

Perfect your ability to communicate
and actualize your full potential

Basic training in NLP



Helping others reach their
potential since 1985
www.centrepnl.com



CQPNL
CERTIFIED TRAINING



What is NLP?

Neuro Linguistic Programming (NLP) is an approach dedicated to the study of human behavior in its dimensions of communication, learning and change.

NLP originated in the early 1970s, from the research of two Californian university scholars, John Grinder and Richard Bandler. It is a multidisciplinary approach, in the sense that it draws from different theoretical and practical sources in order to provide helpful tools.

NLP, beyond the usefulness and applicability of its tools, is a methodology that teaches how to learn. NLP thus advocates openness to that which yields results, expanding our mental representations and the resulting behavioural flexibility.

It therefore focuses on the results (what works) and on the processes in obtaining these results (How it works). It models excellence. NLP targets the personal development of individuals. It seeks to provide practical tools so as to improve communication, to learn and to change based on clear theoretical approaches that were proven to be effective.

Neuro Linguistic Programming is based on the three largest components that drive human behaviour: neurology, programming and language.

Our mission:

To accompany, with professionalism, individuals and organizations on the path of knowledge and awareness through NLP training and coaching.

Our values:

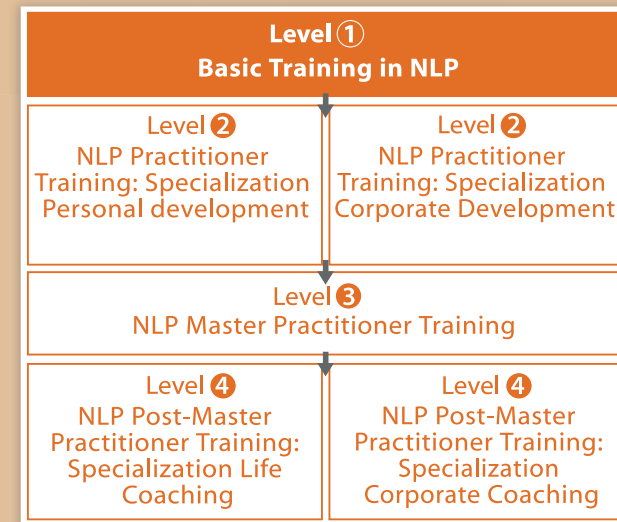
Humanity • Excellence • Leadership • Integrity

Our Basic Training in NLP

Our Basic Training in NLP is comprised of unique, distinct content.

CQPNL was the first educational institution of NLP in Quebec. We have been training individuals and professionals in the evolution of their communication skills for over 30 years.

NLP training programs are aimed at all individuals who wish to evolve in their personal and professional development.



Actualize your potential

In addition, those interested in furthering their knowledge of NLP will be able to continue their education to subsequent levels: NLP Practitioner, NLP Master Practitioner and NLP Post-Master Practitioner (for those wishing to practice as a professional life coach or corporate coach).



Goals:

Our **Basic Training in NLP** allows you to explore the fundamentals of NLP and to assimilate its mechanisms. You will discover practical tools to improve your communication skills and you will experience certain successful models that initiate change.

You will also discover how to use your resources and actualize your potential. You will develop a larger behavioural flexibility and learn to apply these methods in your personal and professional life.

You will learn:

- The origins of NLP, its postulates and its applications
- The characteristics of effective communication
- The levels of change
- Sensorial representation systems (visual, auditory and kinesthetic) and the paths to access these systems
- The neurological functioning to better understand your own model of the world and that of others
- Verbal and non-verbal synchronization to establish a connection with a person or group
- Calibration techniques to develop your sensorial acuity
- The decoding of verbal and nonverbal language
- The meta model, a specific and refined model of accurately collecting and transmitting information
- Verbal reframing techniques to transform your perceptions and enlarge your choice of repertoire
- The characteristics of associated and dissociated states
- Anchoring techniques to set up resource states and access your inner strengths
- A structured approach in defining concrete, explicit, motivating and accessible objectives

Program:

The **Basic Training in NLP** is set over a period of three days, from 8:30am-5:30pm.

It is comprised of theoretical lectures, demonstrations and practice of techniques.

This training program allows you to experience the skills and techniques taught so as to enable you to gradually integrate them into your personal and professional everyday life.

Free information sessions in Montreal

Take advantage of our free information sessions to acquire a better understanding of NLP. Take advantage of the opportunity to learn more about CQPNL and to discover that we offer the best in NLP training.

Special offer: 10% discount if you register for our Basic Training in NLP at one of our information sessions

Our Basic training programs are accredited and recognized by:

- SOFEDUC (Training and continuing education)
- Emploi Québec, Bill 90
- Department of Human Resources Canada
- Revenue Quebec and Revenue Canada

In addition, our **Basic Training in NLP** has been approved by the CRHA and our entire NLP program is recognized by ICF (International Coach Federation).





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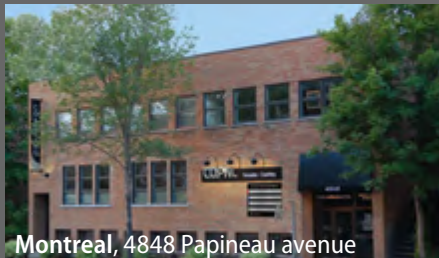


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