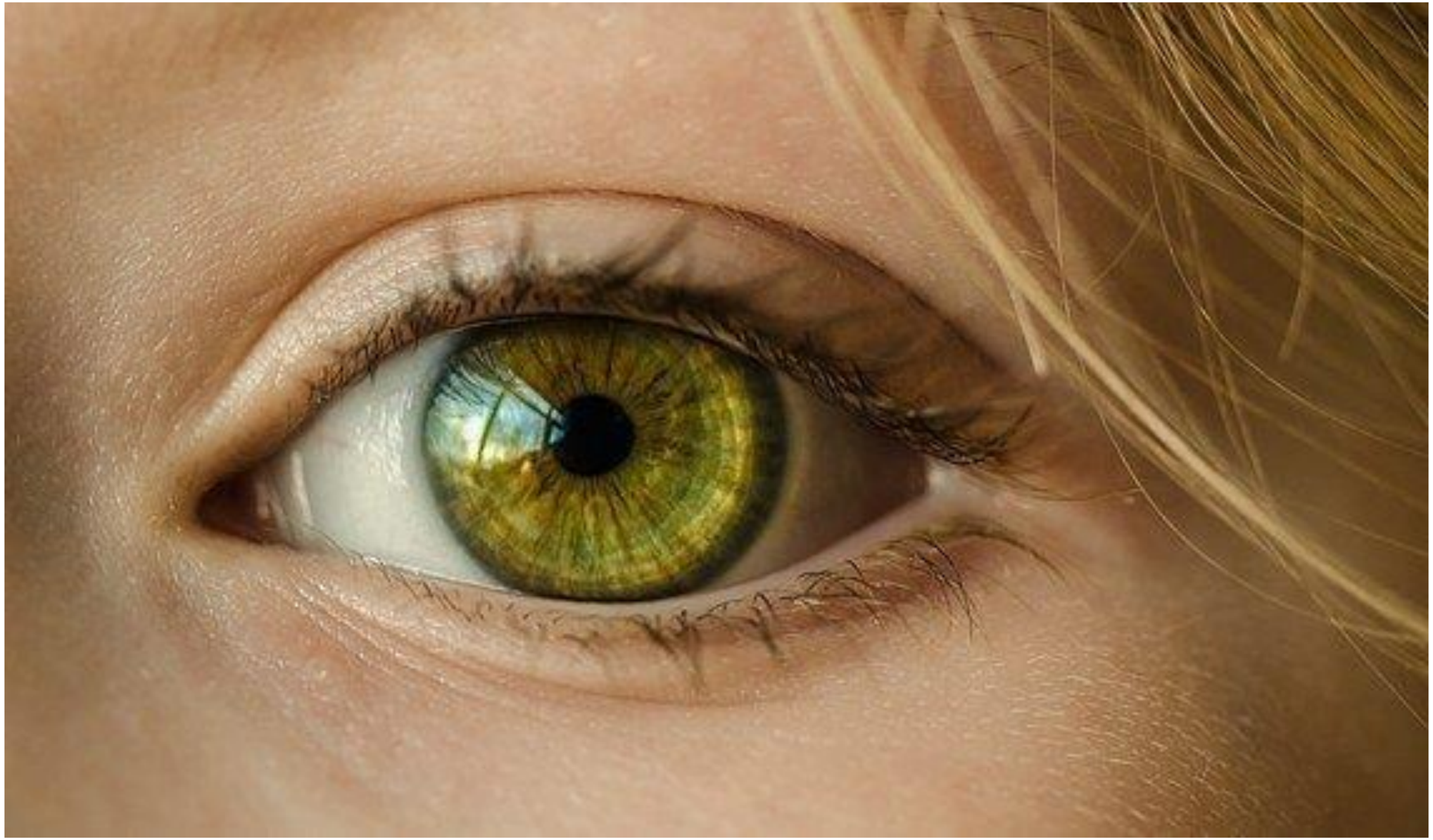
- Why?
- What?
- How?
- What if?


What if?
25%
Why?
35%
How?
18%
What?
22%

THE WHY FRAME

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Eye contact
- Welcome
- YES SET
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- SNOGA
- Woe to wow (testimonial)
- Safe space
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THE WHY FRAME

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BEM-VINDO





YES SET

So here we are on XXXX online for this XXX program.

PRACTICE BREAKOUT ROOMS

WELCOME EXERCISE

- Three’s
- Practice eye contact, welcome and YES set (1 minute)
- Give each other feedback on what was great and what could be better
- 5-minutes each

THE WHY FRAME

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

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WHEN I WAS IN YOUR PLACE…

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Relatable
- Real
- Hesitation
- Engage skeptics
- Authentic
- Honest

WHEN I WAS IN YOUR PLACE…

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

When I was in your place attending my first coaching seminar, I had just quit my job and was feeling lost about my life, lacking direction.

I was scared and wondering why I even bothered turning up for the seminar. I should have just stayed in bed.

Yet, I had this inner knowing that I needed to be here.

As the days progressed, I noticed I started to feel more and more confident with a sense of purpose and passion.

PRACTICE BREAKOUT ROOMS

WHEN I WAS IN YOUR PLACE…

- Three’s
- Practice your welcome, eye contact, YES set and when I was in your place…
- Let each other know what was great and what could be better
- 10 minutes total

THE WHY FRAME

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

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SNOGA

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SNOGA

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Self (me) and others
- New versus building on what they know
- Options versus procedures
- Goals versus problems
- Action versus reflection

SNOGA

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

In our time together, you will walk away with real ways to reduce your stress where you will get to practice and sit back and observe, you will learn how you can apply what you learn with yourself and the people in your life. You might already know some of the skills I will share today, and I will be building on your knowledge, and you will also be learning new things. I will share detailed steps as well as options on how you can vary the different tips and techniques to suit your needs. You will learn how to use these skills to solve a problem or reach a goal or outcome, for example, how to feel less stressed or how to feel happier and healthier.

PRACTICE BREAKOUT ROOMS

SNOGA EXERCISE

- Pairs
- Practice with each other
- Let each other know what is great and what could be better
- 6 minutes total

THE WHY FRAME

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Eye contact
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- Woe to wow (testimonial)
- Safe space
- Intention setting / goal setting
- Audit
- Evidence



WOE TO WOW STORY

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WOE TO WOW STORY

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Relatable
- Vulnerable
- Honest



Authentic

THE 4 SECRETS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. Engaging
2. Empowering
3. Educational
4. Entertaining

WOE TO WOW STORY

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Relatable
- Vulnerable
- Honest

→ Authentic

1. Engaging
2. Empowering
3. Educational
4. Entertaining

STORY STRUCTURE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. **Beginning:** Your old situation
2. **Middle:** What you did
3. **End:** How things changed to now

WOE TO WOW STORY

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

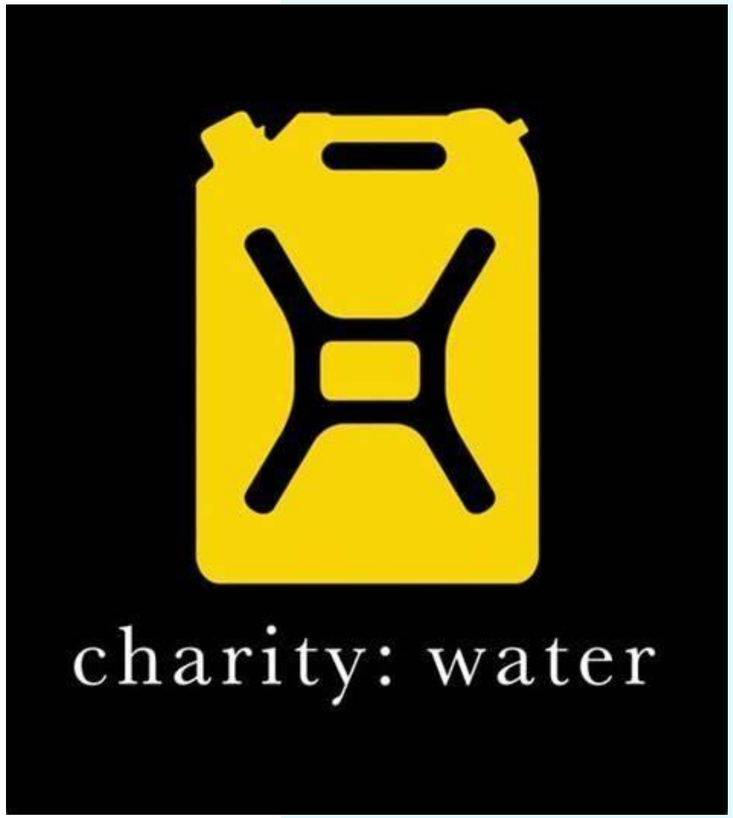
1. **Beginning**: Quit my job, staring at the computer screen, how am I going to pay my mortgage?
2. **Middle:** Discovered Breakthrough NLP and the power of mindset and cleared my limits to money and risk.
3. **End:** Within 1 year paid off my mortgage in full and created financial independence.

PRACTICE BREAKOUT ROOMS

WOE TO WOW STORY

- Pairs
- Practice your Woe to Wow
- Get feedback
- Then practice your story again

  1 minute each
- 5 minutes total



STORY EXAMPLE

https://www.youtube.com/watch?v=bdBG5VO01e0


My dad was a businessman and my mom was a writer.

PRACTICE TEAM ROOMS

BRINGING IT ALL TOGETHER

- Group of 5 people
- Practice your welcome, eye contact, YES set, when I was in your place, SNOGA, Story
- 30 minutes total

THE WHY FRAME

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Eye contact
- Welcome
- YES SET
- When I was in your place
- SNOGA
- Woe to wow (testimonial)
- Safe space
- Intention setting / goal setting
- Audit
- Evidence

NEXT STEPS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. **Update:** Your Personal Development Log, https://portal.vitalitylivingcollege.info/course/breakthrough-coaching-nlp-facilitator-training/20-personal-development-logs/lesson/1-personal-development-log-67f24501a1586
2. **Home play:** Make a video and watch yourself complete the sequence from welcome to story (notice your video frame).
3. **Share:** Make a video of your Woe to Wow story and share on the WhatsApp support group.
4. **Browse:** The different equipment involved, https://portal.vitalitylivingcollege.info/course/breakthrough-coaching-nlp-facilitator-training/30-equipments/lesson/1-equipments
5. **Facilitator state:**
   - Come in the energy of being a Facilitator from now on.
   - Share: The top 10 incredible qualities about yourself as a facilitator in the support group.

SUMMARY

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. Importance of movement
2. Facilitator state
3. The 4MAT system
4. Welcome
5. YES set
6. When I was in your place
7. SNOGA
8. Woe to wow story
9. Next steps

VITALITY LIVING COLLEGE

BREAKTHROUGH NLP FACILITATOR

Module 2: Opening A Room



VITALITY LIVING COLLEGE

BREAKTHROUGH NLP FACILITATOR

Module 3: Opening Hearts



NEXT STEPS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. **Update:** Your Personal Development Log, https://portal.vitalitylivingcollege.info/course/breakthrough-coaching-nlp-facilitator-training/20-personal-development-logs/lesson/1-personal-development-log-67f24501a1586
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5. **Facilitator state:**
   - Come in the energy of being a Facilitator from now on.
   - Share: The top 10 incredible qualities about yourself as a facilitator in the support group.

WOE TO WOW

PERSONAL DEVELOPMENT ON EXERCISE (DAY BEFORE)

SNOGA
(A SNOG!)

WHEN I WAS IN YOUR PLACE VERSUS WOE TO WOW!

TEACHING VERSUS SHARING

SUMMARY

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. Importance of movement
2. Facilitator state
3. The 4MAT system
4. Welcome
5. YES set
6. When I was in your place
7. SNOGA
8. Woe to wow story
9. Next steps

3 OPENING HEARTS

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CONTENTS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. Safe Space
2. Intention setting
3. Audit
4. Deeper audit
    - Goal setting
    - Intention setting
    - Wheel of life
    - Evolutionary versus revolutionary
5. Next steps

THE 4MAT SYSTEM

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Why?
- What?
- How?
- What if?

THE WHY FRAME

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. Self selected
2. Non-self selected (Directed)
3. Semi self selected

EMPTY VESSEL MEDITATION

SAFE SPACE VISUALISATION

RUN THORUGH OF THE DAY

THE WHY FRAME

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Eye contact
- Welcome
- YES SET
- When I was in your place
- SNOGA
- Woe to wow (testimonial)
- Safe space
- Intention setting / goal setting
- Audit
- Evidence



SAFE SPACE

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SAFE SPACE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. Flip chart
2. Write in chat
3. Set the rules
    - Phone rules

PRACTICE BREAKOUT ROOMS

SAFE SPACE

- Pairs
- Discuss with each other what would you like to do
- 5 minutes total

THE WHY FRAME

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Eye contact
- Welcome
- YES SET
- When I was in your place
- SNOGA
- Woe to wow (testimonial)
- Safe space
- Intention setting / goal setting
- Audit
- Evidence

INTENTION SETTING



INTENTION / GOAL SETTING

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. Brief visualisation
2. Asking to share intention

PRACTICE BREAKOUT ROOMS

INTENTION SETTING

- Groups of 2
- Round 1: Facilitate for 1.5 mins per person, allowing time for feedback
- Round 2: Practice safe space with intention setting
- 10 minutes

THE WHY FRAME

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Eye contact
- Welcome
- YES SET
- When I was in your place
- SNOGA
- Woe to wow (testimonial)
- Safe space
- Intention setting / goal setting
- Audit
- Evidence

AUDIT



AUDIT

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- A temperature check
- Formal questionnaire
- Validated questionnaire

BEFORE THE AUDIT

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Create a safe and non-judgmental space
- Be vulnerable yourself

TEMPERATURE CHECK

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Take a moment to connect with yourself and notice on a scale of 1 to 10 how happy you feel. (Where 10 is really happy and 1 is not happy at all)
- Take a moment to connect with yourself and notice on a scale of 1 to 10 how stressed you feel. (Where 10 is really stressed and 1 is not stressed at all)
- Take a moment to connect with yourself and notice on a scale of 1 to 10 how satisfied you feel with your life. (Where 10 is really satisfied and 1 is not satisfied at all)
- Take a moment to connect with yourself and notice on a scale of 1 to 10 how motivated you feel in your life. (Where 10 is really motivated and 1 is not motivated at all)

FORMAL QUESTIONNAIRE: WELLNESS

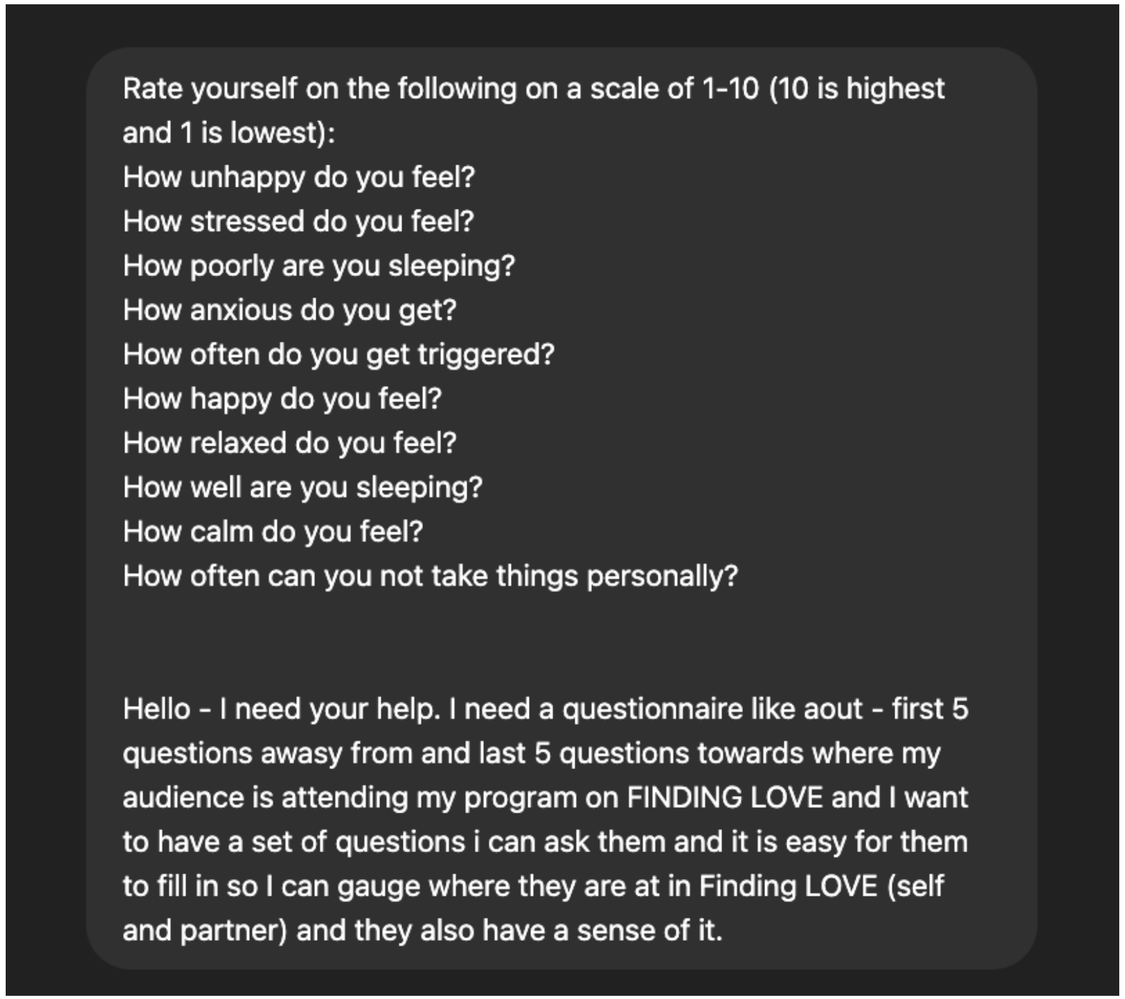
Rate yourself on the following on a scale of 1-10 (10 is highest and 1 is lowest):

1. How **unhappy** do you feel?
2. How **stressed** do you feel?
3. How **poorly** are you sleeping?
4. How **anxious** do you get?
5. How **often** do you get triggered?
6. How **happy** do you feel?
7. How **relaxed** do you feel?
8. How **well** are you sleeping?
9. How **calm** do you feel?
10. How often can you **not take things personally?**

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USING CHATGPT

FORMAL QUESTIONNAIRE: FINDING LOVE



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That's a great idea! A questionnaire like that can help both you and your audience gauge their starting point when it comes to finding love, both within themselves and with a potential partner. Here's a set of questions you could use:

Finding Love: Self & Partner Questionnaire

First Half (Questions about Current Emotional State and Readiness)

1. **How unhappy do you feel in your current relationship with yourself?**
   (1 = Very unhappy, 10 = Very happy)
2. **How stressed do you feel when thinking about love and relationships?**
   (1 = Extremely stressed, 10 = Very relaxed)
3. **How often do you feel unsure about your own worth or ability to find love?**
   (1 = Always, 10 = Never)
4. **How anxious do you feel about the idea of being in a relationship?**
   (1 = Very anxious, 10 = Very calm)
5. **How often do past experiences or fears prevent you from fully opening up to the possibility of love?**
   (1 = Always, 10 = Never)

Second Half (Questions about Desire, Readiness, and Openness to Love)

6. **How hopeful are you about finding a loving, healthy relationship in the future?**
   (1 = Not hopeful at all, 10 = Very hopeful)
7. **How often do you feel at peace and confident with the idea of attracting love into your life?**
   (1 = Never, 10 = Always)
8. **How open are you to giving and receiving love from a partner?**
   (1 = Not open at all, 10 = Fully open)
9. **How clear are you about what you want in a loving partner and relationship?**
   (1 = Not clear at all, 10 = Very clear)
10. **How connected do you feel with your own self-love and personal growth journey, and how does this influence your relationships with others?**
    (1 = Not connected at all, 10 = Deeply connected)

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FORMAL QUESTIONNAIRE: SELF LOVE & COMPASSION

On a scale of 1 to 10, how would you rate your ability to:

1. Express love and affection towards others.
2. Forgive and show compassion towards those who have hurt you.
3. Empathise with others and understand their emotions.
4. Have compassion and kindness towards yourself.
5. Maintain healthy boundaries in your relationships.
6. Actively listen and be fully present when someone is sharing their thoughts or feelings.
7. Practice non-judgment and acceptance towards different people.
8. Communicate openly and honestly in your relationships.
9. Engage in acts of kindness and compassion towards strangers or those in need.
10. The overall level of love and compassion in your daily life.

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FORMAL QUESTIONNAIRE: ENTREPRENEURS

On a scale of 1 to 10, how would you rate your ability to:

1. Succeed as an entrepreneur.
2. Have a willingness to take risks and embrace uncertainty in your entrepreneurial journey.
3. Adapt and pivot in response to changing market conditions and challenges.
4. Have resilience and the ability to bounce back from setbacks or failures.
5. Have the capacity to stay focused and motivated during challenging times.
6. Identify and seize opportunities in the market.
7. Be willing to seek feedback and learn from others, including mentors, peers, and customer
8. Manage time effectively and prioritise tasks to maximise productivity.
9. Handle ambiguity and make decisions with limited information.
10. Have a level of passion and enthusiasm for your entrepreneurial venture.
11. Build and maintain a strong network of professional relationships and connections.
12. Think creatively and find innovative solutions to problems.
13. Self-discipline and ability to stay organised in your entrepreneurial pursuits.
14. Effectively communicate your ideas and vision to others.
15. Delegate tasks and build a team to support your entrepreneurial endeavors.

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FORMAL QUESTIONNAIRE: MONEY MINDSET

On a scale of 1 to 10, where 10 is high and 1 is low, how would you rate your ability to:

1. Have a positive mindset and beliefs about money.
2. Create wealth and financial abundance.
3. Embrace money as a tool for personal growth and opportunity.
4. Discuss money openly with confidence and without judgment.
5. See opportunities for financial growth and take advantage of them.
6. Have gratitude and appreciation for the money you have and the financial opportunities in your life.
7. Have a positive mindset regarding financial independence and freedom.
8. Be generous and willing to share your wealth or financial resources with others.
9. Have a positive mindset about money as a means to create a positive impact and make a difference in the world.

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VALIDATED QUESTIONNAIRE: LOVE

The Scale

Select the number for each item which best answers that item for you.

1. How often does your partner meet your needs?				
Poorly		Average		Extremely Well
1	2	3	4	5
2. In general, how satisified are you wirth your relationship?				
Unsatisified		Average		Extremely Satisified
1	2	3	4	5
3. How good is your relationship compaired to most?				
Poor		Average		Excellent
1	2	3	4	5
4. How often do you wish you hadn't gotten in this relationship?				
Never		Average		Very Often
1	2	3	4	5
5. To what extent has your relationship met your original expectations:				
Hardly at all		Average		Completely
1	2	3	4	5
6. How much do you love your partner?				
Not much		Average		Very Much
1	2	3	4	5
7. How many problems are there in your relationship?				
Very few		Average		Very Many
1	2	3	4	5

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VALIDATED QUESTIONNAIRES

VALIDATED QUESTIONNAIRE

1. **Perceived Stress Scale (PSS)**
   - How often have you felt that you were unable to control the important things in your life?
   - How often have you felt nervous and stressed?
   - How often have you felt that things were going your way? (Reverse-coded)
   - How often have you felt that you could not cope with all the things you had to do?
2. **Generalised Anxiety Disorder Scale (GAD-7)**
   - How often have you been bothered by feeling nervous, anxious, or on edge?
   - How often have you been unable to stop or control worrying?
   - How often have you had trouble relaxing?
   - How often have you felt restless or fidgety?
   - How often have you been easily annoyed or irritable?

VALIDATED QUESTIONNAIRE

3. **Patient Health Questionnaire (PHQ-9) for Depression**
   - Little interest or pleasure in doing things?
   - Feeling down, depressed, or hopeless?
   - Trouble falling or staying asleep, or sleeping too much?
   - Feeling tired or having little energy?
   - Poor appetite or overeating?
   - Feeling bad about yourself—or that you are a failure or have let yourself or your family down?
   - Trouble concentrating on things, such as reading the newspaper or watching television?
   - Moving or speaking so slowly that other people could have noticed? Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual?
   - Thoughts that you would be better off dead or of hurting yourself in some way?

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VALIDATED QUESTIONNAIRE

4. **Self-Compassion Scale (SCS)**
    - When I’m feeling down, I tend to obsess and fixate on everything that’s wrong. (Reverse-coded)
    - When something is going wrong for me, I try to remind myself that feelings of disappointment are a part of life.
    - I’m kind to myself when I’m experiencing pain or hardship.
    - I tend to be harder on myself when I’m struggling or failing. (Reverse-coded)
    - I try to see my difficulties as part of the human experience, rather than something that only happens to me.
    - When I’m feeling down, I tend to feel isolated and that no one else understands what I’m going through. (Reverse-coded)

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VALIDATED QUESTIONNAIRE: LOVE

5. **The Warwick-Edinburgh Mental Well-being Scale (WEMWBS)**
    - I’ve been feeling optimistic about the future.
    - I’ve been feeling relaxed.
    - I’ve been dealing with problems well.
    - I’ve been thinking clearly.
    - I’ve been feeling close to other people.
    - I’ve been feeling confident.
    - I’ve been able to make up my own mind about things.
    - I’ve been feeling good about myself.

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VALIDATED QUESTIONNAIRE: LOVE

6. **Emotional Wellness & Relationship Quality**
    - I feel supported and understood by my partner (or potential partner).
    - I feel that I can communicate openly and honestly with others about my needs and feelings.
    - I am comfortable setting healthy boundaries in my relationships.
    - I feel that I am deserving of love and respect in my relationships.
    - I am satisfied with my ability to maintain balance in my personal life and relationships.

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PRACTICE BREAKOUT ROOMS

AUDIT EXERCISE

- Three’s
- What have your learnt so far?
- What kind of audit would you like? Discuss the audit you would like for your workshop / seminar / program
- 5 minutes total

AUDIT

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- A temperature check
- Formal questionnaire
- Validated questionnaire

DEEPER AUDIT

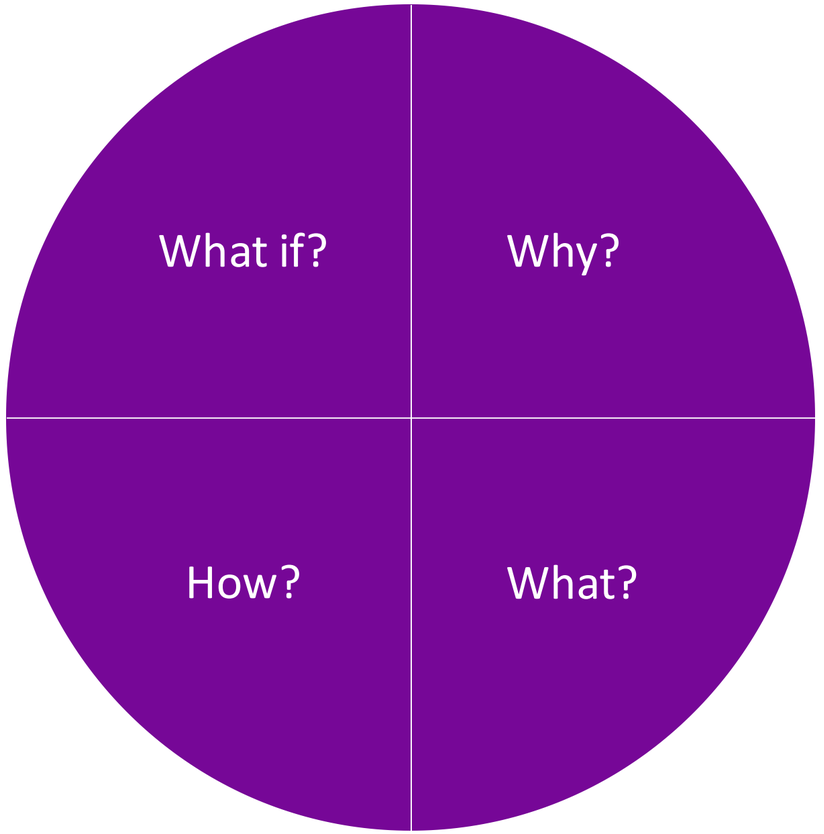


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DEEPER AUDIT

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Wheel of life
- Goal setting
- Evolutionary vs Revolutionary model
- 6 human needs
- Love languages


What if?
Why?
How?
What?

“I hear, I forget.
I see, I remember.
I do, I understand.”

CONFUCIUS

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TELL, SHOW, DO

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Tell: Explain what it is
- Show: Demonstrate what it is
- Do: Get them to practice

WHEEL OF LIFE

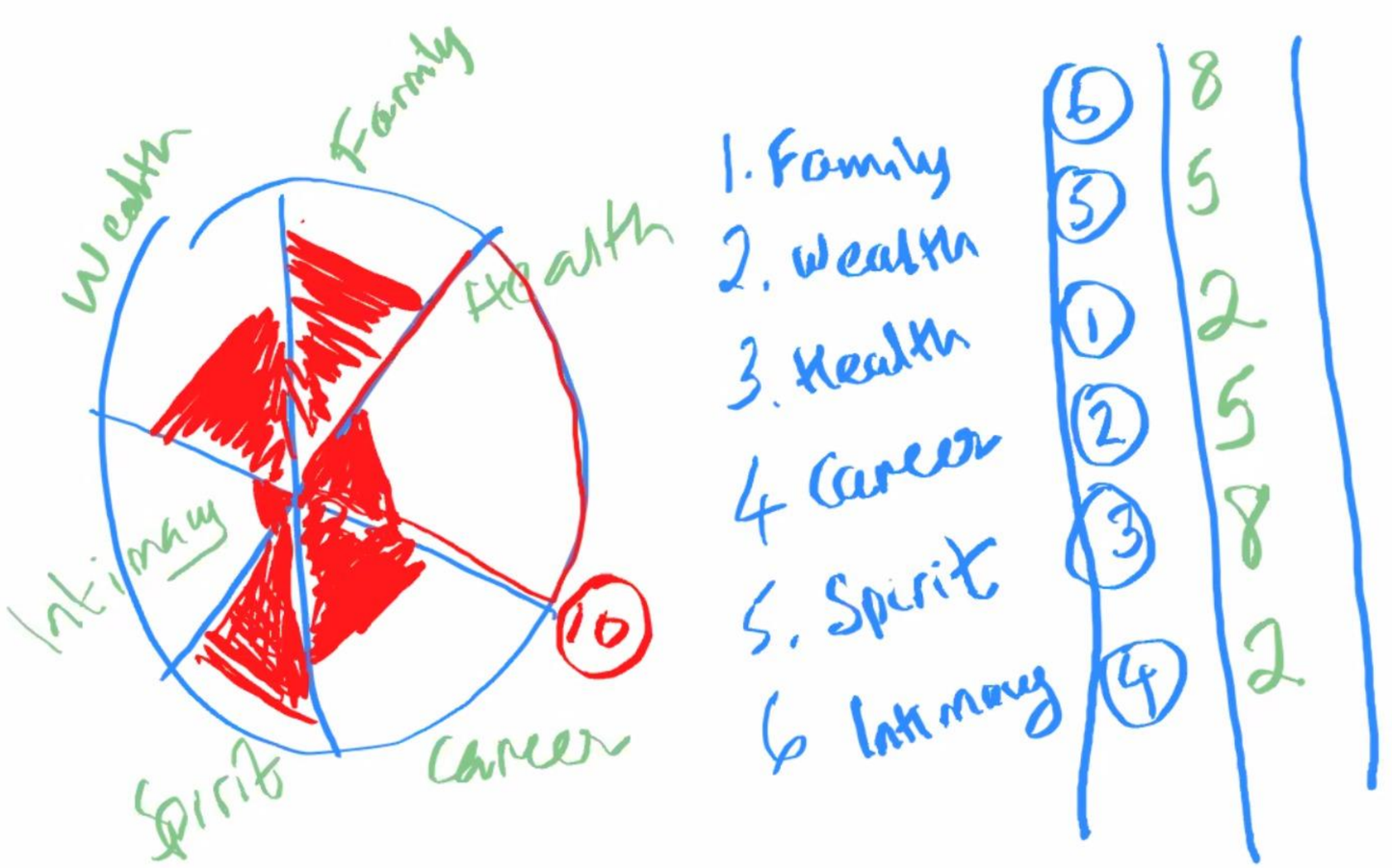


PURPOSE OF WHEEL OF LIFE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. Self-assessment
2. Identifying priorities
3. Setting goals
4. Creating balance
5. Tracking progress
6. Increasing self-awareness
7. Improving decision-making

WHEEL OF LIFE EXAMPLE



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PRACTICE WORKSHEETS

WHEEL OF LIFE EXERCISE

- Draw a circle and split it into 6 segments
- Write a list of the 6 most important areas of your life
- Force rank them from 1-6
- 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
- Map out your results on the circle
- Identify your 2 top priority areas

WHEEL OF LIFE WORKSHEET

WHEEL OF LIFE EXERCISE

A. Fill in the below:

1. Begin by drawing a circle and dividing it into 6 parts.



2. Write a list of the 6 most important areas of your life.

https://vitalitylivingcollege.info/wp-content/uploads/2023/11/4.-Wheel-of-Life-Exercise-23.11.2023.pdf

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PRACTICE MAIN ROOM

WHEEL OF LIFE EXERCISE

- Share your wheel of life reflections and learning
- Write in chat

YOUR WHEEL OF LIFE 4MAT

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Why? Question and / or relatable story (yours or clients)
- What? Explain what each part means with examples.
- How? Ask the audience to develop theirs and take shares.
- What if? Acknowledge those who share and tweak with rapport. Ask for reflections and questions.

PRACTICE BREAKOUT ROOMS

WHEEL OF LIFE

- Three’s
- Why? How does it help?
- What is it? Tell, Show, Do
- Ask your audience to complete theirs
- Take shares
- 5 minutes each way

S.M.A.R.T.(E.R.) GOALS



S.M.A.R.T GOALS



SPECIFIC



MEASURABLE



ACHIEVABLE

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S.M.A.R.T GOALS



RELEVANT



TIME BASED



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

(Evaluate – Readjust)

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YOUR SMART GOALS 4MAT

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- **Specific:** Clear and well-defined with a specific outcome or objective.
- **Measurable:** Some form of measurable criteria to track progress and determine when the goal has been achieved.
- **Achievable:** Realistic and attainable within the given resources, abilities, and constraints. Challenging but still within reach to maintain motivation and engagement.
- **Relevant:** Aligns with the overall objectives and priorities where they are meaningful and contribute to the larger picture.
- **Time-bound:** Specific timeframe or deadline attached to them. This helps create a sense of urgency, sets boundaries, and provides a clear timeline for completion.

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



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TIPS TO SMART GOAL SETTING

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Use positive language: Not I do not want to feel fear but I want to feel confident.
- Celebrate achievements: Focus on the small and big wins - like winning points!

YOUR SMART GOALS 4MAT

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Why? Question, relatable story (yours or clients), and evidence.
- What? Explain what each part means with examples.
- How? Ask the audience to develop theirs and take shares.
- What if? Acknowledge those who share and tweak with rapport. Ask for reflections and questions.

PRACTICE BREAKOUT ROOMS

S.M.A.R.T. GOALS

- Pairs
- Questions or story
- Explain each part of S.M.A.R.T.
- Give an example
- Ask your audience to complete theirs
- Take reflections and learnings
- 5 minutes each way

START TO END GOALS





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START TO END GOAL

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Start: Where you begin
- Next: The next step
- Means: A stepping stone
- End: The final destination



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START TO END GOALS EXAMPLE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- **Start goal:** Go for a 15-minute run at least three times a week to build endurance and establish a running routine.
- **Next goal:** Increase the duration and frequency of runs gradually by adding 5-10 minutes every week and aiming to run at least four times a week.
- **Means goal:** Join a running group or hire a coach to receive guidance and support on training, nutrition, and injury prevention. Invest in proper running shoes and gear to reduce the risk of injury.
- **End goal:** Run a half marathon within six months of starting the training program, complete the race in a specific time frame, and achieve a sense of accomplishment and satisfaction.

START TO END GOAL WORKSHEET

START TO END GOAL EXERCISE

A. Fill in the below:

1. Write down your **start goal.**

2. Write down your **next goal.**

3. Write down your **means goal.**

4. Write down your **end goal.**

https://vitalitylivingcollege.info/wp-content/uploads/2023/11/3.-Start-to-End-Goals-Exercise-23.11.2023.pdf

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YOUR START TO END GOALS 4MAT

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Why? Question, relatable story (yours or clients), and evidence.
- What? Explain what each part means with examples.
- How? Ask the audience to develop theirs and take shares.
- What if? Acknowledge those who share and tweak with rapport. Ask for reflections and questions.

PRACTICE BREAKOUT ROOMS

START TO END GOALS

- Pairs
- Questions or story
- Explain each part of Start to end
- Give an example
- Ask your audience to complete theirs
- Take reflections and learnings
- 5 minutes each way

EVOLUTIONARY VS REVOLUTIONARY MODEL



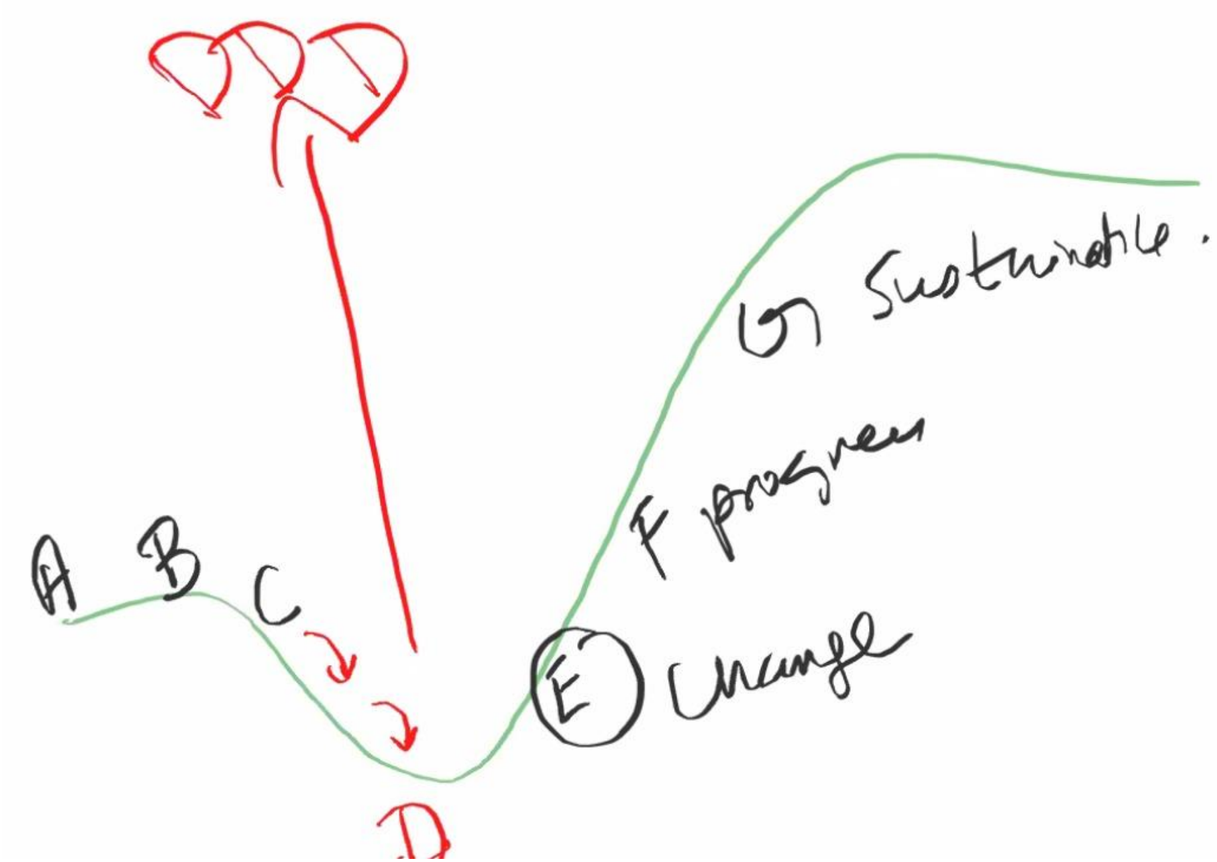
EVOLUTIONARY VS REVOLUTIONARY MODEL



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

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EVOLUTIONARY VS REVOLUTIONARY EXAMPLE



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EVOLUTIONARY VS REVOLUTIONARY 4MAT

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Why? Story.
- What? Explain what each part means with examples.
- How? Get your audience to map theirs out. Take shares. Let them share with each other.
- What if? Reflections and questions.

PRACTICE BREAKOUT ROOMS

EVOLUTIONARY VS REVOLUTIONARY EXERCISE

- Pairs
- Story
- What is it? Tell, Show, Do
- Ask your audience to complete theirs
- Focus on the What and drawing with example (story)
- Take shares
- 5 minutes each way

NEXT STEPS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. **Update:** Your Personal Development Log, https://portal.vitalitylivingcollege.info/course/breakthrough-coaching-nlp-facilitator-training/20-personal-development-logs/lesson/1-personal-development-log-67f24501a1586
2. **Think:** Finalise what you want to do about intention setting, safe space, audit and deeper audit.
3. **Get ready:** Practice your YES move, the triangle of success for the facilitator state, and empty vessel meditation before tomorrow's session.
4. **Revise:** The Emotional Blowout from the Breakthrough NLP Coaching.
5. **Prepare:** A 7-minute chunk to share Emotional Blowout with your audience.

SUMMARY

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. Safe Space
2. Intention setting
3. Audit
4. Deeper audit
    - Goal setting
    - Intention setting
    - Wheel of life
    - Evolutionary versus revolutionary
5. Next steps

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BREAKTHROUGH NLP FACILITATOR

Module 3: Opening Hearts



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BREAKTHROUGH NLP FACILITATOR

Module 4: Heart To Heart



SUMMARY

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. Audit
2. Deeper audit
    - Goal setting
    - Intention setting
    - Wheel of life
    - Evolutionary versus revolutionary
3. Next steps

NEXT STEPS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. **Update:** Your Personal Development Log, https://portal.vitalitylivingcollege.info/course/breakthrough-coaching-nlp-facilitator-training/20-personal-development-logs/lesson/1-personal-development-log-67f24501a1586
2. **Think:** Finalise what you want to do about intention setting, safe space, audit and deeper audit.
3. **Get ready:** Practice your YES move, the triangle of success for the facilitator state, and empty vessel meditation before tomorrow's session.
4. **Revise:** The Emotional Blowout from the Breakthrough NLP Coaching.
5. **Prepare:** A 7-minute chunk to share Emotional Blowout with your audience.

WHEN I WAS IN YOUR PLACE VERSUS WOE TO WOW!

4

HEART TO HEART

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CONTENTS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. Deeper audit
    - 6 human needs
    - Languages of love
2. Evidence
3. Set up to opening
4. Bio
5. Emotional Blowout
6. Next steps

THE WHY FRAME

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Eye contact
- Welcome
- YES SET
- When I was in your place
- SNOGA
- Woe to wow (testimonial)
- Safe space
- Intention setting / goal setting
- Audit
- Evidence

DEEPER AUDIT



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AUDIT

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- A temperature check
- Formal questionnaire
- Validated questionnaire
- Deeper Audit
  - Wheel of life
  - Goal setting (SMART and Start to End)
  - Intention setting
  - Evolutionary vs Revolutionary model
  - 6 human needs
  - Love languages

6 HUMAN NEEDS



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UNDERSTAND - 6 HUMAN NEEDS



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

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UNDERSTAND - 6 HUMAN NEEDS

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

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THE 4MAT SYSTEM



Why



What



How



What if

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PRACTICE BREAKOUT ROOMS

4MAT EXERCISE 6 HUMAN NEEDS

- Pairs
- Develop the 4MAT system plan for the 6 human needs
- Do it one of 2 ways: Either as one group or as individuals
- Share it on the WhatsApp Support group
- 5 minutes

THE 4MAT SYSTEM

Aditi Kohli

4MAT System

For business entrepreneurs

1. Why: so they understand the needs of the people in their workspace - boss / colleagues/ clients etc & also themselves

2. What: make a table with understanding self and others

3. How: explain each need with relevant examples as per the group

4. What if: note down their insights & if they are comfortable to share out loud (Basically to see that they become more aware of others and themselves - and are able use this information to improve their relationships at work with this awareness)

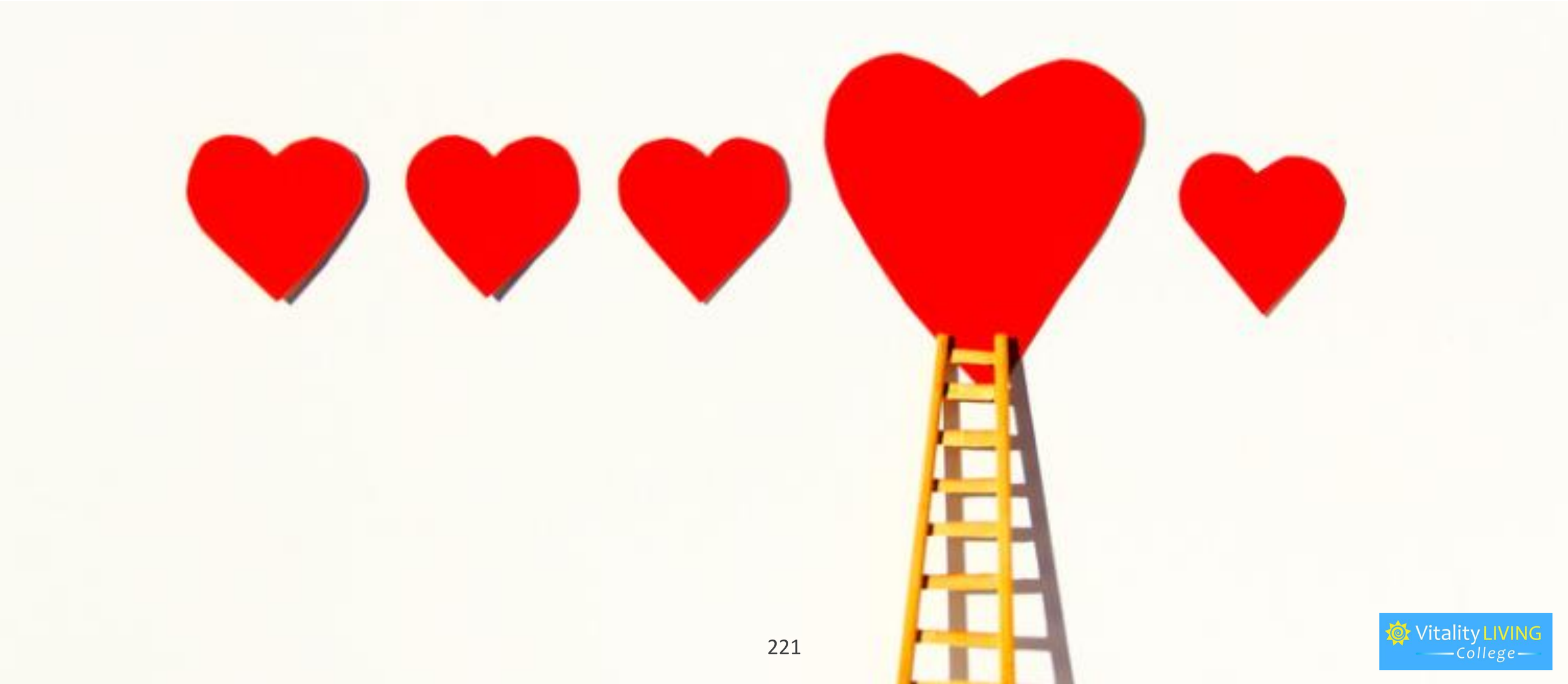
11:35 AM

❤️

1

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LANGUAGES OF LOVE



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THE LANGUAGES OF LOVE



Words of affirmation



Acts of service



Quality time



Physical touch

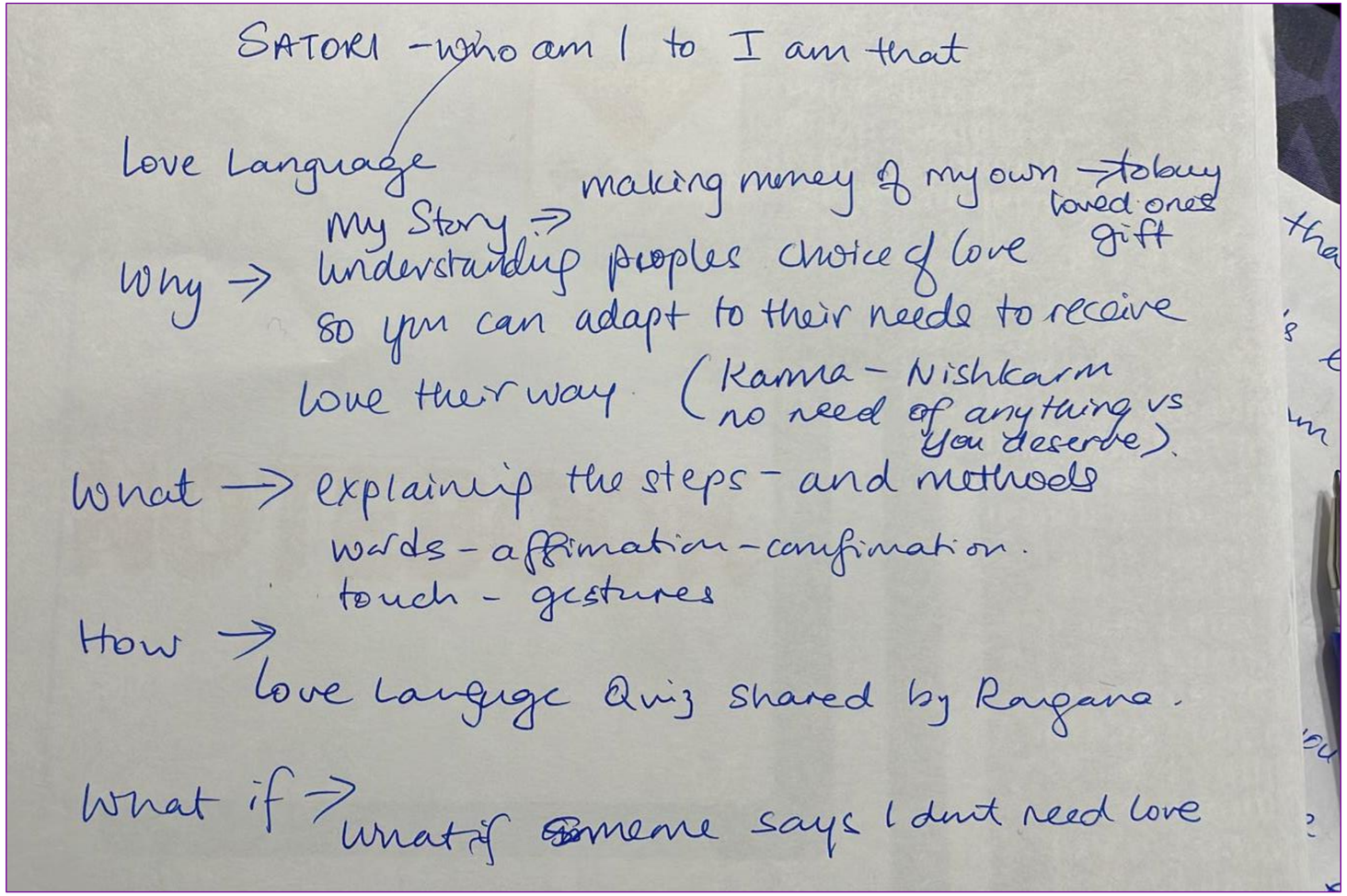


Receiving gifts

https://5lovelanguages.com/quizzes

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THE 4MAT SYSTEM



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PRACTICE BREAKOUT ROOMS

4MAT EXERCISE LOVE LANGUAGES

- Pairs
- Develop the 4MAT system for it
- Share it on the WhatsApp Support group
- 5 minutes

THE 4MAT SYSTEM



Why



What



How



What if

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THE WHY FRAME

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Eye contact
- Welcome
- YES SET
- When I was in your place
- SNOGA
- Woe to wow (testimonial)
- Safe space
- Intention setting / goal setting
- Audit
- Evidence

EVIDENCE



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EVIDENCE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Statistics
- Clinical data
- Facts and figures

“20% of businesses fail in the first year and 60% within the first 3 years.”

https://www.nerdwallet.com/uk/business/start-up-failure-statistics/

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REASONS FOR FAILURE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Lack of persistence
- Fear of failure
- Lack of self-discipline
- Inadequate planning and goal setting
- Lack of skills and knowledge
- Procrastination
- Negative mindset and self-sabotage
- Lack of adaptability

EVIDENCE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Statistics
- Clinical data
- Facts and figures

“Suppressed emotions increase the risk of cancer by 70% and heart disease by 47%.”

https://vitalitylivingcollege.info/the-5-reasons-why-shutting-down-emotions-can-harm-you/

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EVIDENCE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Statistics
- Clinical data
- Facts and figures

“113,505 divorces granted in the United Kingdom.”

https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/divorce

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REASONS FOR DIVORCE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Communication issues
- Infidelity and trust issues
- Financial problems
- Lack of intimacy and emotional connection
- Incompatibility and growing apart
- Domestic issues and conflict
- Unrealistic expectations and unmet needs

VITALITY LIVING COLLEGE

CTRL + ALT+ DEL STRESS

IMPROVE THE MENTAL AND PHYSICAL HEALTH
OF YOUR EMPLOYEES - FOR ORGANISATIONAL BENEFIT



CURRENT OBSTACLES AMONG EMPLOYEES

COVID HAS RAISED NEW AND SIGNIFICANT ISSUES FOR WORKERS



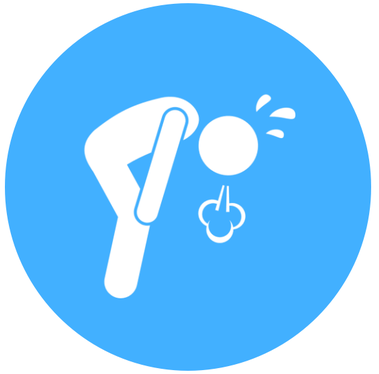
Nearly 1 in 5 adults live with a mental illness (NIMH)



41% of workers say the lack of work-life separation is worsening their well-being and stress levels-based in India (Microsoft)



83% of workers suffer from work-related stress-based in US (Stress.org)



52% of all workers are experiencing burnout (Indeed)



ORGANISATIONAL CONSEQUENCES OF ILLNESS

85% OF ILLNESS AND DISEASE IS STRESS-RELATED (AMA)

- INCREASE in sick days taken
- INCREASE in short staffing
- INCREASE in the stress of management & leadership teams
- DECREASE in employee productivity
- DECREASE in employee morale
- DECREASE in organisational success

CORPORATE PROPOSAL

CORPORATE PROPOSAL

Corporate proposals are essential for presenting your ideas, products, or services to potential clients or partners. To ensure your proposal is effective, here are some steps and key components to consider:

1. Introduction:
    - Begin with a concise and compelling executive summary that highlights the purpose and benefits of your proposal.
    - Introduce your company, its background, and relevant expertise.
    - Clearly state the objective of the proposal and what you aim to achieve.
2. Problem Statement:
    - Identify the specific problem or need that your proposal addresses.

https://vitalitylivingcollege.info/wp-content/uploads/2024/03/12.-Corporate-Proposal-Requirements-with-Examples-06.03.2024.pdf

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PRACTICE BREAKOUT ROOMS

EVIDENCE EXERCISE

- Pairs
- What did you learn about Evidence?
- Would you like to include the same in what you are going to do?
- If you do want it, what evidence are you going to be researching?
- Walk away with an action plan for Evidence?
- 5 minutes total

THE JOURNEY SO FAR…

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. Audience type, pain, problem, solution, prayer, answer
2. Seminar, program, workshop name
3. SMART, Start to End, Star Jumping goals
4. Why Frame:
    - Eye contact, Welcome, YES set, When I was in your place, SNOGA, Woe to Wow (testimonial), Safe space, Intention setting, Audit, and Evidence

PRACTICE TEAM ROOMS

THE JOURNEY SO FAR SHARES

- Share with each other what you have learnt so far
- 10 minutes total

SHARING CIRCLES

FROM SET UP TO OPENING



SET UP - ONLINE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Set your room
- Background, no filter
- Natural background, flowers, curtains, pictures that fit
- Water and tissues
- Natural light, light or ring light
- Zoom light and touch-up appearance

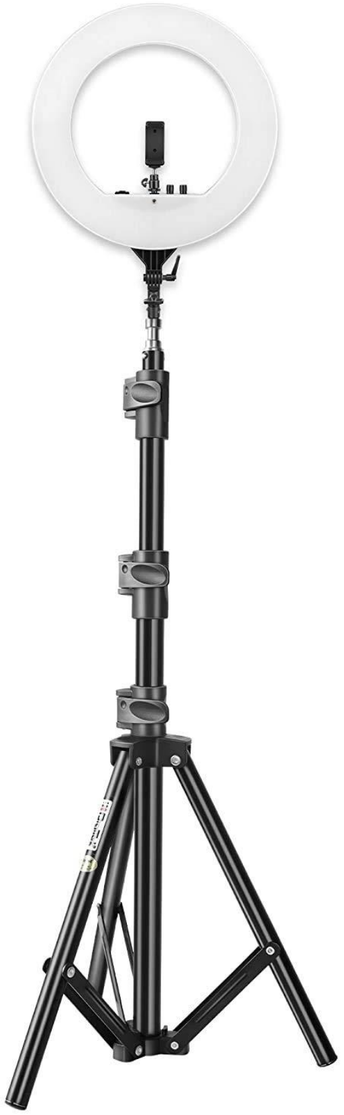
SET UP - ONLINE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS





Neewer Camera Photo Video Lighting Kit: 48 centimeters Outer 55W 5500K Dimmable LED Ring Light Light Stand Bluetooth Receiver for Smartphone YouTube Self-Portrait Video Shooting



Digitek (DRL-18HC9) Professional 45.72 cm (18" inch) Ring Light with Stand | 2 Color Modes Dimmable Lighting | for YouTube Photo/Video Shoot Makeup & More | Compatible with iPhone/Android Phone & Camera, Black.

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TABLE MICS



Blue Yeti USB Microphone for Recording, Streaming, Gaming, Podcasting on PC and Mac, Condenser Mic for Laptop or Computer with Blue VO!CE Effects, Adjustable Stand, Plug and Play - Midnight Blue



Blue Yeti Nano Premium USB Mic for Recording and Streaming-Blackout (1639)



Blue Snowball iCE USB Mic for Recording and Streaming on PC and Mac, Cardioid Condenser Capsule, Adjustable Stand, Plug and Play – White

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BOOM AND LAVALIER MICS



Maono AU-PM421 Condenser USB Microphone, Professional Studio Recording Mic with 1-Touch Mute and Mic Gain Knob for PC, Singing, Podcast, Gaming, YouTube



Boya BYM1 Omnidirectional Lavalier Condenser Microphone with 20ft Audio Cable (Black)

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HIGH END LAVALIER MICS



DPA 4088-DC-A-F00-LH beige



Shure BLX14R/MX53 H8E

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PREPARE - ONLINE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

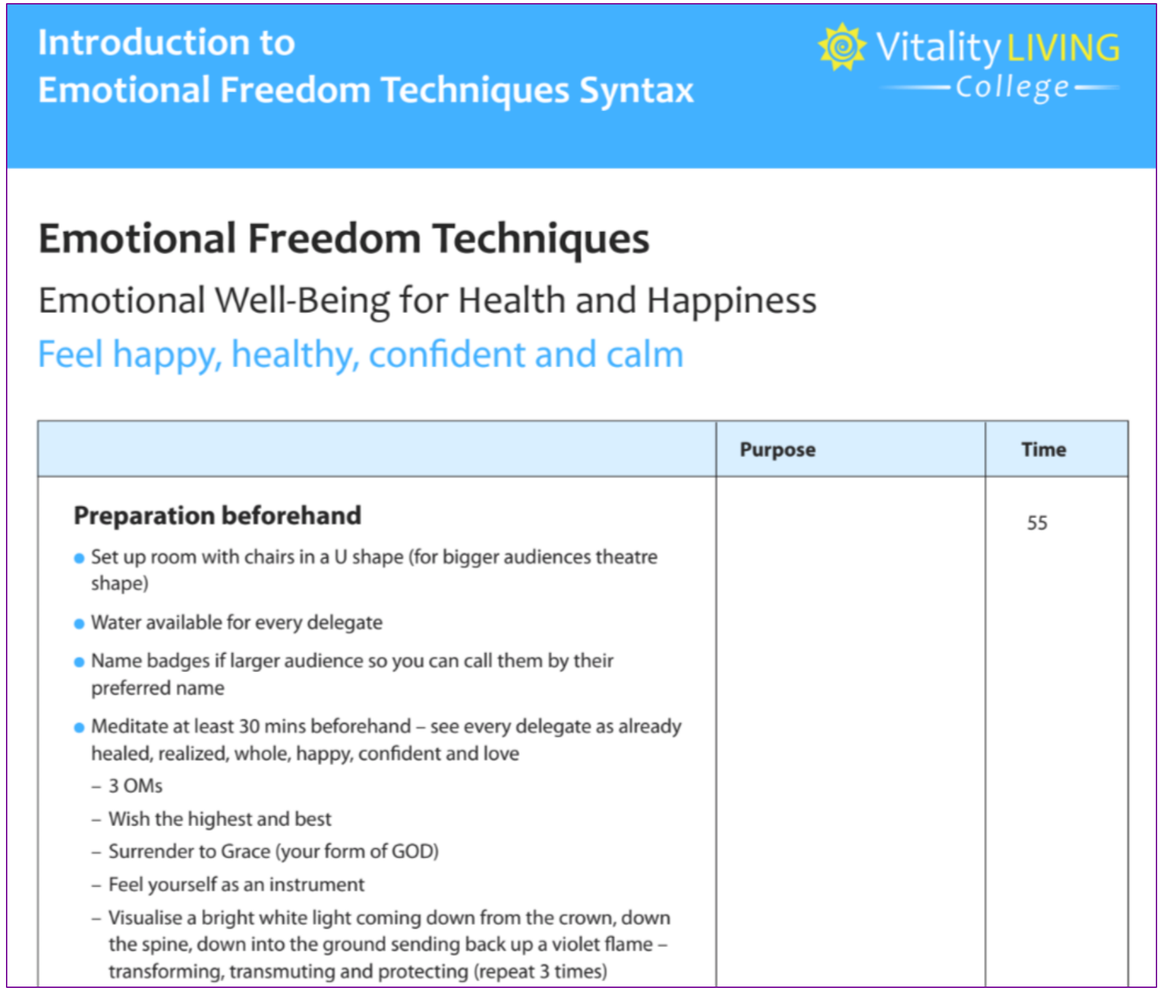
- Yes move
- Facilitator state
- Empty vessel meditation
- Nutrition for energy
  - Protein powder (Rice protein powder with cacao) or protein
  - Wheatgrass
  - Lemon or infused water
  - Chia or basil seed water
  - Protein with leafy greens

PREPARE - ONLINE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Read the flow of the day (syntax and/or timestamp)
- Read the participant information
- Prepare the room
- Go online before the main group is going to join
- Tune into the energy and the music to be chosen
- Final hair, make up and straighten up
- Let participants / delegates in at the same time, not before

INTRODUCTION SYNTAX



Introduction to
Emotional Freedom Techniques Syntax

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Emotional Freedom Techniques

Emotional Well-Being for Health and Happiness

Feel happy, healthy, confident and calm

	Purpose	Time
Preparation beforehand • Set up room with chairs in a U shape (for bigger audiences theatre shape) • Water available for every delegate • Name badges if larger audience so you can call them by their preferred name • Meditate at least 30 mins beforehand – see every delegate as already healed, realized, whole, happy, confident and love – 3 OMs – Wish the highest and best – Surrender to Grace (your form of GOD) – Feel yourself as an instrument – Visualise a bright white light coming down from the crown, down the spine, down into the ground sending back up a violet flame – transforming, transmuting and protecting (repeat 3 times)		55

https://vitalitylivingcollege.info/wp-content/uploads/2023/05/6.-EFT-Introduction-syntax.pdf

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TIMESTAMP

BREAKTHROUGH COACHING & NLP FACILITATOR TRAINING

MODULE 1 TIMESTAMPS 3RD MARCH 2024

2:10 pm (0min) Recording starts. Session begins. Dance energiser. Music: The Business by Tiesto.

2:13 pm (3min) Interaction: Welcome to the Breakthrough Coaching NLP Facilitator Training Module 1. Dr Rangana is having issues with her internet, she is fixing it. She will be back in a while. (Client: Veronique Ficheux)

2:14 pm (4min) Exercise: Deepa Devi's birthday.

Share: Thank you so much. (Client: Deepa Devi)

What can we do for you to make this year best for you?

Share: I want to launch the NLP coaching to many people. (Client: Deepa Devi)

2:16 pm (6min) Music for Deepa Devi. Music: Shine On by Wade Imre Morissette.

2:21 pm (11min) Share: Thank you so much for the gesture. Thanks Dr Rangana and Fatema for the birthday cake. (Client: Deepa Devi)

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STARTING - ONLINE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Welcome in chat
- Welcome out loud

STARTING - ONLINE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. Get someone to introduce you
2. Welcome welcome welcome, eye contact, YES set, when I was in your place, SNOGA, woe to wow story, safe space, intention, audit, evidence …
3. Get into it straight away

STARTING - ONLINE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. Get someone to introduce you
2. Welcome welcome welcome, eye contact, YES set, when I was in your place, SNOGA, woe to wow story, safe space, intention, audit, evidence …
3. Get into it straight away

GET SOMEONE TO INTRODUCE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- 3 chunks
- 60 seconds
- Introduce yourself
- Housekeeping, for example, video on, engage on chat, questions at the end
- Introduce the speaker (provide a BIO)

PRACTICE BREAKOUT ROOMS

INTRODUCTIONS EXERCISE

- Pairs
- Introduce yourselves to each other
- Prepare your 60-second introduction
- 5 minutes each way
- 10 minutes total

PRACTICE MAIN ROOMS

INTRODUCTIONS EXERCISE

- Introduce yourself (Welcome, eye contact and YES Set)
- Housekeeping, for example, video on, engage on chat, questions at the end
- Introduce the speaker
- 60 seconds each

PRACTICE TEAM ROOMS

INTRODUCTIONS EXERCISE

- 3 - 4 people
- Introduce yourself (Welcome, eye contact and YES Set)
- Housekeeping, for example, video on, engage on chat, questions at the end
- Introduce the speaker
- 60 seconds each

GET SOMEONE TO INTRODUCE YOU

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- 3 chunks
- 60 seconds
- Introduce yourself
- Housekeeping, for example, video on, engage on chat, questions at the end
- Introduce the speaker (provide a BIO)



THE POWER TO TRANSFORM!

THROUGH EMOTIONAL WELLNESS, COACHING & HAPPINESS

Self-healed from Cancer without drugs or surgery, Dr Rangana Rupavi Choudhuri (PhD) will **inspire you to transform your life**.

Her story transcends convention; but the results are unequivocal.

With a background in Cancer Research from Oxford University & having led multi-billion dollar businesses, British based Dr Rangana has personally **touched the lives of over 20000 people from 44 different countries.**

Today she delivers seminars, as an international speaker, author, and trainer in wellness, healing, and coaching, **empowering people to heal from within and make a difference** to the lives of others.

Vitality LIVING College Transforming lives

BIO

Headline
Subheading

Summary sentence or question

Background and trust factor

Today



Harmony in the face of conflict

TALK WITH PSYCHOLOGIST KIRTHANA RAMANI

Having married at a young age and then divorced 4 years later, Kirthana Ramani is a psychologist, who has been on her own healing journey in the area of relationships.

She went from going through the pain of navigating difficult family relationships, feeling lost, frustrated and burnt out, to finding self-empowerment, love and peace within, irrespective of the situations around.

Kirthana is passionate about helping others (particularly women), to find this inner confidence and empowerment while feeling loved and worthy. She believes that each individual has their own answers and wisdom within, and works to create a safe and non-judgemental space in which this inner guidance can come forth.

She has 7 years experience working with a wide range of people, both in India and abroad in Canada, and is now working online with clients worldwide.

In this interactive presentation, Kirthana will uncover 3 strategies on what to do to find harmony, when faced with conflict in relationships.

More: https://www.instagram.com/kirthanaramani/

BIO

Headline
Subheading

Summary sentence or question

Background and trust factor

Today

More: Link

BIO BEFORE AND AFTER



SONAL KARAMCHANDANI

JOURNEY WITH SOULNAL

SATORI - WHO ARE YOU TO I AM THAT

Being the youngest of her four siblings and from a very conservative family, Sonal has always been ‘guided’ to who she was ‘TO BE’ to becoming who she is today!

Having found her HER PURPOSE AND TRUTH, she now hand holds many to living their DREAMS claiming WHO THEY ARE WITH COMPLETE FREEDOM TO BE!

She is a Spiritual development Coach who combines a different healing and holistic modulars to finding your inner truth.



SONAL KARAMCHANDANI

SOUL HEALING JOURNEY

FROM WHO YOU ARE TO I AM

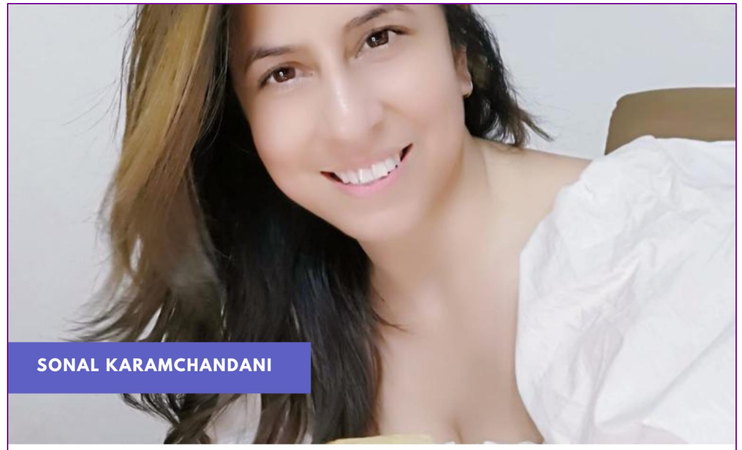
Being the youngest of her four siblings and from a very conservative family, Spirital Development Coach Sonal has always been 'guided' to who she was 'TO BE' to becoming who she is today!

Having found her HER PURPOSE AND TRUTH, she has since supported over XXX people to living their DREAMS claiming WHO THEY ARE WITH COMPLETE FREEDOM TO BE!

Orginally from Singapore, Bangkok based Sonal has a unique style combining emphathy with wisdom to help you find your inner truth.

Today she faciitates a program named SATORI, to take you on a Soul Healing Journey from who you are to discovering your truest essence.

Journey with Sonal



SONAL KARAMCHANDANI

SOUL HEALING JOURNEY

FROM WHO YOU ARE TO I AM

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Journey with Sonal

Vitality LIVING College

BIO BEFORE AND AFTER



Rushma has been in mental health field for over 10years who believes in healing through movement and nutirition.

She had the honour of working with refugees from Sri lankan and Afghanistan. After which she worked with emerging adults in Oman, moving to work with children with different needs in Singapore and Sri lanka. Provided support in the post-conflict zones in Sri Lanka as well as trauma-relief in disaster and post conflict zones.

She is a social entrepreneur, a clincial psychologist, suicide prevention instructor and a personal trainer who runs her own practise focusing on wholistic healing for all as well as runs workshops and training programs for professionals in the field of mental health whilst running few small projects on suicide prevention, special needs advocacy and training nd women's empowerment work.



HEALTHY EVER AFTER!

FROM DISTRESS TO DE-STRESS

Having been in the mental health field for over 10years Clinical Psychologist and suicide prevention instructor, Rushma Mohammed, believes in healing through movement and nutirition.

She had the honour of working with refugees from Sri lankan and Afghanistan, emerging adults in Oman, children in Singapore, and providing post conflict trauma support in Sri lanka.

As a social entrepreneur, Rushma runs her own pracrice and faciliates workshops and training programs for professionals in the field of mental health, including suicide prevention, special needs advocacy and women empowerment.

joinhealth.lk

join Health



SUICIDE CAN BE PREVENTED

FROM DISTRESS TO DE-STRESS

Every death from suicide is a tragedy. But research shows that its rates can be reduced with greater understanding and support.

This is one of the many social agendas, Mental Health Professional for over 10 years, Clinical Psychologist and Suicide Prevention Instructor, Rushma Mohammed, is passionate about.

As a social entrepreneur, Rushma runs her own pracrice and faciliates workshops and training programs for professionals in the field of mental health and suicide prevention.

In terms of suicide prevention, Rushma uses a unique 3 step system to educate professionals that involves catching it early, taking it seirously, and getting help.

In addition to her life saving work in suicide prevention, Rushma had the honour of working with refugees from Sri lankan and Afghanistan, emerging adults in Oman, children in Singapore, and providing post conflict trauma support in Sri lanka.

joinhealth.lk

join Health

Vitality LIVING College

BIO BEFORE AND AFTER



FROM STRESS TO HAPPINESS

WITH EFT PRACTITIONER HANSNI BHATT

Having **healed herself** from depression, insomnia, body pain, and sinusitis with the help of **alternative healing therapies**, Hansni realized, that her **health issues were the result of her own Emotions & Beliefs.**

The therapies helped her to **take charge of her happiness & inner peace**, then depending on other people.

She now **helps people** to **feel happier and healthier** with her sessions in the last 9 years.

FREEDOM FROM *Stress*

WITH HANSNI BHATT



*Having **healed herself** from depression, insomnia, body pain, and sinusitis with the **help of alternative healing therapies**, she realized, that her **Health Issues were because of her own Emotions & Beliefs.***

*The therapies helped her to **take the charge of her happiness** in **her own hands** and **not be dependent on others' behavior.***

*She now **helps people** to **feel happier and healthier** with her sessions.*

Vitality LIVING College

BIO BEFORE AND AFTER



UNHAPPINESS TO U R HAPPINESS

LIMITING TO LIMITLESS

Completely broken down by life situations, don't know what to do, searching for identity, She started here healing journey and learnt to be happy and in peace with what is there in your plate.

Transformed into what she is today , making difference in the lives of many through videos, book, motivational talks and one to one coaching.

Seema is author, NLP and breakthrough practiioner, Limitless living practiioner.



SPREADING HAPPINESS

SEEMA TAYAL

Seema Tayal is a **dynamic professional whose inspirational journey has led her to become a motivational speaker**, impacting diverse audiences, from Police Officers to students and professionals. She is also a **video blogger**, using digital platforms to share her wisdom and insights. Seema's mission is to bring awareness to the fundamental right of happiness for every human being, emphasising the importance of self-empowerment for a fulfilled life.

Her message is clear: take charge of your life and happiness, regardless of external circumstances.

Seema's own path to empowerment began 12 years ago when she faced challenging life situations. **She found hope, personal development, counseling, and healing** through The Journey with Vitality Living College. Today, she is not only a qualified Chartered Accountant but also a Breakthrough Coach, NLP Practitioner, Limitless Living Coach, EFT Practitioner, and International Certified Yoga Instructor, embodying her commitment to self-improvement and sharing her journey of transformation with others.

HTTPS://YOUTUBE.COM/@SEEMATAYAL

Vitality LIVING College

BIO BEFORE AND AFTER



Emotional Wellness: Mom & Baby in the Womb

Harmonizing Maternal Well-being: Garbha Upanishads, Yoga, Emotional Coaching

Unlocking Maternal Wellness: How Upanishads, Yoga, and Emotional Coaching Harmonize Well-being?

From a software engineering background to a pursuit of emotional healing, my sensitivity led me to seek emotional tools. Exploring ancient Indian texts, I learned to manage feelings without being overwhelmed.

As a motherhood coach, she supports expectant mothers in caring for their physical and emotional health, fostering a holistic journey alongside their baby in the womb. Beginning from conception, she incorporates yoga, communication techniques with the baby in the womb, and a diverse array of nurturing methods throughout their path in motherhood."

hems_healinghaven



EMOTIONAL WELLNESS FOR MOM & BABY IN THE WOMB

Harmonising Maternal Well-being with Garbha Upanishads, Yoga, Emotional Wellness with Motherhood Coach

Hemjyoti Skidar transitioned from a software engineering background to a pursuit of emotional healing due to her heightened sensitivity. Her journey led her to explore ancient Indian texts, from which she acquired valuable emotional tools that allowed her to manage her feelings without becoming overwhelmed.

In her role as a motherhood coach, Hemjyoti Skidar provides unwavering support to expectant mothers, helping them nurture both their physical and emotional well-being. She facilitates a holistic journey alongside their baby in the womb, beginning from conception. Hemjyoti incorporates a range of practices into her approach, including yoga, communication techniques with the baby in the womb, and a diverse array of nurturing methods, all aimed at guiding mothers on their path through motherhood.

hems_healinghaven

Vitality LIVING College

BIO BEFORE AND AFTER

Mindful Metamorphosis:

Crafting Conscious Connections with Breakthrough NLP."



As a survivor turned thriver, she intimately shares her journey—from overcoming childhood abuse to navigating perfectionism, stress, anger and challenging relationships. Walking alongside working parents, she draws upon these learnings to aid parents and families towards healing and empowerment.

Believing the potency of storytelling, she encourages parents to reshape their narratives. Through her own transformation from childhood anxiety to becoming a Breakthrough NLP catalyst, she brings a relatable authenticity to guide others.
Dedicated to breaking generational trauma, she helps working parents with developing a new muscle of reflection, teach practical tools to allow harmony in family and career pursuits.
In the immersive sessions of Mindful Metamorphosis, she facilitates an environment for your personal growth while gracefully navigating the complexities of family and professional life.

Dr. Shallu Sharma



MINDFUL METAMORPHOSIS

CRAFTING CONSCIOUS CONNECTIONS FOR PARENTS WITH BREAKTHROUGH NLP

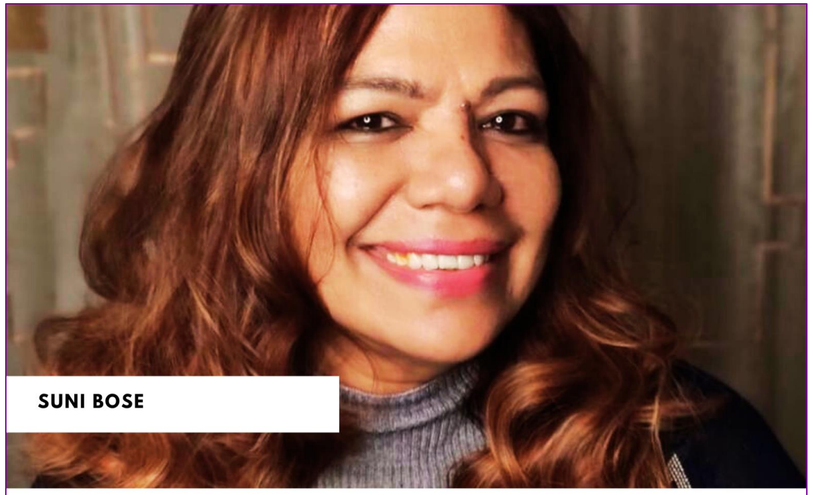
As a survivor turned thriver, Dr Shallu Sharma intimately shares her journey—from overcoming childhood abuse to navigating perfectionism, stress, anger and challenging relationships. Walking alongside working parents, she draws upon these learnings to aid parents and families towards healing and empowerment.

Dedicated to breaking generational trauma, she helps working parents with developing a new muscle of reflection, teach practical tools to allow harmony in family and career pursuits.

In the immersive sessions of Mindful Metamorphosis, she facilitates an environment for your personal growth while gracefully navigating the complexities of family and professional life.

Vitality LIVING College

BIO AFTER



CREATE MAGIC IN YOUR LIFE

WITH ENTREPRENEUR SUNI BOSE

Entrepreneur Suni Bose has a passion for life, love and business having mastered numerous coaching and self development modalities to create the business empire, relationships and life she has today. She calls this the midas touch.

Through her spiritual journey she also found teh meaning and purpose of life disocering her true self balacing personal, finacial, career and spiritual in an effortless flow.

Suni started her entrepreneurial journey with her family business followed by a corpoarte career and then starting up her own business with over 27 years business experience have closed deals of close to XXXX.

Now Suni helps others create the same midas touch in their life, business and love through her program, Create Magic In Your Life, helping others unleash the highest versions of themselves.

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AFTER BIO



TRANSFORM YOUR ENERGY

Aditi Kohli

Experiencing the power of healing, Aditi used energy techniques for expansion of her family business, as well as heal herself of physical ailments. Her mantra is "Make life simple by changing your Energy!"

From being a Fashion Designer, she now helps people design, create and manifest a life they love! She has helped transform over 10,000 lives in the last 17 years. A humanitarian at heart, she runs her own Trust for charity and service projects.

Founder of Tree of Life #wholisticwellbeing at Kolkata, India, Aditi is a Breakthrough NLP Coach, Access Bars Facilitator and Counsellor.

treeoflife_wellbeing

Tree of Life
#wholisticwellbeing

Vitality LIVING College

AFTER BIO



INSPIRING YOU TO FIND YOU

LIVING LIFE ON YOUR OWN TERMS

After 20 years of media, marketing, business, and leadership experience, Priyanka yearned for more. Her quest & passion for people led her on her own personal growth & self-discovery journey, where she gained multiple qualifications and expert techniques.

Her corporate leadership experience, combined with multiple certifications in coaching (ICF and NLP) & alternative therapeutic modalities (EFT, Reiki, Silva, HeartMath), empowers her to curate a unique coaching experience for ambitious corporates, entrepreneurs, and coaches. She inspires her clients to overcome conflict, confusion & chaos. She believes each of us has the power to create the life we desire & can learn how to access our inner calm, confidence & clarity on demand.

With a focus on mindset, behavior, and action, Priyanka has transformed over 100 clients in the UK, Singapore, SE Asia, India, and UAE & delivered over 600 hours of one-one coaching, group coaching, and customized seminars.

Priyanka Tiku Gupta

INSPIRING YOU TO FIND YOU

Vitality LIVING College

AFTER BIO



A PATH TO SELF-LOVE AND COMPASSION

WITH THERAPIST CHAMSSY KADJAR

Chamssy Kadjar began her career as a financial analyst. After the birth of her 4th daughter she opened a picture framing studio.

Having experienced anxiety, stress, feelings of rejection, of being out of place or different from others ... and trying to please everyone, she has the sensitivity and desire to help others find inner peace, self-love and compassion. She is driven by her passion.

With 18 years of experience she has worked with a wide a range of people having different types of issues or desires.

More: www.chamssykadjar.com

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PRACTICE HOMEPLAY

BIO

- Write your BIO and share on the group
- https://www.canva.com/design/DAFjzGIkWUo/XtBQAXykoc7xsHUh_mqYGA/edit

OPENING - ONLINE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. Get someone to introduce you
2. Welcome welcome welcome, eye contact, YES set, when I was in your place, Woe to Wow story, audit…
3. Get into it straight away


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UBER


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THIS CAB
HAS BEEN
DISINFECTED
& CLEANED.
3P90


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Good
VIBES
only

Toxic positivity (noun)

The ineffective overgeneralisation of a happy, optimistic state across all situations.

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TED TALK OPENING EXAMPLES

https://www.youtube.com/watch?v=U4skUOdwMS4


ED

PRACTICE BREAKOUT ROOM

GET STRAIGHT INTO

- Three’s
- Brainstorm your ideas of how you would like to get straight into it.
- 5 minutes

SET UP - OFFLINE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Venue briefing
- Sound system for 10 or more
- Backdrop
- Front table with sofa
- Chairs theatre style
- Flip chart and projector
- Back table with sound desk
- Water in the room

PREPARE - OFFLINE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Get to the venue 2 hours before doors open
- Switch the sound system on
- Check that the room and toilets are ready and clean
- Layout, the chairs
- Check the front table: flowers, water, tissues
- Spray the room
- Check all the tech
- Meditate

SET UP - OFFLINE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS



SET UP - OFFLINE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS



SET UP - OFFLINE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS



SET UP - OFFLINE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS



SET UP - OFFLINE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS




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SET UP - OFFLINE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS



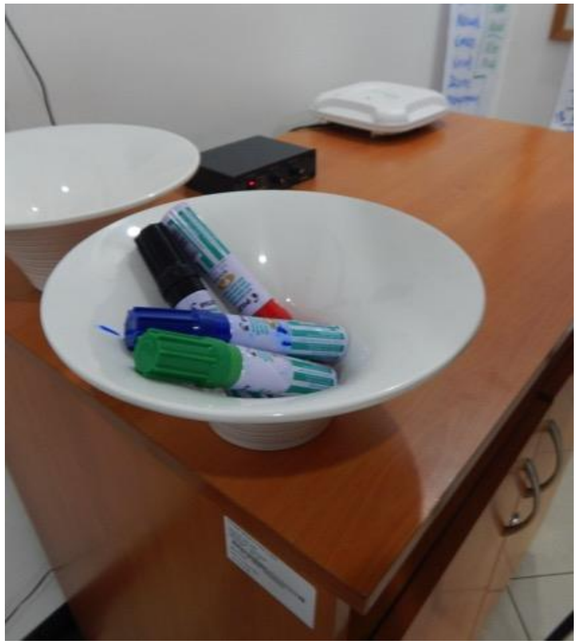
SET UP - OFFLINE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

SET UP - OFFLINE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS





SET UP - OFFLINE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS



https://www.amazon.co.uk/Pilot-Supercolour-Permanent-Marker-3mm-12-5mm/dp/B000J6DMTG/

SET UP - OFFLINE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS



RUNNING ORDER

EMOTIONAL FREEDOM TECHNIQUES THREE DAY TRAINING

FAO: Venue operations team/trainers/staff at EFT events

Items in **BOLD** are the ones with which we need your help. ***At all times***, it is important to us that there is no noise near the main seminar room. We do a lot of meditation and in depth process work and noise can be disruptive. Please can you inform staff and specifically the kitchen staff if they are located close to the seminar room and confirm you have informed them via e-mail india@vitalitylivingcollege.info

All timings are approximate and we are grateful of your flexibility. We are happy to keep you informed regularly about meals and refreshment timings. Please alert us who is the person in charge of local logistics. Email a phone number and name to india@vitalitylivingcollege.info.

Thursday

Vitality Living College Staff Arrive at 6pm for set up (please advise in advance if any changes to the timing). Prior to arrival if using any of the following from the venue they need to be set up in advance and fully working:

1. **Chairs set up theatre style and staggered. Good quality chairs that are stable and do not wobble. If the chairs need to be covered, please ensure the chairs are already covered and any plastic removed from the chairs.**
2. **Stage or platform for seminar in place with projector screen on left hand side and flip chat on right hand side, facing the back wall of stage**
3. **A small table for the stage along with 2 chairs**

https://vitalitylivingcollege.info/wp-content/uploads/2023/05/4.-Running-Order-Example-EFT-Practitioner-23-May-2023.pdf

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THE INVENTORY EXCEL

A	B	C	D	E	F	G	H
NO	**WHAT IS IT?**	**ITEMS IN**	**ITEMS OUT**	**NUMBER**	**PERSON IN CHARGE**	**WHEN**	**COMMENTS**
A	**AMERICAN TOURISTER BLACK SUITCASE**	**1**	**1**	**1**	**Niraja Samant**	**08-12-2018**	**To deliver to The Club 08/12/18**
1	Allen & Heath Mixer	1	**1**		Niraja Samant	08-12-2018	To deliver to The Club 08/12/18
2	Allen & Health Mixer Power Cable	1	**1**		Niraja Samant	08-12-2018	To deliver to The Club 08/12/18
3	Transparent Pouch	1	**1**		Niraja Samant	08-12-2018	To deliver to The Club 08/12/18
3a	- Power Cable UK	1	**1**		Niraja Samant	08-12-2018	To deliver to The Club 08/12/18
3b	- Power Cable 3 PIN BIG	1	**1**		Niraja Samant	08-12-2018	To deliver to The Club 08/12/18
4	Spike guard white	1	**1**		Niraja Samant	08-12-2018	To deliver to The Club 08/12/18
5	Spike guard black	1	**1**		Niraja Samant	08-12-2018	To deliver to The Club 08/12/18
6	Wire form mixer to laptop for recording	1	**1**		Niraja Samant	08-12-2018	To deliver to The Club 08/12/18
7	- Power Cable 2 PIN	1	**1**		Niraja Samant	08-12-2018	To deliver to The Club 08/12/18
B	**THE BLACK FLIGHT CASE**	**1**	**1**	**2**	**Niraja Samant**	**08-12-2018**	**To deliver to The Club 08/12/18**
1	Quest Speaker	2	**2**		Niraja Samant	08-12-2018	To deliver to The Club 08/12/18
2	Brown XLR wires 15 m	2	**2**		Niraja Samant	08-12-2018	To deliver to The Club 08/12/18
3	Power Plug 3 PIN for Speakers	2	**2**		Niraja Samant	08-12-2018	To deliver to The Club 08/12/18
C	**Speaker Stand**	**1**	**1**	**3**	**Niraja Samant**	**08-12-2018**	**To deliver to The Club 08/12/18**
D	**Speaker Stand**	**1**	**1**	**4**	**Niraja Samant**	**08-12-2018**	**To deliver to The Club 08/12/18**
E	**MAROON SUITCASE SAMSONITE**	**1**	**1**	**5**	**Niraja Samant**	**08-12-2018**	**To deliver to The Club 08/12/18**
1	**Box with new hand-held Shure Mic**	**1**	**1**		**Niraja Samant**	**08-12-2018**	To deliver to The Club 08/12/18
1a	- Hand Held Mic Shure PG 58	1	1		Niraja Samant	08-12-2018	To deliver to The Club 08/12/18
1b	- Receiver Shure SVX4	1	1		Niraja Samant	08-12-2018	To deliver to The Club 08/12/18
1c	- Black XLR wire 1m	1	1		Niraja Samant	08-12-2018	To deliver to The Club 08/12/18
1d	- Power Cable 2 PIN	1	1		Niraja Samant	08-12-2018	To deliver to The Club 08/12/18
2	**Sky Blue purse with Demo Mic**	**1**	**1**		**Niraja Samant**	**08-12-2018**	**To deliver to The Club 08/12/18**
2a	Black Pouch with Label A	1	1		Niraja Samant	08-12-2018	To deliver to The Club 08/12/18
2ai	Receiver BLX1 M17	1	1		Niraja Samant	08-12-2018	To deliver to The Club 08/12/18
2b	Black Pouch with Label B	1	1		Niraja Samant	08-12-2018	To deliver to The Club 08/12/18
2bi	- Demo Mic Shure MX 15C3	1	1		Niraja Samant	08-12-2018	To deliver to The Club 08/12/18
2bii	- Lap Mic Black Shure	1	1		Niraja Samant	08-12-2018	To deliver to The Club 08/12/18
2c	- Receiver BLX 4	1	1		Niraja Samant	08-12-2018	To deliver to The Club 08/12/18

https://portal.vitalitylivingcollege.info/images/courses/19/weeks/336/lessons/2185/resources/5311.xlsx

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PREPARE - OFFLINE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Run-through of the day
- Team roles
- Nutrition break
- Hair, make up and straighten up

ETIQUETTE - OFFLINE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Venue briefing
  - Noise levels
  - What happens in the seminar
- Phones off

OPENING - OFFLINE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Doors open
- Usher to seats

PRACTICE BREAKOUT ROOMS

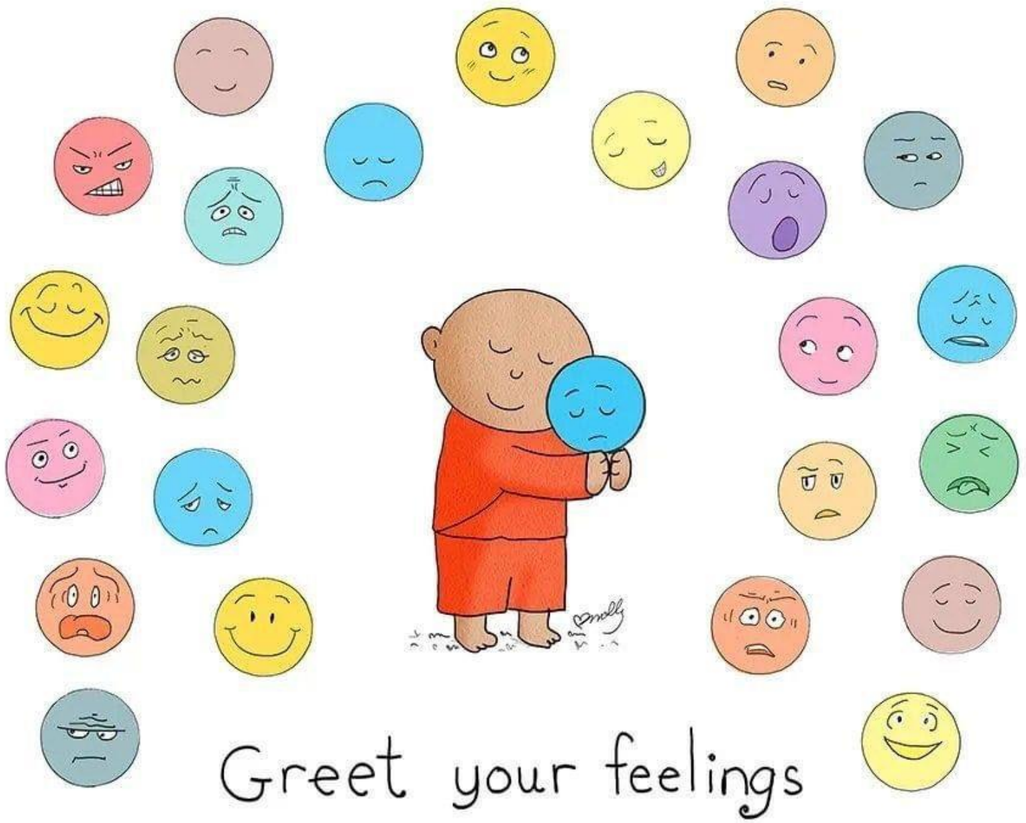
SET UP TO OPENING EXERCISE

- Pairs
- Discuss what you want:
  - Online / Offline
  - Get someone to introduce / Use the taught format / Get straight into it
- What are your actions?
- 4 minutes

SKILLS TO MASTER

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- SMART goals
- Start to end goals
- Wheel of Life
- Evolutionary vs Revolutionary
- 6 human needs
- Love languages
- Emotional blowout
- Triangle of success
- Well-formed outcome
- Visual squash
- Anchoring / Stacking anchors
- Ring of power
- Pain relief
- Personal inventory
- Perceptual positions
- Presuppositions
- Swish
- Future timeline
- Disney Strategy



EMOTIONAL BLOWOUT

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EMOTIONAL BLOWOUT

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. Get an image of the emotion.
2. Make it bigger, even bigger, even bigger, even bigger, bigger, bigger... (hands keep opening wide)
3. How small are you in relation to the image?
4. Make yourself even smaller, smaller, smaller, smaller, so small, so small, so small… (fingers become smaller)
5. Make the image even bigger, even bigger, even bigger, so big, so big, so big, as big as the stars, the galaxies and the cosmos.
6. Annnnnnnnnnnnnnd… pop! (snap the fingers)

PRACTICE TEAM ROOMS

EMOTIONAL BLOWOUT EXERCISE

- Facilitate the Emotional Blowout exercise
- Why? What? How (Demo & Practice)? What if?
- 5 minutes each way


Mennorode

NEXT STEPS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. **Update:** Your Personal Development Log, https://portal.vitalitylivingcollege.info/course/breakthrough-coaching-nlp-facilitator-training/20-personal-development-logs/lesson/1-personal-development-log-67f24501a1586
2. **Share:** Complete your bio and share in the group, https://www.canva.com/design/DAFjzGIkWUo/XtBQAXykoc7xsHUh_mqYGA/edit?utm_content=DAFjzGIkWUo&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton
3. **Prepare:** A 2 minute TED talk style introduction to your program.
4. **Browse:** The following:
   - The Syntax document, https://vitalitylivingcollege.info/wp-content/uploads/2023/05/6.-EFT-Introduction-syntax.pdf
   - The running order document, https://vitalitylivingcollege.info/wp-content/uploads/2023/05/4.-Running-Order-Example-EFT-Practitioner-23-May-2023.pdf
   - The TED talk openings compilation as great examples of Getting straight into it, https://www.youtube.com/watch?v=U4skUOdwMS44

SUMMARY

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. Deeper audit
   - 6 human needs
   - Languages of love
2. Evidence
3. Set up to opening
4. Bio
5. Emotional Blowout
6. Next steps

VITALITY LIVING COLLEGE

BREAKTHROUGH NLP FACILITATOR

Module 4: Heart To Heart



VITALITY LIVING COLLEGE

BREAKTHROUGH NLP FACILITATOR

Module 5: A Deeper Connection



SUMMARY

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. Deeper audit
   - 6 human needs
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NEXT STEPS

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BIO BEFORE AND AFTER



TRANSFORM INSIDE OUT

BECOME THE LEADER OF YOUR LIFE

Piyali's journey is a story of overcoming struggles with a warm heart.
After losing her sister to suicide, she tried to bury her pain by staying busy with work and socializing.
Despite her success as a lawyer, she felt like a part of her was fading away every day.

Seeking something more fulfilling, Piyali became an entrepreneur but still felt empty inside.
She believed that asking for help was a sign of weakness.
However, her life took a beautiful turn when she became a NLP coach and Hypnotherapist, learning to understand and control her emotions.

Today, Piyali is a lawyer and a breakthrough coach, radiating self-love and peace.
She warmly guides others, helping them break free from their own struggles and find confidence, worthiness, and self-love.
She's dedicated to helping everyone manifest their dreams and live fulfilling lives.

@piyalibagchi



TRANSFORM INSIDE OUT

BECOME THE LEADER OF YOUR LIFE

Formerly a lawyer for Walt Disney, Piyali Bagchi's journey is one of resilience and transformation. After the tragic loss of her sister to suicide, she immersed herself in work and socializing, but felt a growing emptiness inside.

Transitioning to entrepreneurship didn't fill the void. It was only when she discovered Breakthrough NLP coaching and hypnotherapy that she found peace and self-understanding.

Today, as a freelance lawyer and breakthrough coach, Piyali radiates self-love and guides others with empathy. Dedicated to helping people break free from struggles and embrace confidence and self-worth, she's a beacon of inspiration for all.

@piyalibagchi

Vitality LIVING College

BIO BEFORE AND AFTER



JOURNEY TO THE TRUE SELF

BEYOND BELIEFS, INTO LIGHT

Life led her through loss, separation, and uncertainty—only to guide her back to her truth. A single parent who once held a secure corporate job, Mayura listened to the Universe's call and chose to walk a path of purpose.

With over 18 years of experience in energy healing and 25+ years in professional fields, she now holds safe, sacred space for others to break free from what holds them back and reconnect with who they truly are.

Through her platform, Soulful Healing Space, Mayura helps others heal, awaken, and rise into clarity, confidence, and inner peace.

Mayura's work isn't about fixing, it's about remembering.
Remembering who you are beneath the layers. Finding your light. And rising from there.



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mayuraashinde

Vitality LIVING College

BIO BEFORE AND AFTER



ISHITA KHATTAR

TRAIN YOUR MIND FOR SUCCESS

Break free from self-doubt and procrastination - and rise into the top 1% in your field.

If you know deep down you're meant for more, but your mind keeps getting in the way - it's time to change that.

Ishita Khattar is a certified Breakthrough Coach, NLP Practitioner, and Hypnotherapist who helps high-performing women stop overthinking, silence their inner critic, and think like the top 1%.

After walking away from a demanding legal career that drained her joy, Ishita discovered that lasting success isn't about working harder - it's about rewiring how you think, feel, and show up.

Today, she helps ambitious women reprogram their subconscious, build unshakable confidence, and become the kind of person who doesn't just set big goals - but actually achieves them.

Her approach blends powerful mindset work, subconscious transformation, visualization, and goal-setting techniques to create results that stick.

ishita.khattar



ISHITA KHATTAR

TRAIN YOUR MIND FOR SUCCESS

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ishita.khattar

Vitality LIVING College

BIO



Unshakeable Confidence: Own it. Live it!

From "I am not good enough" to "I own my Power."

Once held back by self-doubt and belief. "I am not good enough", confidence coach Dr. Leena Parekh walked her own journey from second-guessing to unshakeable self-belief.

Despite her skills, she questioned her worth, felt like a failure and stuck- especially around money and success. But with deep inner work, Arts based therapy and deep mindset healing, she reclaimed her confidence and stepped fully into her power.

Now she is passionately helping teenagers, young adults , women-- and anyone doubting themselves break free from self-doubt and fully own their worth- with clarity, courage and confidence.

Through her signature workshop, 'This is you! Own it!' she guides you to stop shrinking and start shining. She helps you to step into the kind of confidence that can't be shaken-- only shared.

artisanae_healing

artisanae
ARTS HOMEOPATHY HEALING
By Dr.Leena Parekh



Unshakeable Confidence: Own it. Live it!

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artisanae_healing

artisanae
ARTS HOMEOPATHY HEALING
By Dr.Leena Parekh

Vitality LIVING College

BIO



SREELATHA MANDA

Born with a cleft lip and palate, she underwent three surgeries before the age of five. Throughout her childhood and adolescence, she was mocked for the way she spoke, often feeling like she didn't belong. Her inner dialogue was filled with painful questions: "Why don't people understand me the first time?" "What's wrong with the way I speak?"

For over 40 years, she carried the weight of feeling 'not enough'—as if something was wrong with her. Until one day, something shifted. A moment of deep awareness revealed a powerful truth: **She was never broken. She had simply forgotten her wholeness.**

That awakening became her turning point. Today, Sreelatha dedicates her life to helping others—especially teenagers—rediscover the truth she found within herself: **They are already whole. Their potential has always been there, waiting to be seen and nurtured.**

With 18+ years of experience in coaching and facilitation, Sreelatha creates safe, supportive spaces for transformation—through 1-on-1 coaching, interactive workshops, and group sessions, both online and in person.

Her mission is simple but powerful: *To be the mirror that reflects back to others the brilliance they may have forgotten.*

@sreelatha_manda



BE UNSTOPPABLE

"THE MIRROR I NEEDED, THE MIRROR I BECAME"

Born with a cleft lip and palate, Sreelatha Manda underwent three surgeries by the age of five. Growing up, she faced years of criticism and ridicule for the way she spoke. She often asked herself, *"Why is it that others are understood easily, but I have to repeat myself to be heard?"*

Carrying the belief that she was somehow 'defective,' she lived for over four decades feeling different, doubting her worth. But one day, she experienced a profound shift—it dawned on her that she was never broken. She was, in fact, born with immense potential. That moment changed everything.

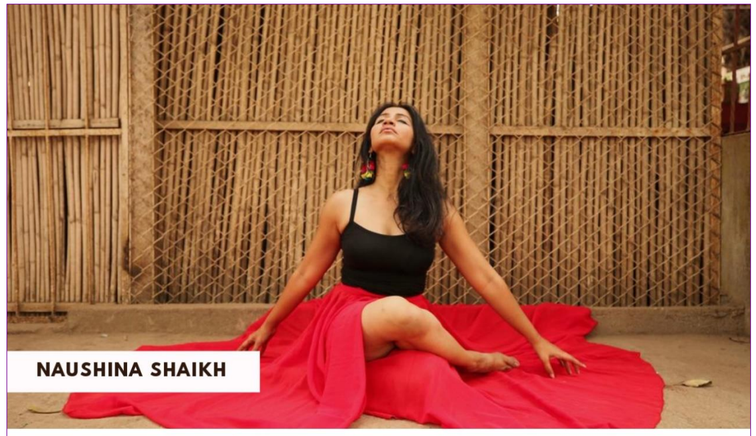
Today, Sreelatha is on a mission to help others—especially teenagers—reconnect to their innate potential, so they can live with confidence, clarity, and power. With over 18 years of experience working with individuals, she facilitates 1:1 coaching, workshops, and group sessions both online and offline.

Her core belief: *Everyone is born whole and complete. Sometimes, all they need is the right mirror to see it.*

@sreelatha_manda

Vitality LIVING College

BIO



FABRIC TO FLOW

FROM STYLING THE BODY TO HEALING THE SOUL

At first glance, Naushina Shaikh's career as a fashion stylist seemed like a dream—working with celebrities, curating high-end looks, and living in a world of glamour. But behind the dazzling façade was an exhausting reality—a relentless lifestyle that left her burned out, with no time for self-care.

Her turning point came when she discovered yoga—what started as a casual interest soon became a deep passion. Recognizing its transformative power, she pursued a Master's in YOGA and continued exploring THERAPY and COACHING to understand healing on a deeper level.

Today, Naushina has dedicated the past 15 years to helping others find balance, healing, and purpose. She has touched the lives of 200,000+ people through Yoga, Therapy, and Coaching. Her work has created a supportive community for MOMS-TO-BE, guiding them toward a comfortable pregnancy, a safe delivery, and a meaningful bond with their baby. She also mentors YOGA TEACHERS, helping them build successful and fulfilling businesses. Naushina's journey is proof that transformation is possible—and through her coaching, she now helps others embark on their own path to wellness and success.

DM me on Instagram to begin your transformation!

@naushinashaikh



FABRIC TO FLOW

FROM STYLING THE BODY TO HEALING THE SOUL

At first glance, Naushina Shaikh's career as a fashion stylist seemed like a dream—working with celebrities, curating high-end looks, and living in a world of glamour. But behind the dazzling façade was an exhausting reality—a relentless lifestyle that left her burned out, with no time for self-care.

Her turning point came when she discovered yoga—what started as a casual interest soon became a deep passion. Recognizing its transformative power, she pursued a Master's in YOGA and continued exploring THERAPY and COACHING to understand healing on a deeper level.

Today, Naushina has dedicated the past 15 years to helping others find balance, healing, and purpose. She has touched the lives of 200,000+ people through Yoga, Therapy, and Coaching. Her work has created a supportive community for MOMS-TO-BE, guiding them toward a comfortable pregnancy, a safe delivery, and a meaningful bond with their baby. She also mentors YOGA TEACHERS, helping them build successful and fulfilling businesses. Naushina's journey is proof that transformation is possible—and through her coaching, she now helps others embark on their own path to wellness and success.

DM me on Instagram to begin your transformation!

@naushinashaikh



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BIO

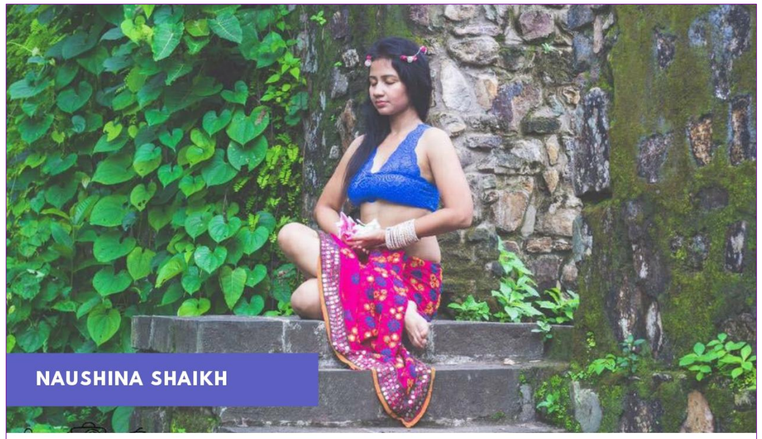


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PRACTICE MAIN ROOMS

BIO LEARNINGS

- Pairs
- Share your learnings
- 5 minutes total

PRACTICE TEAM ROOMS

GETTING STRAIGHT INTO IT

- Imagine TED talk has invited you to speak on a topic.
- Present the first 2 minutes of your talk.
- 25 minutes total

5

A DEEPER CONNECTION

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CONTENTS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. The different learners
2. What & How frame examples
3. Seminar plan
4. What & How frame practice
5. Next steps

DIFFERENT LEARNERS



DIFFERENT LEARNERS



Visual Learner:
Learns best by seeing



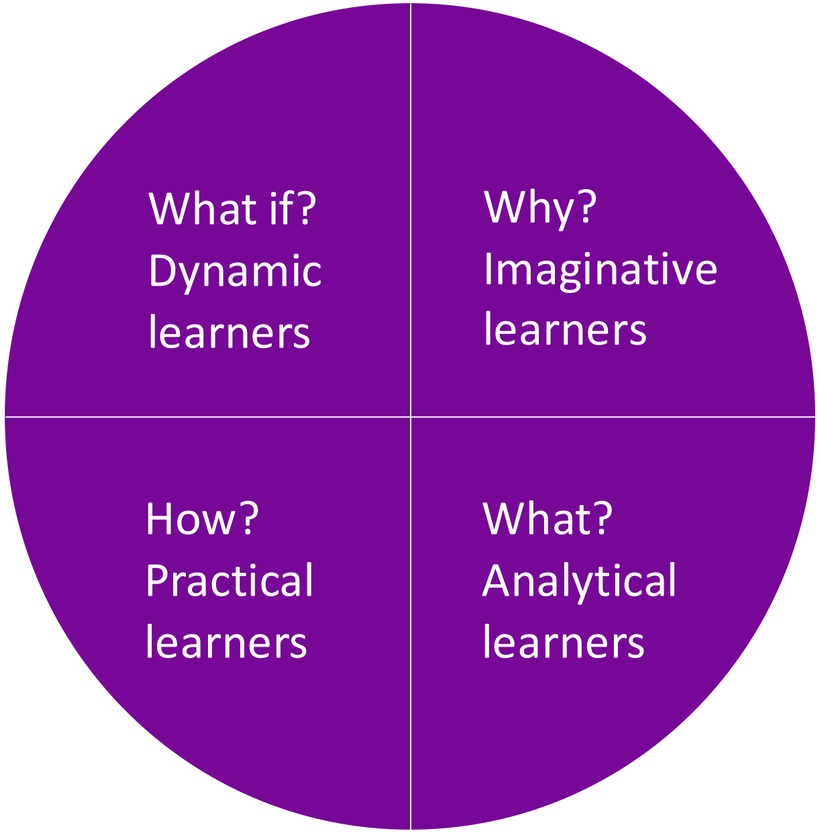
Auditory Learner:
Learns best by hearing



Kinaesthetic Learner:
Learns best by feeling or expression

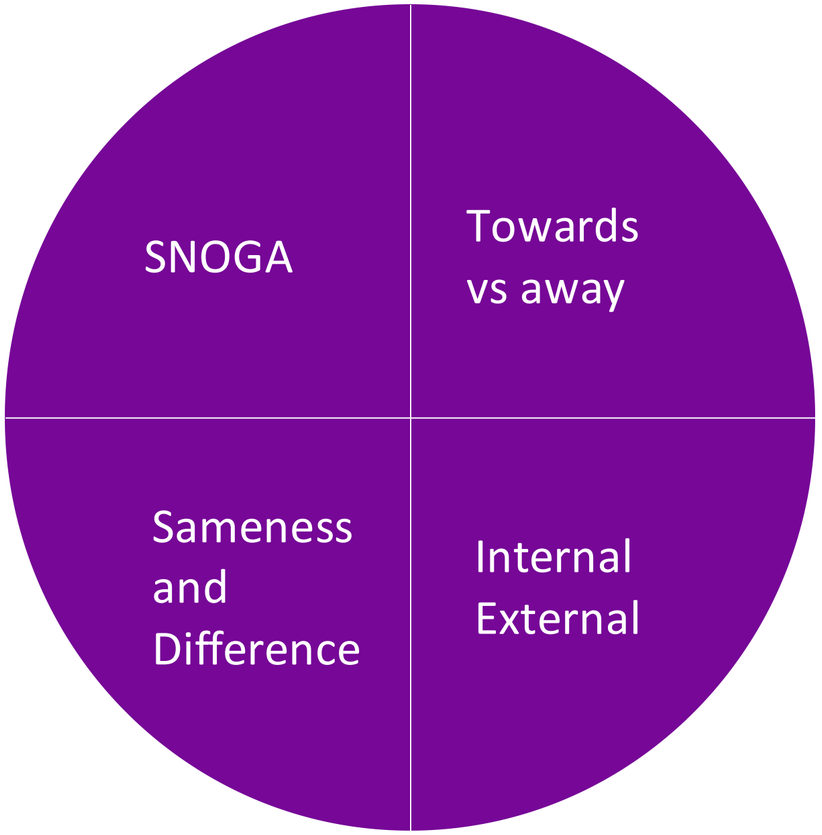
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DIFFERENT LEARNERS



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DIFFERENT LEARNERS



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WHAT & HOW FRAME



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SKILLS TO MASTER

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- SMART goals
- Start to End goals
- Wheel of Life
- Evolutionary vs Revolutionary
- 6 Human Needs
- Love Languages
- Emotional Blowout
- Triangle of Success
- Well-formed Outcome
- Visual Squash
- Anchoring / Stacking anchors
- Ring of Power
- Pain Relief
- Personal Inventory
- Perceptual Positions
- Presuppositions
- Swish
- Future Timeline
- Disney Strategy

WHAT FRAME BC NLP FACILITATOR SKILLS

WHAT FRAME BREAKTHROUGH COACHING NEURO-LINGUISTIC PROGRAMMING (BC NLP)

FACILITATOR SKILLS

Identify the skills you want to use in your program and jot down your planned 4MAT system for them:

	LIST OF SKILLS	Why?	What?	How?	What if?
1.	Anchoring (Creating powerful states)				
2.	Cravings (Like to Dislike)				
3.	Disney Strategy				
4.	Emotional Blowout				
5.	Evolutionary vs Revolutionary Model				
6.	Future Pace				
7.	Future Timeline				

https://vitalitylivingcollege.info/wp-content/uploads/2024/03/5.-What-Frame-BC-NLP-Facilitator-Skills-24.02.2024.pdf

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PRACTICE BREAKOUT ROOMS

BC NLP FACILITATOR SKILLS

- Pairs
- Go through the worksheet and mark the skills you would like to have mastered for your first seminar.
- 10 minutes total

SKILLS TO MASTER

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- SMART goals
- Start to End goals
- Wheel of Life
- Evolutionary vs Revolutionary
- 6 Human Needs
- Love Languages
- Emotional Blowout
- Visual Squash
- Triangle of Success
- Well-formed Outcome
- Anchoring / Stacking Anchors
- Ring of Power
- Interrupt the Pattern
- Pain Relief
- Personal Inventory
- Perceptual Positions
- Presuppositions
- Swish
- Future Timeline
- Disney Strategy
- Cravings (Like to Dislike)
- Future Pace
- Hypnosis
- Incantations
- Ordeal
- Rocking Chair
- Simple Belief Change
- Simple Event Change
- Thinking, Feeling, Behaviour, Results
- Trapping Beliefs



VISUAL SQUASH

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PRACTICE BREAKOUT ROOMS

VISUAL SQUASH

- Practice presenting
- 5 minutes each way

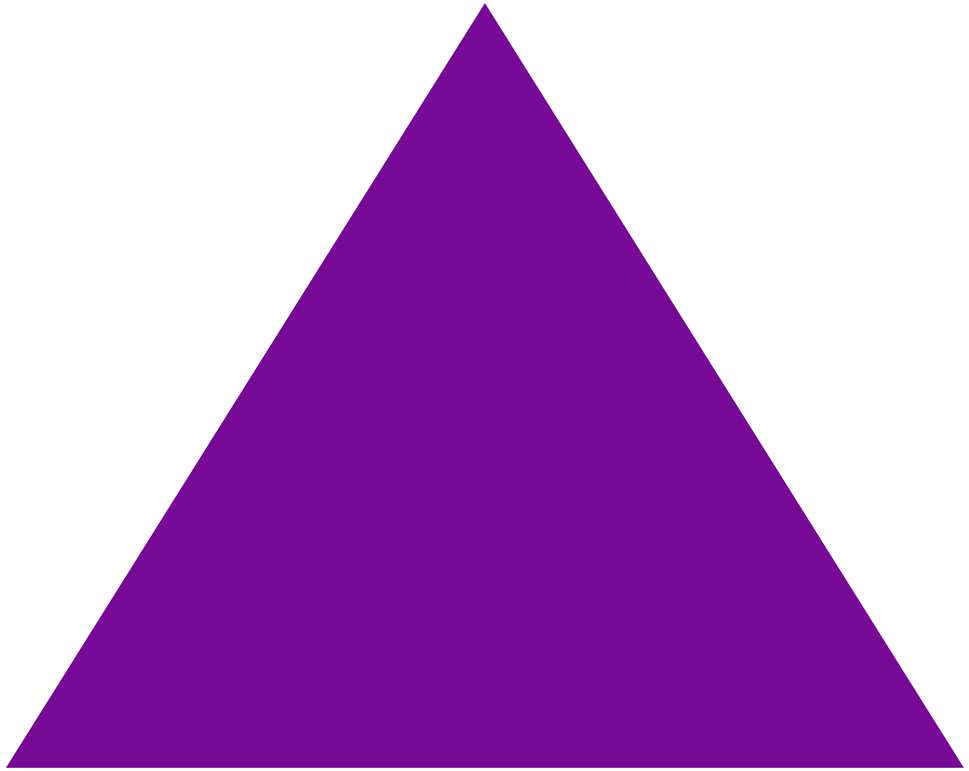


TRIANGLE OF SUCCESS

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MY TRIANGLE OF SUCCESS

What I say to myself?



My body and breathing

My focus

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PRACTICE BREAKOUT ROOMS

TRIANGLE OF SUCCESS

- Practice presenting
- Pairs
- 5 minutes each way



WELL-FORMED OUTCOME

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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?

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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? (Evidence)
4. What will you see, hear and feel? (Sensory description)
5. Where, when and with whom do you want it? (Ecological)
6. Where, when and with whom do you NOT want it? (Ecological)
7. If you could have it now, would you take it? (Decision point)
8. What resources do you need to get it? (Preserves any by-product of the current state)
9. What will happen when you get it? (Does it increase choice)
10. How will getting it benefit you? (Preserves any by-product of the current state)
11. Do you want this change in any other situations? (Does it increase choice)
12. How will making this change affect other aspects of your life? (Does it increase choice)
13. What would happen if you did make this change? (Ecological and testing)
14. What would happen if you didn’t make this change? (Ecological and testing)
15. What wouldn’t happen if you did make this change? (Ecological and testing)
16. What wouldn’t happen if you didn’t make this change? (Ecological and testing)

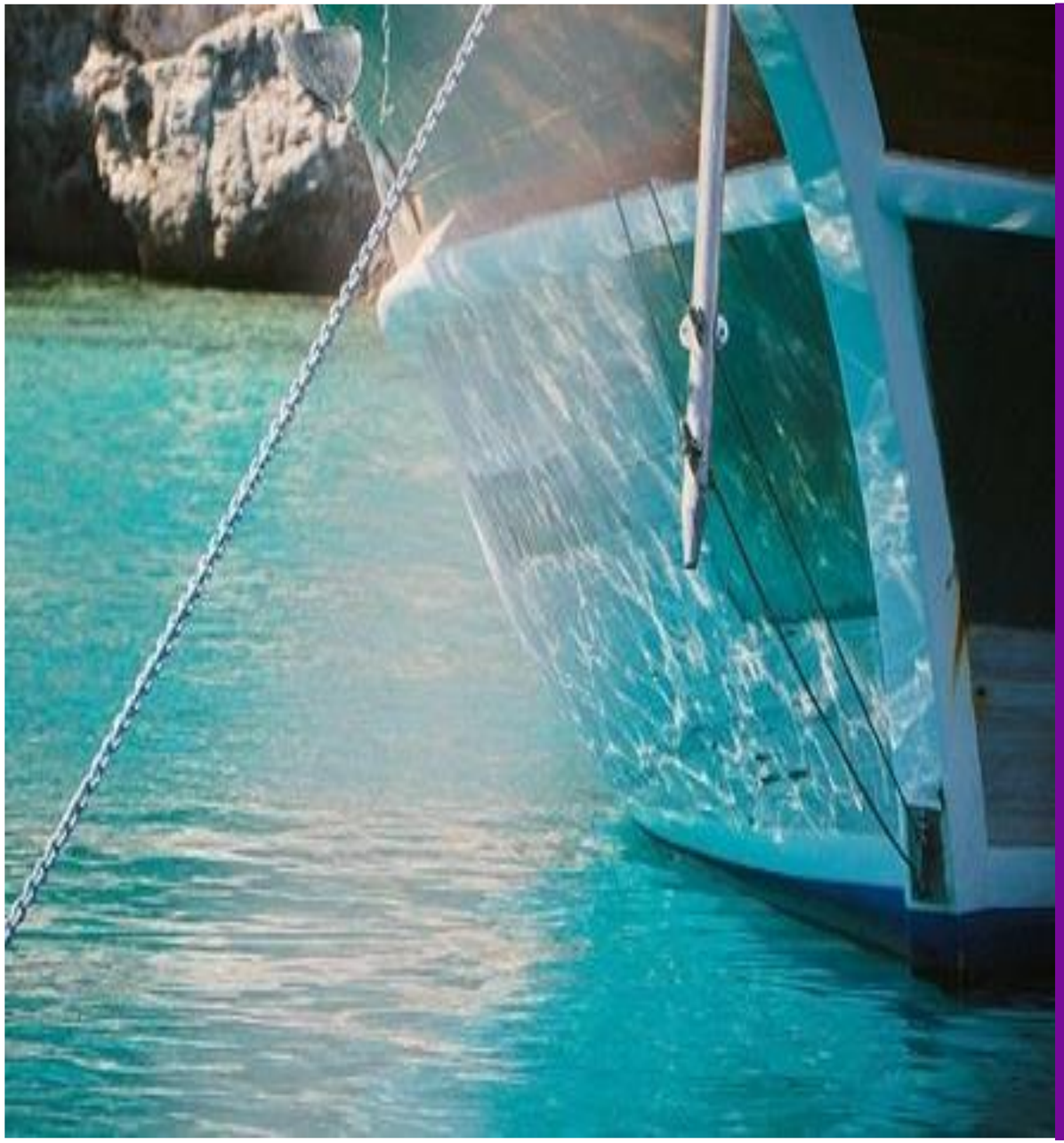
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PRACTICE BREAKOUT ROOMS

WELL FORMED OUTCOME

- Practice presenting
- Pairs
- 10 minutes each way

BRIEFING
HOW TO DO
AN EXERCISE



ANCHORING

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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 feelings that you felt.
5. As you feel all these feelings squeeze your hand.
6. The tighter you squeeze the more you feel, and the more you feel the tighter you squeeze.
7. Break state
8. Test by squeezing the hand.

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STACKING ANCHORS



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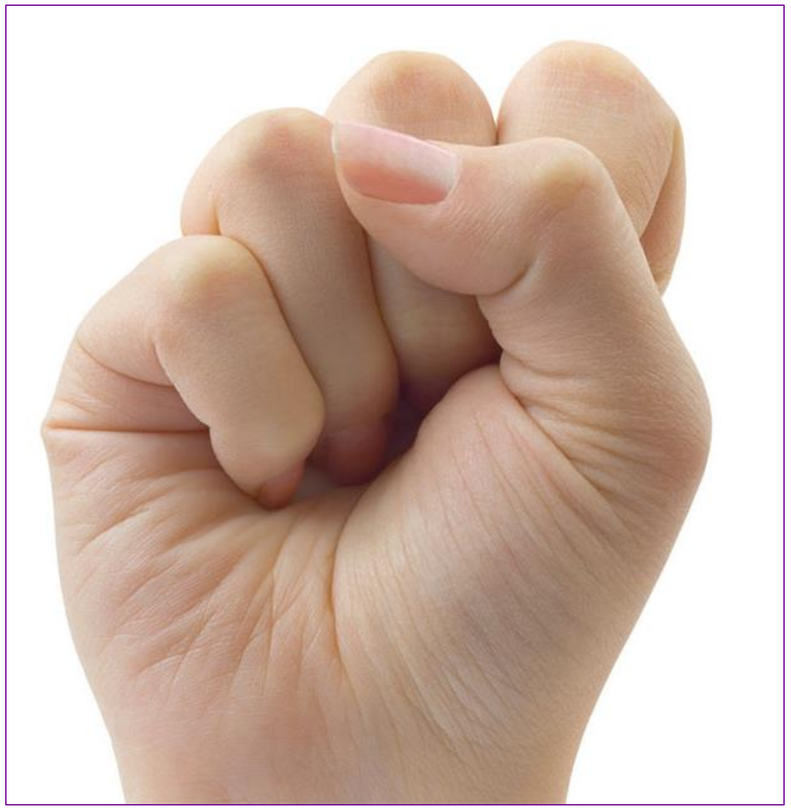
STACKING ANCHORS



- 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 the time

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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

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PRACTICE MIAN ROOMS

ANCHORING

- Practice presenting
- Pairs
- 5 minutes each way

INTERRUPT THE PATTERN



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HOW TO INTERRUPT A PATTERN?

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. Drink some water.
2. Say something shocking, but still in rapport, for example, “Put your hand on your head and say, ‘I am a spider in Transylvania'".
3. Go for a walk.



PAIN RELIEF

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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 being 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.

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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

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PRACTICE TEAM ROOMS

PAIN RELIEF

- Practice presenting
- Pairs
- 5 minutes each way

ALL PARTICIPANTS TOGETHER - AUDIO

WHAT IF?

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. Reflections
2. Learnings
3. Shares
4. Questions
5. What if’s
6. Next steps

CLOSE



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CLOSE: NEXT STEPS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. Next steps
2. Call to action
3. Summary

CALL TO ACTION



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SOULFULLY SHARING THE CTA

1. **Speak to their transformation**
   - Start by reflecting on the experience they've just had at your event. Acknowledge the journey they're on and what might be stirring inside them now.
2. **Name the next step clearly**
   - Let them know that there is a next level, a deeper container, or a place where they can keep growing—with your support.
3. **Extend an authentic invitation**
   - Make it feel like a natural, warm invitation. Use language that feels aligned with your voice and your people.

SCRIPT FOR CTA

"If your heart is calling… if even a small part of you whispered, ‘I want the next step’—I want you to know, this is just the beginning.

[Program Name] is where we take this work deeper, together. It’s a space for real transformation, aligned action, and support tailored to you.

If you’re feeling the nudge, I invite you to book a free call with me. We’ll connect, I’ll listen deeply to what you’re wanting, and together we’ll see if this program is the right next step for you. 👉

[Insert your booking link here]

I can’t wait to hear your heart."

CLOSE: FINALE TO END ON A HIGH NOTE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. Depends on the audience
2. Music
3. Samurai grounding
4. Future pace and integration
5. Ring of power
6. Heart connection
7. Group chanting
8. Life will never be the same again

CLOSE: FINALE TO END ON A HIGH NOTE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

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2. MUSIC



Heart-Centered



Upbeat



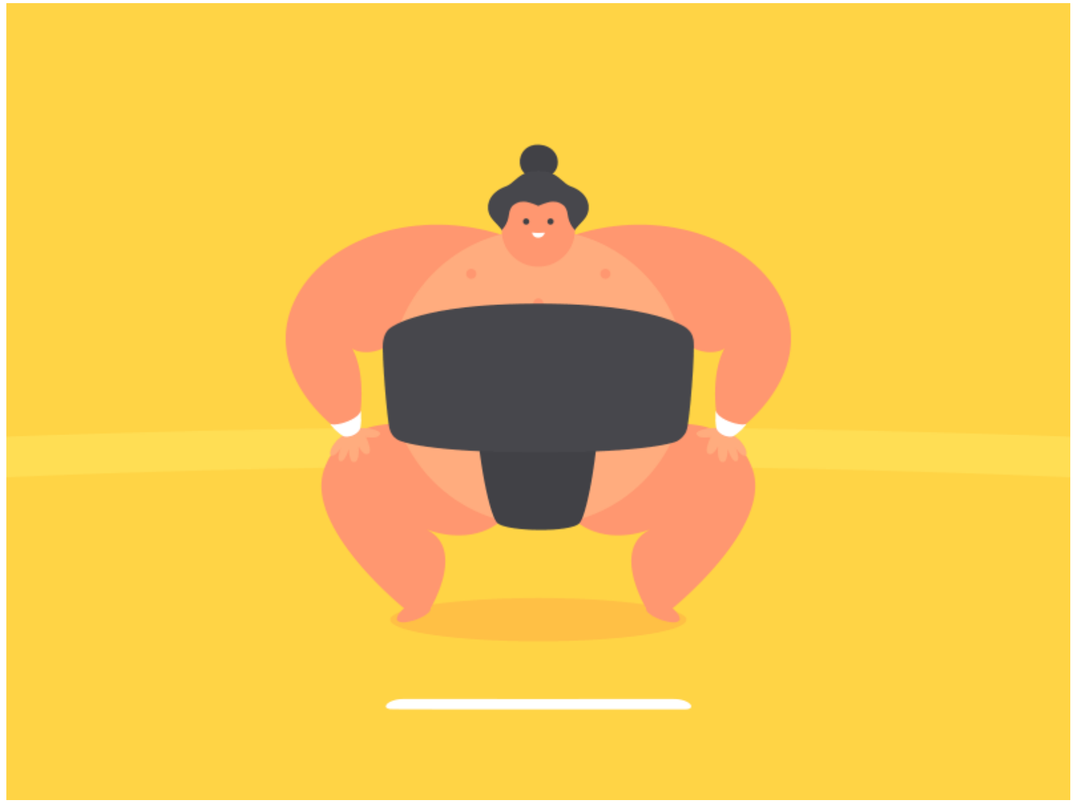
Inspirational

Note: In some cases royalty payments are involved.

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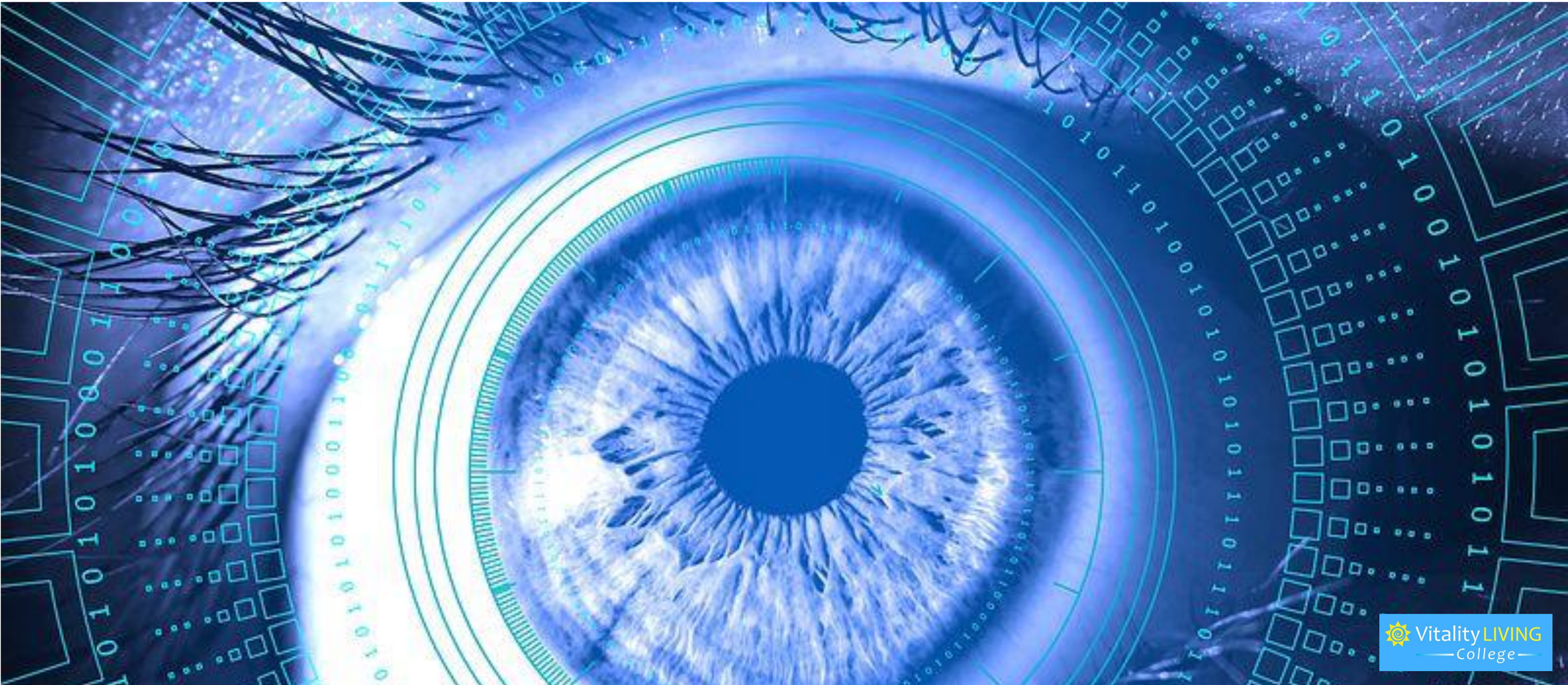
3. SAMURAI GROUNDING

- Bang your feet on the ground.
- Hands should be in a fist.
- Go about stomping your feet as you go in circles while doing this process.
- Especially a good close when you are having the seminar with kids.
- You can mouth the sounds like – “ha, ha, ha”- like a samurai does.



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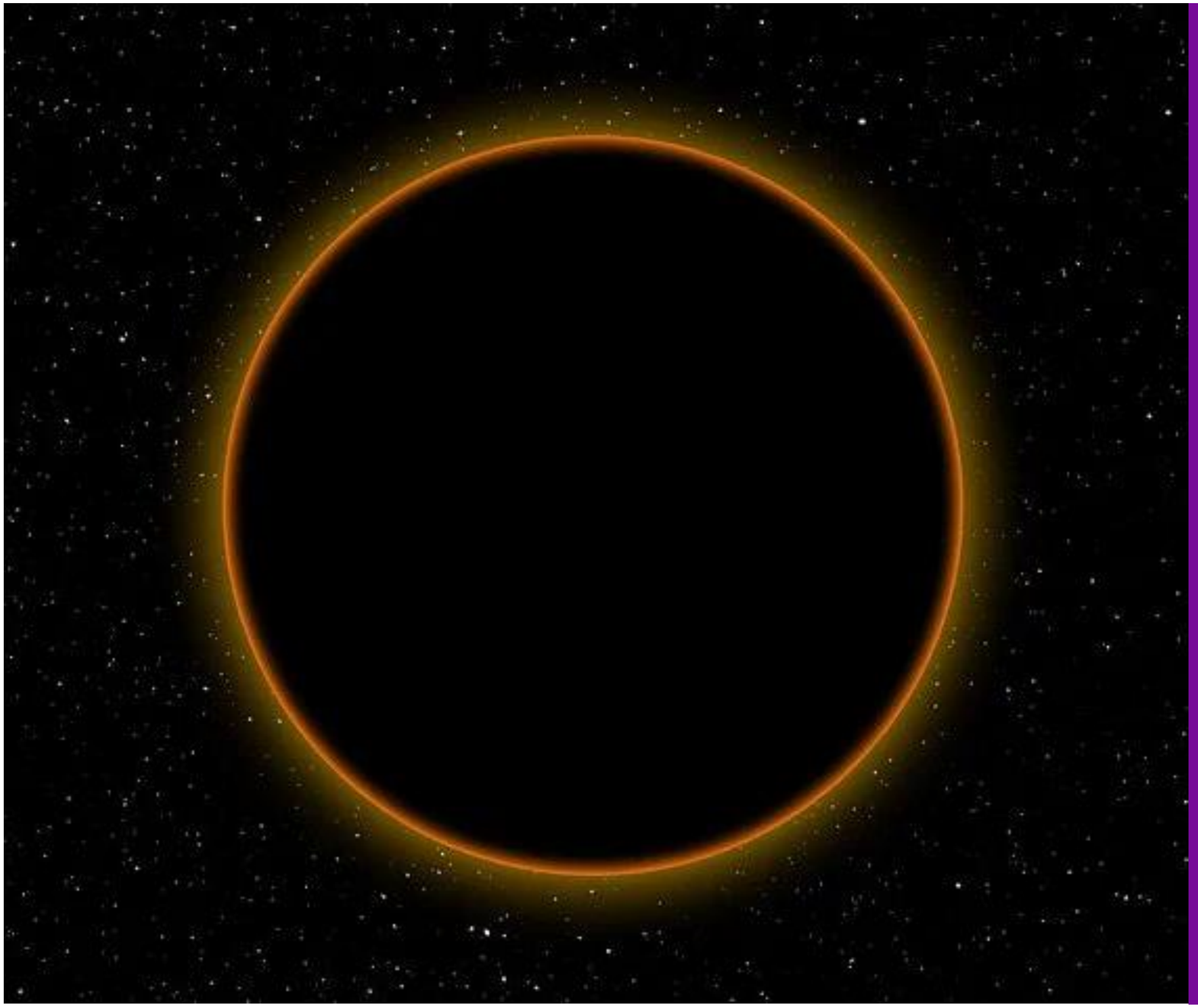
4. FUTURE PACE & INTEGRATION



PRACTICE BREAKOUT ROOMS

FUTURE PACE

- Pairs
- Practice closing your seminar with a future pace visualisation.
- 6 minutes total



5. RING OF POWER

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CHARIOTS OF FIRE



https://www.youtube.com/watch?v=8a-HfNE3EIo

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PRACTICE MAIN ROOMS

RING OF POWER

- Share how the music syncs with the words
- Take learnings

6. HEART CONNECTION



PRACTICE MAIN ROOMS

HEART CONNECTION

- Hold hands and open.
- Grace and gratitude

7. GROUP CHANTING



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CLOSE: FINALE TO END ON A HIGH NOTE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

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BC NLP SEMINAR PLAN

MY BREAKTHROUGH COACHING NEURO-LINGUISTIC PROGRAMMING (BC NLP) FACILITATOR

SEMINAR PLAN

START GOAL: CERTIFICATION SEMINAR PLAN

Title of seminar, workshop, or program:
Sub-heading:
Audience:
Length: 45 minutes

Time	Topic and Purpose	Details
Why Frame (Imaginative learners) What is the purpose and relevance of what they are learning?		
0 mins (3 mins)	• Doors open	
	• Music	
	• Rapport	
	• Eye contact	

https://vitalitylivingcollege.info/wp-content/uploads/2024/03/7.-My-BC-NLP-Facilitator-Seminar-Plan-24.02.2024.pdf

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PRACTICE TEAM ROOMS

BC NLP SEMINAR PLAN

- Working session in team rooms.
- Develop a 30-minute seminar plan.
- Assist leaders will rotate in and be there to support.
- 20 minutes

NEXT STEPS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. **Update:** Your Personal Development Log, https://portal.vitalitylivingcollege.info/course/breakthrough-coaching-nlp-facilitator-training/20-personal-development-logs/lesson/1-personal-development-log-67f24501a1586
2. **Finalise:** The plan for your 30-minute presentation.
3. **Prepare:** Your 30-minute presentation.

SUMMARY

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. The different learners
2. What & How frame examples
3. Seminar plan
4. What & How frame practice
5. Next steps

VITALITY LIVING COLLEGE

BREAKTHROUGH NLP FACILITATOR

Module 5: A Deeper Connection



VITALITY LIVING COLLEGE

BREAKTHROUGH NLP FACILITATOR

Module 6: A Lasting Connection



SUMMARY

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

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2. **Finalise:** The plan for your 30-minute presentation.
3. **Prepare:** Your 30-minute presentation.

PRACTICE TEAM ROOMS

BC NLP SEMINAR PLAN

- Share your plan with your assist leaders
- 10 minutes

6

A LASTING CONNECTION

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CONTENTS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. Chat or “hand up” engagement
2. Preparing
3. Presenting
4. Feedforward and learnings
5. Demonstrations
6. Next steps

GROUP VERSUS ONE-ON-ONE

INTERACTING IN CHAT

NOTE TAKING

PREPARATION



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PREPARING

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- YES move
- Empty vessel meditation
- Facilitator state
- Bring your audience into your heart
- Safe space
- Service and value
- View plan
- Cross-check the 4Es
- Surrender

PRESENTING



YOUR PRESENTATION

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- 30 minutes each (hard close)
- 5 minutes debrief
- Send your written feed-forward on the WhatsApp Support Group
- 15-minute break after 3 presentations

CHECKLIST FOR FEEDFORWARD

CHECKLIST TO EVALUATE BREAKTHROUGH COACHING NEURO-LINGUISTIC PROGRAMMING (BC NLP) FACILITATOR SKILLS

Below is a checklist to evaluate your BC NLP Facilitator skills:

	Criteria	Comments	Rating (1-5) 5=Excellent 1=Poor
1.	Engaging: Establish a good rapport with your audience.		
2.	Entertaining: Use storytelling, humour, engage the audience and keep up the energy of the group.		
3.	Empowering: Leave the audience with inspirational tips, takeaways, learnings, or things they can do on their own.		

https://vitalitylivingcollege.info/wp-content/uploads/2024/03/8.-Checklist-to-Evaluate-BC-NLP-Facilitator-Skills-24.02.2024.pdf

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PRACTICE TEAM ROOMS

SEMINAR PRESENTATION

- 4 people
- 30 minutes to do your presentation
- 5 minutes feedback
- Debrief – from you and the Assist Leader on what you did well and what you could do better
- Audience will fill in feedback form
- 15-minute break after 2 presentations



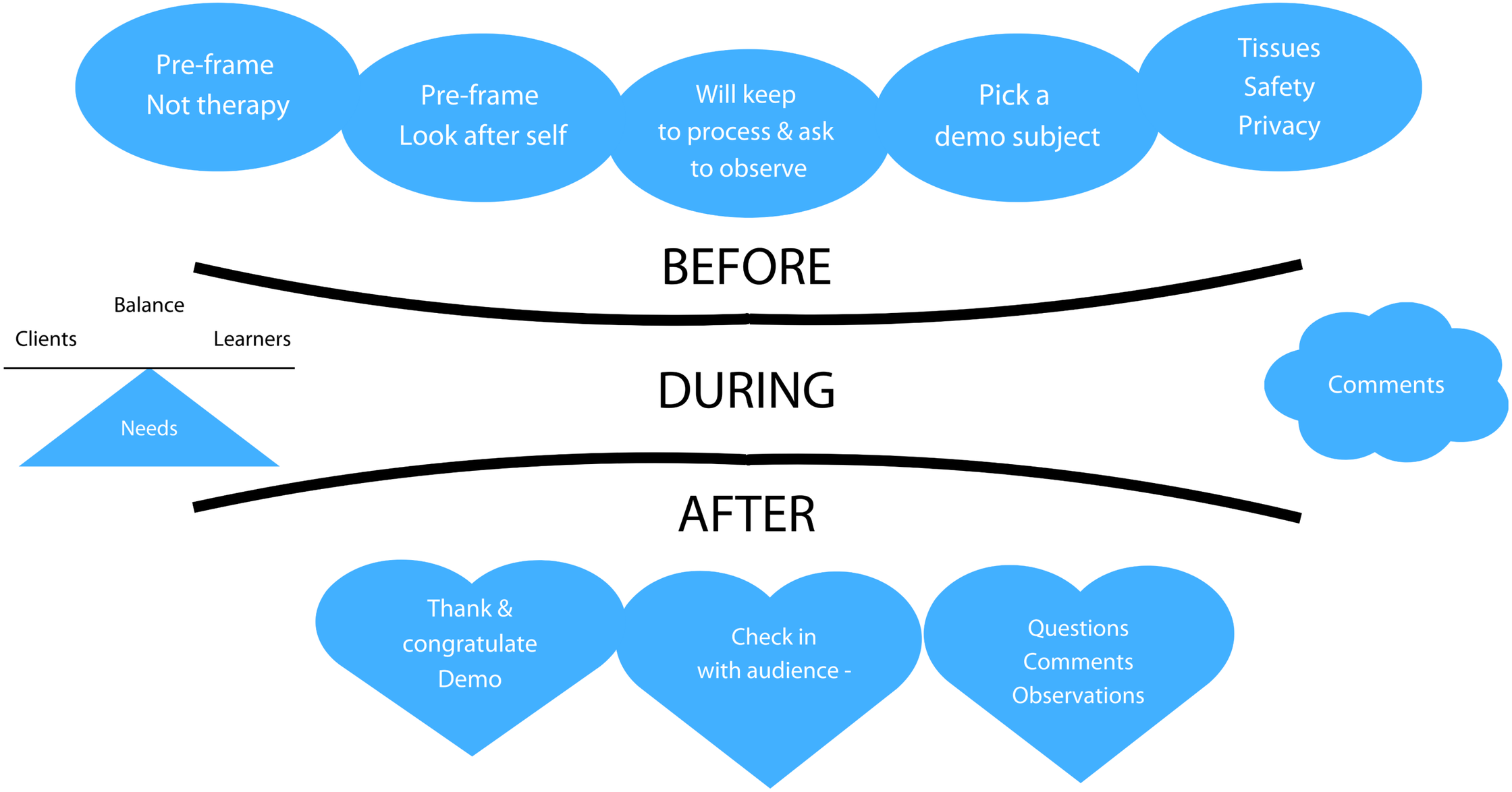
DEMONSTRATIONS

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DEMONSTRATIONS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Introduce what you are going to demonstrate
- Pre-frame the demonstration
- Pick a demonstration subject
- Demonstrate
- De-brief and summarise
- Explain what they have to do
- Let them know if you want them to work in 2s or 3s
- Pre-frame you will be coming into the room
- Get them set up
- Overseeing the practice and / or breakout rooms


Pre-frame
Not therapy
Pre-frame
Look after self
Will keep
to process & ask
to observe
Pick a
demo subject
Tissues
Safety
Privacy
BEFORE
Balance
Clients
Learners
Needs
DURING
Comments
AFTER
Thank &
congratulate
Demo
Check in
with audience -
Questions
Comments
Observations

DEMONSTRATIONS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Group setting
- Breakout room setting

PRACTICE BREAKOUT ROOMS

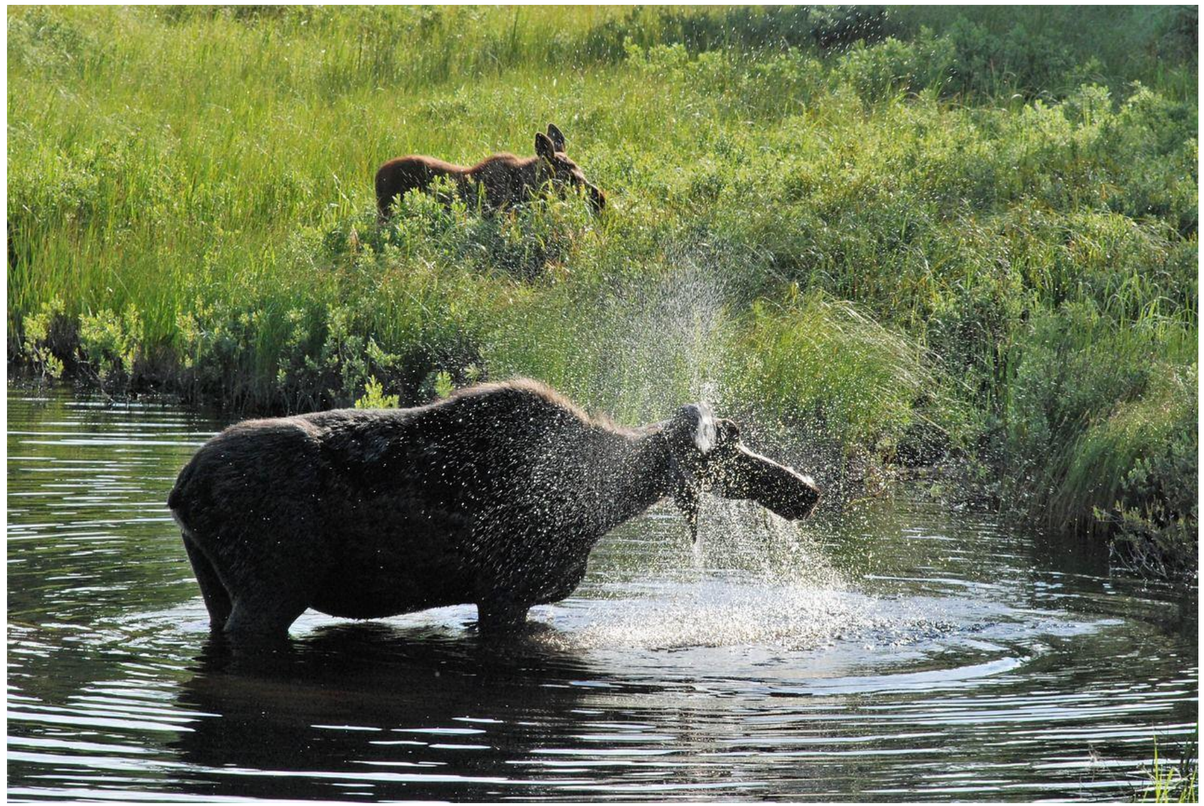
DEMONSTRATIONS

- Pairs
- Discuss with each other what is important when conducting a demonstration.
- 5 minutes total.

SWISH



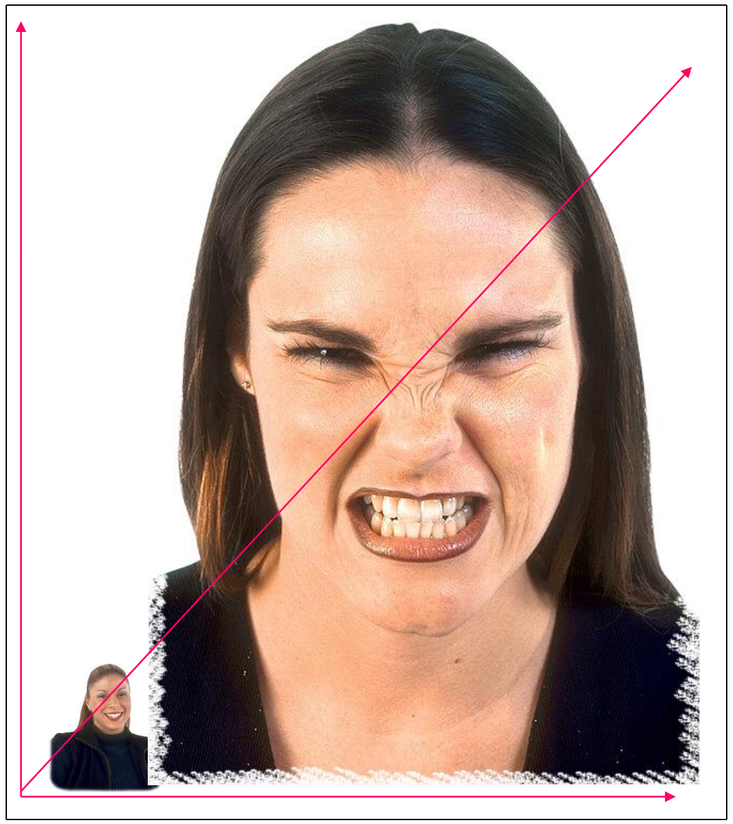
WHAT IS SWISH?



The swish technique is a method that helps replace negative thoughts or behaviors with positive ones by rapidly shifting mental images associated with them.

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SWISH



- Associated old behaviour
- Dissociated new behaviour

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PRACTICE BREAKOUT ROOMS

SWISH EXERCISE

- Three’s
- Story, What?, How?
- Brief participants
- Let them practice
- Observe
- Take shares
- 30 minutes total

SUMMARY

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. Chat or “hand up” engagement
2. Preparing
3. Presenting
4. Feedforward and learnings
5. Demonstrations
6. Next steps

NEXT STEPS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. **Update:** Your Personal Development Log, https://portal.vitalitylivingcollege.info/course/breakthrough-coaching-nlp-facilitator-training/20-personal-development-logs/lesson/1-personal-development-log-67f24501a1586
2. **Think:** About your marketing plan, https://vitalitylivingcollege.info/wp-content/uploads/2024/03/2.-Marketing-Plan-Template-BC-NLP-26.02.2024.pdf
3. **Facilitator State:** Come in the energy of being a Facilitator from now on ((Yes move, Triangle of success, Empty Vessel Meditation.)
4. **Share:** The top 10 incredible qualities about yourself as a facilitator in the support group.

MARKETING PLAN

BREAKTHROUGH COACHING NEURO-LINGUISTIC PROGRAMMING (BC NLP) MARKETING PLAN

MARKETING PLAN: [YOUR NAME]

No	Marketing	Details
1.	Audience Type (e.g., ambitious women, corporate executives, moms, teenagers)	
1a.	Profile (e.g., age, gender, location, preferences, personality)	
1b.	Pain (A challenge that creates dissatisfaction)	

https://vitalitylivingcollege.info/wp-content/uploads/2024/03/2.-Marketing-Plan-Template-BC-NLP-26.02.2024.pdf

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VITALITY LIVING COLLEGE

BREAKTHROUGH NLP FACILITATOR

Module 6: A Lasting Connection



VITALITY LIVING COLLEGE

BREAKTHROUGH NLP FACILITATOR

Module 7: Finale



SUMMARY

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. Chat or “hand up” engagement
2. Preparing
3. Presenting
4. Feedforward and learnings
5. Demonstrations
6. Next steps

NEXT STEPS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. **Update:** Your Personal Development Log, https://portal.vitalitylivingcollege.info/course/breakthrough-coaching-nlp-facilitator-training/20-personal-development-logs/lesson/1-personal-development-log-67f24501a1586
2. **Think:** About your marketing plan, https://vitalitylivingcollege.info/wp-content/uploads/2024/03/2.-Marketing-Plan-Template-BC-NLP-26.02.2024.pdf
3. **Facilitator State:** Come in the energy of being a Facilitator from now on (Yes move, Triangle of success, Empty Vessel Meditation.).

7 FINALE

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CONTENTS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. Recap
2. Facilitator Model
3. Questions
4. Handling issues
5. Audit and Development Plan
6. Finding your power
7. Next steps

WHAT WILL YOU GET?

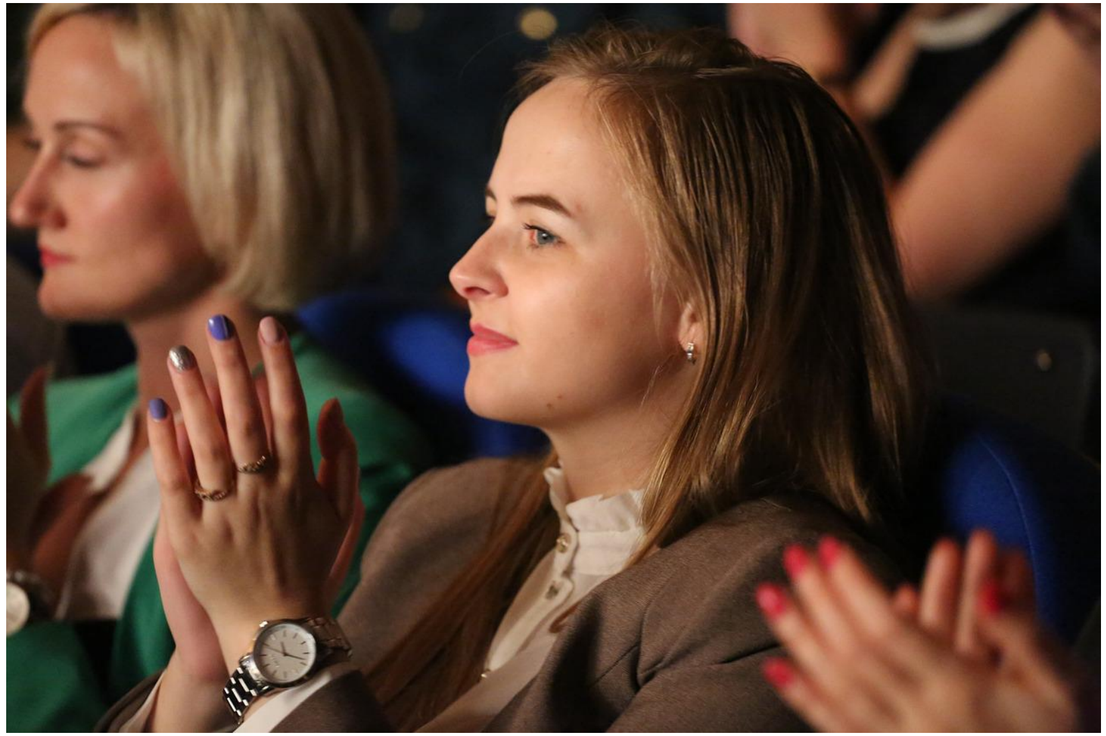
PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Be an effective and impactful group facilitator, so you can change lives and make a real difference in the world.
- Present powerfully, engaging your audiences with story telling and an inspiring presence to transform.
- Present either on stage or online, in front of small and large audiences, in schools, companies, and to members of the public.
- Create your coaching course to share with your audience.

P
R
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C
E

BEGIN WITH THE END IN MIND

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS



- Audience
- Theme
- Title
- Sub-heading

BEGIN WITH THE END IN MIND

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS



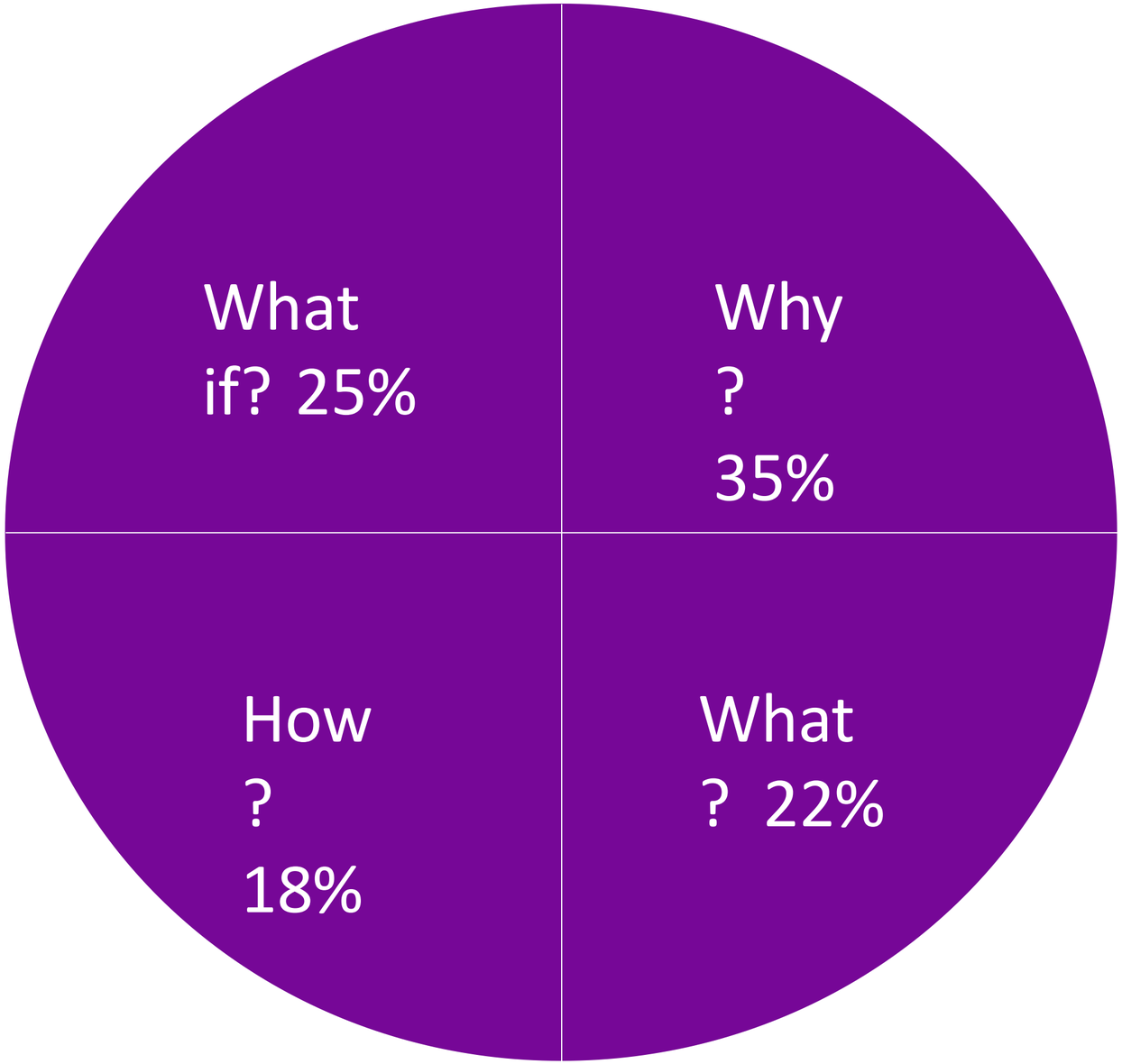
- Audience (Client Type)
- Pain
- Problem
- Solution
- Prayer
- Answer

BEGIN WITH THE END IN MIND

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS



- Program name
- Online / Offline
- Length


What if? 25%
Why ? 35%
How ? 18%
What ? 22%

THE WHY FRAME

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Eye contact
- Welcome
- YES SET
- When I was in your place
- SNOGA
- Woe to wow (testimonial)
- Safe space
- Intention setting / goal setting
- Audit
- Evidence



THE POWER TO TRANSFORM!

THROUGH EMOTIONAL WELLNESS, COACHING & HAPPINESS

Self-healed from Cancer without drugs or surgery, Dr Rangana Rupavi Choudhuri (PhD) will **inspire you to transform your life**.

Her story transcends convention; but the results are unequivocal.

With a background in Cancer Research from Oxford University & having led multi-billion dollar businesses, British based Dr Rangana has personally **touched the lives of over 20000 people from 44 different countries.**

Today she delivers seminars, as an international speaker, author, and trainer in wellness, healing, and coaching, **empowering people to heal from within and make a difference** to the lives of others.

Vitality LIVING College Transforming lives

BIO

Headline
Subheading

Summary sentence or question

Background and trust factor

Today

FROM SET UP TO OPENING



CORPORATE PROPOSAL

CORPORATE PROPOSAL

Corporate proposals are essential for presenting your ideas, products, or services to potential clients or partners. To ensure your proposal is effective, here are some steps and key components to consider:

1. Introduction:
    - Begin with a concise and compelling executive summary that highlights the purpose and benefits of your proposal.
    - Introduce your company, its background, and relevant expertise.
    - Clearly state the objective of the proposal and what you aim to achieve.
2. Problem Statement:
    - Identify the specific problem or need that your proposal addresses.

https://vitalitylivingcollege.info/wp-content/uploads/2024/03/12.-Corporate-Proposal-Requirements-with-Examples-06.03.2024.pdf

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WHAT & HOW FRAME



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EASY TO ABSORB SKILLS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Triangle of success
- Visual squash
- Well-formed outcome
- Wheel of life
- Evolutionary versus revolutionary model
- Anchoring / Stacking anchors
- Simple belief change (trapping beliefs)
- Simple event change
- Emotional blowout
- Hypnosis
- Presuppositions
- Pain relief
- Perceptual positions
- Secondary gain
- Ring of power
- Rocking chair / Future timeline / Disney
- Evolutionary versus revolutionary model
- Visual Auditory and Kinaesthetic (VAK) (T-F-B-R)

THE 4MAT SYSTEM



Why



What



How



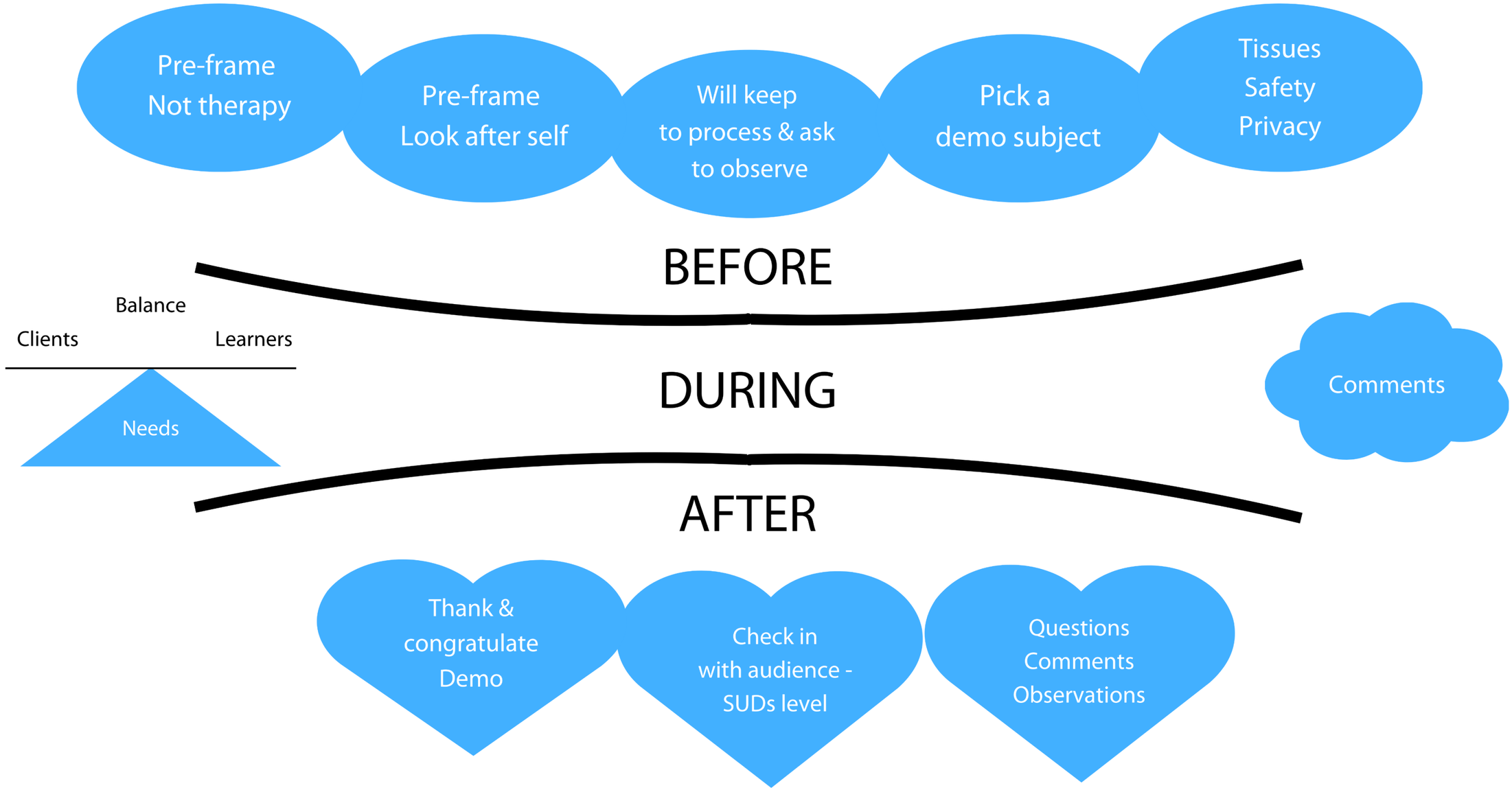
What if

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NOT COMPLEX SKILLS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Cause versus effect
- Meta model / Milton model
- Logical levels
- Change past event / Change past history
- Ericksonian induction
- Trauma change work / Phobias or unpleasant experience
- Deep change work, for example Parts Integration, Sub-modality belief change and Timeline Technology


Pre-frame
Not therapy
Pre-frame
Look after self
Will keep
to process & ask
to observe
Pick a
demo subject
Tissues
Safety
Privacy
BEFORE
Balance
Clients
Learners
Needs
DURING
Comments
AFTER
Thank &
congratulate
Demo
Check in
with audience -
SUDs level
Questions
Comments
Observations

WHAT IF?

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. Reflections
2. Learnings
3. Shares
4. Questions
5. What if’s
6. Next steps

CLOSE: NEXT STEPS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. Next steps
2. Call to action
3. Summary

CLOSE: FINALE TO END ON A HIGH NOTE

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. Depends on the audience
2. Music
3. Samurai grounding
4. Future pace and integration
5. Ring of power
6. Heart connection
7. Group chanting
8. Life will never be the same again

FACILITATOR MODEL



FACILITATOR MODEL

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Hierarchical
- Co-operative
- Autonomous

OVERVIEW

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Open a group
- Start, middle, and end
- Story-telling
- Demonstrations
- Practice sessions
- Take questions, handle hecklers and complaints
- Close a group

QUESTIONS



ASKING QUESTIONS AS A FACILITATOR

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Build rapport
- Calibrate realities
- Enable learnings
- Open up a topic
- Positive embedded commands
- If the group is shy?
- If the group is large?
- If one person answers too much?

ANSWERING QUESTIONS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Is the question clear? Repeat or summarise.
- Is it a real question? Hidden agendas.
- Do they know the outcome? Clarify.
- Do you know what you want to do with it? Outcome.

ANSWERING QUESTIONS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Answer the individual
- Utilise and make it a teaching point for the group
- Ask the person for their answers
- Ask the group for their answers
- Park it
- Close it and ask them to park it

PRACTICE BREAKOUT ROOMS

ASKING QUESTIONS

- Groups of 3
- Ask questions
- Answer
- 10 minutes total (3 minutes each)

PRACTICE GROUP ROOMS

BRAINSTORM POSSIBLE QUESTIONS

- Brainstorm possible questions
- 7 minutes total

AWKWARD QUESTIONS



AWKWARD QUESTIONS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS



- Re-clarify their questions
- If you do not know the answer – say so!
- Surface any assumptions
- Answer the question behind the question
- Ask the group
- Park it

AWKWARD QUESTIONS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Answering system
  - Acknowledge
  - Clarify
  - Answer
  - Check
- Agreement frame
  - I agree and…
  - I appreciate and…
  - I understand and…
- Because frame

LIST OF AWKWARD QUESTIONS

LIST OF AWKWARD QUESTIONS

1. Are you judging me?
2. You are always ignoring me.
3. Why can't you make me a priority?
4. Why can't you take my question?
5. You are answering only the same set of people.
6. I don't like your tone.
7. What is healing?
8. The tools that you taught made no impact. What do I do?
9. You taught me how to not overthink. Now I am overthinking about overthinking.
10. Then it is better for me to directly go and learn from your mentor?
11. If people try to pry into your personal story while you have given a high-level overview of the story.

https://vitalitylivingcollege.info/wp-content/uploads/2024/03/List-of-Awkward-Questions-10.03.2024.pdf

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PRACTICE MAIN ROOMS

ASKING AWKWARD QUESTIONS

- Three’s
- Ask questions
- Answer
- 6 minutes total (2 minutes each)

PRACTICE GROUP ROOMS

AWKWARD QUESTIONS

- Share learnings
- Brainstorm and scribe
- Practice answering
- 10 minutes total

HANDLING ISSUES



GETTING THE ENERGY MOVING

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Tuning into the group energy
- Humour
- Stories
- Laughter
- Dancing
- Water
- Breaks
- State change
- Hypnosis
- When to quit!

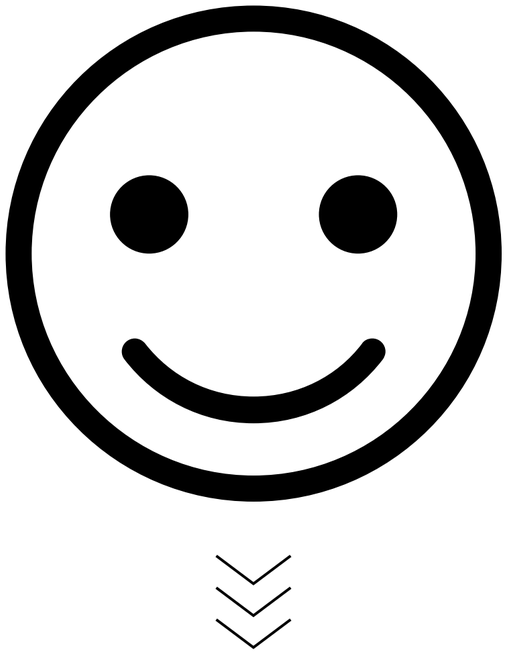
HANDLING QUESTIONS

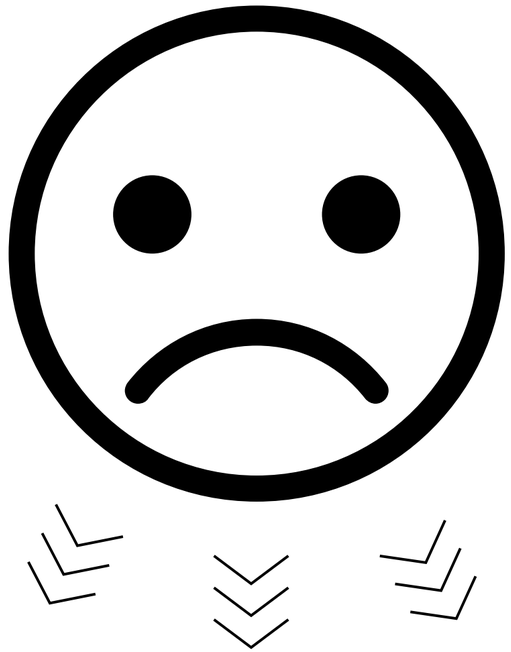
PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Venue
- Payment
- No show – last minute cancellations
- Hecklers
- Complaints
- Fire alarm
- Late delegates
- Talking delegates
- Sleeping delegates
- Unhelpful Assist team

COMPLAINTS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS





HANDLING COMPLAINTS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- Listen 1:1
- Acknowledge
- Own up
- Offer what you would do differently
- Make amends (money back)
- Inform VLC for complaints procedure, if needed

ACKNOWLEDGEMENTS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- 6 Human Needs
- Love Languages
- Vitality Living College

TALK ABOUT YOUR QUALIFICATIONS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

Trust badge - Trained and certified by Vitality Living College







BREAKTHROUGH COACHING WITH NLP

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

Trust badge - Trained and certified by Vitality Living College





Dr Rangana Rupavi Choudhuri (PhD)

- Diagnosed with Cancer in 2001, then self healed with alternate therapy and coaching.
- Used to get a daily migraine, debilitating pain in the neck and shoulders.
- Learned a clinically proven technique, EFT Tapping, which calms down stress in seconds to have no more migraines.
- Has coached and supported 1000s of people in one-to-one sessions and trained over 37,200+ people to feel calm, healthy, happy and at peace.

ATTENDED Vitality LIVING College BC NLP FACILITATOR

CERTIFIED Vitality LIVING College BREAKTHROUGH COACH

CERTIFIED Vitality LIVING College HYPNOTHERAPY PRACTITIONER

CERTIFIED Vitality LIVING College NLP DIPLOMA

CERTIFIED Vitality LIVING College NLP PRACTITIONER

Timeline Technology PRACTITIONER

Approved by Vitality LIVING College

INFORMED CONSENT

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

- 7 Steps to create the life you want
- By means of background, you can find more information on the Breakthrough Coaching system here, https://vitalitylivingcollege.info/7-steps-to-create-the-life-you-want/

PRACTICE BREAKOUT ROOMS

RECAP

- Group of 3
- Recap everything you have learnt so far today
- 6 minutes total (2 minutes each)

SOCIAL MEDIA PLAN



SAMPLE SOCIAL MEDIA CAMPAIGN – BC NLP FACILITATOR

SAMPLE SOCIAL MEDIA CAMPAIGN FOR BREAKTHROUGH NEURO-LINGUISTIC PROGRAMMING (BC NLP) FACILITATORS FOR FREE PRACTICE MASTERCLASS

A. First Day: Your Certification

Launch your certifications and share your experience of training and what you got from it. Tease your audience on what you plan to do. Here is an example:

I am delighted to share that I have recently become qualified as a Breakthrough Coach with Neuro-Linguistic Programming (BC NLP) Practitioner. It's been an incredible journey of growth and learning. 🎉 Stay tuned for updates because I'll be hosting a special Masterclass soon to share some of the powerful techniques and strategies that I learnt in my BC NLP journey. Don't miss out! ❤️ 😊

B. Second Day: Your Woe to Wow Story

Share your Woe to Wow story with the Call to Action (CTA) of your practice Masterclass. Make sure you do not imply FREE, but that you are doing a practice session as part of certification and it's normally valued at XXX and you are offering it for FREE. Because if you say free, your audience will expect you to always be FREE.

You can complete this as a video or a post with your picture. Here is a general structure of how it will look:

https://vitalitylivingcollege.info/wp-content/uploads/2024/04/Sample-Social-Media-Campaign-for-BC-NLP-Facilitators-in-Training-for-Free-Practice-Masterclass-09.04.2024.pdf

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PRACTICE BREAKOUT ROOMS

SOCIAL MEDIA PLAN

- Groups of 2
- Share your plan
- 10 minutes total

FIND YOUR POWER



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PRACTICE TEAM ROOMS

FIND YOUR POWER

- Groups of 5
- Share your vision
- 15 minutes total (3 minutes each)

NEXT STEPS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. **Celebrate:** Congratulate yourself on completing the training and share your certificate on social media with your experience.

1. CELEBRATE



CERTIFICATE OF ATTENDANCE

BREAKTHROUGH NEUROLINGUISTIC PROGRAMMING (BC NLP) FACILITATOR

THIS CERTIFICATE IS PROUDLY PRESENTED TO

First Name Last Name

who has successfully completed the Breakthrough Neurolinguistic Programming (BC NLP) Facilitator Training with XX training hours according to the code of conduct and international guidelines. This certificate does not confer Facilitator status but is a requirement for progression to the next level of training

ATTENDED Vitality LIVING College BC NLP FACILITATOR

Dr Rangana Rupavi Choudhuri (PhD)

CEO & Founder Vitality Living College
Master Trainer of Trainers of BC NLP Facilitator

Awarded: 12th April 2025

Vitality LIVING College Transforming lives

Vitality LIVING College

NEXT STEPS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. **Celebrate:** Congratulate yourself on completing the training and share your certificate on social media with your experience.
2. **Recap:** Watch videos in the live demonstration section of BC NLP Practitioner Training and engage with the skills summaries on the BC NLP support group, https://portal.vitalitylivingcollege.info/course/breakthrough-coaching/live-demonstrations/lesson/1-live-demonstration-uncovering-emotional-blowout-november-2023
3. **Refresh:** The BC NLP techniques through the daily quizzes, https://portal.vitalitylivingcollege.info/course/breakthrough-coaching/breakthrough-nlp-skills-revision/lesson/1-anchoring

BC NLP SKILLS QUIZ

1. 6 Human Needs
2. 7 Steps of Breakthrough Coaching
3. Belief Change
4. Bendwimp
5. Calibration
6. Cause versus Effect
7. Clean Language
8. Comfort Zone
9. Creating Powerful States
10. Emotional Blowout
11. Emotional Blowout (Tension)
12. Evolutionary vs Revolutionary Model
13. Filtering
14. Fish Handshake
15. Internal Representation
16. Languages of Love
17. Limiting Beliefs
18. Matching Mirroring
19. NLP Communication Model
20. Ordeal
21. Power of Emotions
22. Predicates
23. Present to Desired State
24. Presuppositions of NLP
25. Rapport
26. Secondary Gain
27. Sensory Acuity
28. Simple Belief Change
29. Simple Event Change
30. SMART Goals
31. Stages of Learning
32. Start to End Goals
33. State Elicitation
34. Training Goals
35. Triangle of Success
36. Types of Internal Representation
37. Visual Squash
38. Voice Matching
39. Well-Formed Outcomes
40. What is NLP
41. What Prevents or Persists
42. Wheel of Life
43. Yes Move
44. You are what you think

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BC NLP SKILLS QUIZ – TO BE LAUNCHED

45. Anchoring
46. Change Past Event
47. Change Past History
48. Future Pace
49. Cartesian Co-ordinates
50. Eye Accessing Cues
51. New Behaviour Generator
52. Personal Inventory
53. Ring of Power
54. Meta Models
55. Perceptual Positions
56. Sub-modalities
57. Advanced Sub-modalities
58. Cravings (Like To Dislike)
59. Sub-modality Belief Change

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NEXT STEPS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

4. **Complete:** Your 45-minute practice seminar
    - Invite 10 “friendlies” and conduct.
    - Share your wins and learnings on the support group.
    - Use the “Checklist to evaluate BC NLP Facilitator Skills” to provide your assessment.
    - 10 people, gallery view (see speaker, slides and audience)
    - Exactly 45 minutes

BC NLP FACILITATOR CHECKLIST

CHECKLIST TO EVALUATE BREAKTHROUGH COACHING NEURO-LINGUISTIC PROGRAMMING (BC NLP) FACILITATOR SKILLS

Below is a checklist to evaluate your BC NLP Facilitator skills:

	Criteria	Comments	Rating (1-5) 5=Excellent 1=Poor
1.	Engaging: Establish a good rapport with your audience.		
2.	Entertaining: Use storytelling, humour, engage the audience and keep up the energy of the group.		
3.	Empowering: Leave the audience with inspirational tips, takeaways, learnings, or things they can do on their own.		

https://vitalitylivingcollege.info/wp-content/uploads/2024/03/8.-Checklist-to-Evaluate-BC-NLP-Facilitator-Skills-24.02.2024.pdf

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BC NLP SEMINAR PLAN

MY BREAKTHROUGH COACHING NEURO-LINGUISTIC PROGRAMMING (BC NLP) FACILITATOR

SEMINAR PLAN

START GOAL: CERTIFICATION SEMINAR PLAN

Title of seminar, workshop, or program:
Sub-heading:
Audience:
Length: 45 minutes

Time	Topic and Purpose	Details
Why Frame (Imaginative learners) What is the purpose and relevance of what they are learning?		
0 mins (3 mins)	• Doors open	
	• Music	
	• Rapport	
	• Eye contact	

https://vitalitylivingcollege.info/wp-content/uploads/2024/03/7.-My-BC-NLP-Facilitator-Seminar-Plan-24.02.2024.pdf

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NEXT STEPS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. **Celebrate:** Congratulate yourself on completing the training and share your certificate.
2. **Recap:** Watch videos in the live demonstration section.
3. **Refresh:** The BC NLP techniques through the daily quizzes.
4. **Complete:** Your 45-minute practice seminar.
5. **Prepare:** Your 45-minute to present on 15th May in the BO rooms
6. **Get your gifts:** Fill in the feedback form.

6. GET YOUR GIFTS

Feedback form link,
https://bit.ly/FeedbackFormBreakthroughCoachingwithNLPFacilitatorTraining

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6. GET YOUR GIFTS

Congratulations! You have completed Breakthrough Coaching with Neuro-linguistic Programming (NLP) Facilitator Training.



I thank you with all my heart for being together on the Breakthrough Coaching with Neuro-linguistic Programming (NLP) Facilitator Journey. Thank you for taking the time to fill in the feedback form.

If you have not already please connect with me on **Facebook and say hi on my timeline and tag me** - and let me know what you loved about your BC NLP Facilitator Journey.

Say hi on Instagram

Check out YouTube

FB - BC NLP Community

And here is your "Special Gift"

Self Care Journal

Vitality LIVING College

SELF CARE JOURNAL



With daily journalling prompts

Rangana Rupavi Choudhuri (PhD)

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NEXT STEPS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. **Celebrate:** Congratulate yourself on completing the training and share your certificate.
2. **Recap:** Watch videos in the live demonstration section.
3. **Refresh:** The BC NLP techniques through the daily quizzes.
4. **Complete:** Your 45-minute practice seminar.
5. **Prepare:** Your 45-minute to present on 15th May in the BO rooms
6. **Get your gifts:** Fill in the feedback form
7. **Attend:** The BC NLP Facilitator Supervision.

BC NLP FACILITATOR SUPERVISION

- **Supervision and Mentoring Dates:** 15th & 29th May, 12th & 26th June, 10th & 24th July 2025 (Thursdays)
- **Timings:** 9.30 am - 3 pm BST UK, 4.30 - 10 am EDT US, 10.30 am - 4 pm CEST EU, 3.30 - 9 pm ICT Thailand, 12.30 - 6 pm GST UAE, 10.30 am - 4 pm EET/ 11.30 am - 5 pm EEST _(From 25th April timing moves 1 hour forward)_ Egypt, 11.30 - 5 pm AST Saudi Arabia, 4.30 - 10 pm SGT Singapore, 6.30 pm - 12 am AEST Australia, 2 - 7.30 pm IST India/Sri Lanka

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NEXT STEPS

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. **Celebrate:** Congratulate yourself on completing the training and share your certificate.
2. **Recap:** Watch videos in the live demonstration section.
3. **Refresh:** The BC NLP techniques through the daily quizzes.
4. **Complete:** Your 45-minute practice seminar.
5. **Prepare:** Your 45-minute to present on 15th May in the BO rooms
6. **Get your gifts:** Fill in the feedback form
7. **Attend:** The BC NLP Facilitator Supervision.
8. **Learn:** How a teaser masterclass is conducted by attending Limitless Living Masterclass and Soul Boss.
9. **Review:** The 7 steps to create the life you want campaign: social media campaign, invitation messages, confirmation messages and slide dec. Update as required.

LIMITLESS LIVING MASTERCLASS

- **Date:** 13th April 2025 (Sunday)
- **Timings:** 11:30 am - 1:30 pm BST UK, 6:30 am - 8.30 am EDT US, 12:30 pm - 2:30 pm CEST EU, 5:30 pm - 7:30 pm ICT Thailand, 2:30 pm - 4:30 pm GST UAE, 12:30 pm - 2:30 pm EET Egypt, 1:30 pm - 3:30 pm AST Saudi Arabia, 6:30 pm - 8:30 pm SGT Singapore, 8:30 pm - 10:30 pm AEST Australia, 4 - 6 pm IST India / Sri Lanka
- **More:** https://vitalitylivingcollege.info/free-limitless-masterclass/

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SOUL BOSS

- **Dates:** 19th April 2025 (Saturday)
- **Timings:** 11:30 am - 1:30 pm BST UK, 6:30 am - 8.30 am EDT US, 12:30 pm - 2:30 pm CEST EU, 5:30 pm - 7:30 pm ICT Thailand, 2:30 pm - 4:30 pm GST UAE, 12:30 pm - 2:30 pm EET Egypt, 1:30 pm - 3:30 pm AST Saudi Arabia, 6:30 pm - 8:30 pm SGT Singapore, 8:30 pm - 10:30 pm AEST Australia, 4 - 6 pm IST India / Sri Lanka
- **More:** https://bit.ly/SoulBossSeminar2025

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SUMMARY

PRESENTING BREAKTHROUGH NLP POWERFULLY TO GROUPS

1. Questions
2. Handling issues
3. Audit and Development Plan
4. Finding your power
5. Next steps

VITALITY LIVING COLLEGE

BREAKTHROUGH NLP FACILITATOR

Module 7: Finale



LIMITLESS LIVING

- **Training Days:** 22nd - 27th April 2025 (Tuesday - Sunday)
- **Timings:** 10 am - 2.30 pm BST UK, 5 am - 9.30 am EDT US, 11 am - 3.30 pm CEST EU, 4 pm - 8.30 pm ICT Thailand, 1 pm - 5.30 pm GST UAE, 11 am - 3.30 pm EET/ 12 pm - 4.30 pm EEST _(From 25th April timing moves 1 hour forward)_ Egypt, 12 pm - 4.30 pm AST Saudi Arabia, 5 pm - 9.30 pm SGT Singapore, 7 pm - 11.30 pm AEST Australia, 2.30 pm - 7 pm IST India / Sri Lanka

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SOUL TO SOUL

- **Soul to Soul Live:** 12 weeks of training in live group calls, scheduled for every Monday, starting from Monday, 5th May 2025.
- **Dates:** 5th, 12th, 19th, 26th May, 2nd, 9th, 16th, 23rd, 30th June, 7th, 14th, 21st July 2025 (Saturday)
- **Timings:** 10 am - 2.30 pm BST UK, 5 am - 9.30 am EDT US, 11 am - 3.30 pm CEST EU, 4 pm - 8.30 pm ICT Thailand, 1 pm - 5.30 pm GST UAE, 12 pm - 4.30 pm EEST Egypt, 12 pm - 4.30 pm AST Saudi Arabia, 5 pm - 9.30 pm SGT Singapore, 7 pm - 11.30 pm AEST Australia, 2.30 pm - 7 pm IST India/ Sri Lanka

- **Soul to Soul Connect:** 52 weeks of Q&A calls in a group live setting online. Every Friday, starting on 9th May 2025
- **Timings:** 2.30 pm - 4.30 pm BST UK, 9.30 am - 11.30 am EDT US, 3.30 pm - 5.30 pm CEST EU, 8.30 pm - 10.30 pm ICT Thailand, 5.30 pm - 7.30 pm GST UAE, 4.30 pm - 6.30 pm EEST Egypt, 4.30 pm - 6.30 pm AST Saudi Arabia, 9.30 pm - 11.30 pm SGT Singapore, 11.30 pm - 1.30 am AEST Australia, 7 pm - 9 pm IST India / Sri Lanka

INNER CHILD MATRIX PRACTITIONER TRAINING

- **ICM Foundational:** 3rd – 4th, 10th – 11th, 17th – 18th & 24th – 25th May 2025 (Saturday – Sunday)
- **ICM Practitioner:** 31st May – 1st June, 7th – 8th, 14th – 15th & 21s – 22nd June 2025 (Saturday – Sunday)
- **ICM Practitioner Completion Days:** 28th – 29th June & 5th – 6th July 2025 (Saturday – Sunday)
- **ICM Supervision & Mentoring:** 12th, 19th & 26th July, 2nd, 23rd & 30th August 2025 (Saturday).
- **Timings:** 10 am - 2.30 pm BST UK, 5 am - 9.30 am EDT US, 11 am - 3.30 pm CEST EU, 4 pm - 8.30 pm ICT Thailand, 1 pm - 5.30 pm GST UAE, 12 pm - 4.30 pm EEST Egypt, 12 pm - 4.30 pm AST Saudi Arabia, 5 pm - 9.30 pm SGT Singapore, 7 pm - 11.30 pm AEST Australia, 2.30 pm - 7 pm IST India/ Sri Lanka
- **More:** https://vitalitylivingcollege.info/inner-child-matrix-with-eft-fast-track-discovery/
- **Assist Team:** https://vitalitylivingcollege.info/eft-online-assist-team-invitation/

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ENERGY FLOW® FACILITATOR

- **Week 1:** 8th & 22nd May, 5th & 19th June, 3rd & 17th July 2025 (Thursday)
- **Week 2:** 11th – 14th August 2025 (Monday – Thursday)
- **Supervision and Mentoring dates:** 13th, 20th, 27thNovember 2025 (Thursday)
- **Timings:** 10 am - 2.30 pm BST/ 9 am - 1.30 pm GMT _*(From 13th November, timing moves 1 hour backwards)*_ UK, 5 am - 9.30 am EDT/ 4 am - 8.30 am EST _*(From 13th November, timing moves 1 hour backwards)*_ US, 11 am - 3.30 pm CEST/ 10 am - 2.30 pm CET _*(From 13th November, timing moves 1 hour backwards)*_ EU, 4 pm - 8.30 pm ICT Thailand, 1 pm - 5.30 pm GST UAE, 12 pm - 4.30 pm EEST/ 11 am - 3.30 pm EET _*(From 13th November, timing moves 1 hour backwards)*_ Egypt, 12 pm - 4.30 pm AST Saudi Arabia, 5 pm - 9.30 pm SGT Singapore, 7 pm - 11.30 pm AEST Australia, 2.30 pm - 7 pm IST India/ Sri Lanka

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EFT FACILITATOR

- **Week 1:** 5th - 9th October 2025 (Sunday - Thursday)
- **Week 2:** 12th - 16th October 2025 (Sunday - Thursday)
- **Timings:** 10 am - 2.30 pm BST UK, 5 am - 9.30 am EDT US, 11 am - 3.30 pm CEST EU, 4 pm - 8.30 pm ICT Thailand, 1 pm - 5.30 pm GST UAE, 12 pm - 4.30 pm EEST Egypt, 12 pm - 4.30 pm AST Saudi Arabia, 5 pm - 9.30 pm SGT Singapore, 7 pm - 11.30 pm AEST Australia, 2.30 pm - 7 pm IST India / Sri Lanka

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TRAUMA REVERSE PRACTITIONER TRAINING

- **Questions Masterclass:** 4th - 8th August 2025 (Monday - Friday)
- **Questions Masterclass Supervision & Mentoring:** 18th - 22nd August 2025 (Monday - Friday)
- **Trauma Reverse Practitioner:** 1st - 5th September 2025 (Monday – Friday)
- **Trauma Reverse Supervision & Mentoring:** 21st - 25th September 2025 (Sunday - Thursday)
- **Timings:** 10 am - 2.30 pm BST UK, 5 am - 9.30 am EDT US, 11 am - 3.30 pm CEST EU, 4 pm - 8.30 pm ICT Thailand, 1 pm - 5.30 pm GST UAE, 12 pm - 4.30 pm EEST Egypt, 12 pm - 4.30 pm AST Saudi Arabia, 5 pm - 9.30 pm SGT Singapore, 7 pm - 11.30 pm AEST Australia, 2.30 pm - 7 pm IST India / Sri Lanka

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BODY VITALITY

- **Dates:** 3rd - 5th, 10th - 12th, 17th - 19th, 24th - 26th November 2025 (Monday - Wednesday)
- **Timings:** 9 am - 1.30 pm GMT UK, 4 am - 8.30 am EST US, 10 am - 2.30 pm CET EU, 4 pm - 8.30 pm ICT Thailand, 1 pm - 5.30 pm GST UAE, 11 am - 3.30 pm EET Egypt, 12 pm - 4.30 pm AST Saudi Arabia, 5 pm - 9.30 pm SGT Singapore, 7 pm - 11.30 pm AEST Australia, 2.30 pm - 7 pm IST India/ Sri Lanka

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EFT TAPATHON

- **Dates:** 1st - 21st December 2025 (Monday - Sunday)
- **Timings:** 1.30 pm - 3.30 pm GMT UK, 8.30 am - 10.30 am EST US, 2.30 pm - 4.30 pm CET EU, 8.30 pm - 10.30 pm ICT Thailand, 5.30 pm - 7.30 pm GST UAE, 3.30 pm- 5.30 pm EET Egypt, 4.30 pm - 6.30 pm AST Saudi Arabia, 9.30 pm - 11.30 pm SGT Singapore, 11.30 pm - 1.30 am AEST Australia, 7 pm - 9 pm IST India/ Sri Lanka

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Master Slides

