



NLP Practitioner in Sports Certification

What is this course?

If you have ever had the feeling that you could do better or said to yourself "Why did I do that?" or had a vision of your performance that you didn't fulfil. Then, our NLP Sports Practitioner Training is what you need. Our 6 day intensive course, offers all the benefits of the full range of NLP tools and techniques, integrated with Psychology and Hypnosis to give you all the skills you need to achieve mental performance excellence every time.

Why do this course?

Excellent performers leave nothing to chance! They recognise that their mental game plays a significant part in their overall ability to compete. At all levels of technical ability, the competitor with the strongest mental game will win out on the day. We want you to get the best out of your game and give yourself an advantage over the competition. You will see the results immediately when you change your mental game approach and incorporate the skills you learn on our NLP Practitioner in Sports Certification course.

You will have heard the saying in golf that 80% of the game is mental and that the competition is either won or lost on the 6 inches between your ears. Two legendary experts of the game of golf, Jack Nicklaus and Bobby Jones subscribed to this philosophy and they were tough to beat!

So how powerful will your game be when you achieve the following?

- ☺ Get rid of negative self talk and unhelpful strategies that cause choking and poor performance.
- ☺ Control anxiety, negative emotions and destructive states to access "Flow" and perform in the "Zone" more often.
- ☺ Perform with confidence and not become disabled through fear and mistakes.
- ☺ Create states of confidence, concentration, composure in yourself and others every time you play.
- ☺ Set goals and objectives that make you feel confident and motivated in playing your game.
- ☺ Understand what motivates you and others so that you can drive performance excellence.
- ☺ Identify your preferred learning and communication style so that you can integrate changes in your technique and strategy more effectively.

- ☺ Explore new ways of problem solving, lateral thinking and thinking creatively.
- ☺ Use imagery to powerfully create your desired outcome.
- ☺ Understand how your mind works so that you can powerfully take control of your thinking and behaviour for excellent results.
- ☺ Maintain healthy beliefs and emotional intelligence in your game and when under pressure.
- ☺ Use hypnosis to control your physical and mental performance and find your personal formula for success.

This course provides both theoretical understanding and practical application, from the fields of Neuro Linguistic Programming, Sports Psychology and Hypnosis, to enable players to take control of their mind and therefore their performance to achieve greater success more often.

Who is this training for?

Any sports person who wants to achieve long lasting performance improvement and get the most out of their technical skills will benefit from attending this 6 day intensive NLP Sports Practitioner Training.

Sports coaches and professionals will give themselves a competitive advantage as a result of being a certified NLP Sports Practitioner, enhancing their personal coaching practice as well as their own sports performance.

Any parent of young players will gain knowledge, understanding and practical tools and techniques that will enable them to best support the performance and development of their young players. Parents have a great responsibility if they are working with a young player and potential star for the future.

- ☺ Are you aware of the language you use and your style when communicating with a young player?
- ☺ What messages are you trying to get across? And, how do you know you have been successful?

Wouldn't it be best to do that knowing how you are influencing them and doing so in a way that is right for their performance?

What will I learn?

This course will teach you all the major NLP practitioner tools and techniques. You will also learn how to use

hypnosis to help athletes achieve sporting excellence. You will be able to use these skills, tools and techniques for your personal performance and to assist with the development of other players.

The course is designed so that you will gain a good theoretical appreciation of the main psychological concepts that hinder performance together with practical tools and techniques that you can use to address performance barriers. You will practice all the techniques in a friendly, supportive environment giving you confidence that you can use the skills after you leave the course.

This course will also develop your ability to understand and appreciate how others operate, how they do what they do! Because you will have a better appreciation of individual differences and how they work, you will be even more effective working and communicating with others, developing players and teams and helping others more generally, in your personal as well as sporting relationships.

How does the course work?

NLP is a very practical, hands-on discipline and is used by the majority of top athletes and business professionals because it is powerful for achieving rapid change and success. You will therefore get lots of practice at using the techniques so that you feel comfortable with them. It is fun and rewarding to see people change before your very eyes, and this is what happens on our trainings.

Our 6 day course is intensive and because your learning and development are important to us, we have small group sizes and a dual trainer approach. Our quality based approach means you will receive positive feedback throughout. You will also have the opportunity to become a player member of Aspirations Realised where you can use our mental game coaching resources all year. This means you can get regular feedback and coaching support from us all year!

You will be required to complete 70 hours of pre-study and an assessment to ensure your certification as an NLP Practitioner in Sports and we will support you throughout that process to guarantee your success.

What do I need to be eligible for the course?

If you have a desire to improve your game or help others improve their game; if you have a willingness and desire to open your mind to new experiences and learnings that are rewarding and fulfilling; if you are curious and excited to know more about yourself, how you think and process the world around you; and if, whilst doing all these things you like to have fun and action ... then you need only apply now!

Who else attends the training?

We usually find our trainings have a mixed audience, which is ideal for widening your experience and getting to really practice the tools and techniques with people who might have different goals. Club players of all sports, Sports professionals and Sports coaches and parents of young players have been certified through our training.

Who is my trainer on the course?

Helen is the lead coach and trainer for Aspirations Realised and will train on all courses. We operate a 1:6 ratio trainer to students and our trainers are:

- Certified Trainers of NLP
- Certified Clinical Hypnotherapist
- Psychologist and Sports Mental Game Coaching Professional

Helen has 20 years experience as a personal coach in sports and business. She has undertaken research into the impact of visual imagery in learning putting in Sports and a range of projects investigating the impact of environmental factors on perception and behaviour. As an NLP Trainer, Master Practitioner and Clinical Hypnotherapist her clients include professionals and amateurs who want the edge for their competitive performance, sports coaches and parents.

What will I get?

Successful completion of this course will result in you being certified by Aspirations Realised and approved by the American Board of Neuro Linguistic Programming (ABNLP) as a Certified Practitioner of NLP in Sports.

You will also get real practical skills and techniques that you can use to achieve your best performance, or help others to achieve their results, every time you play.

What next?

Simply contact us for details of our courses, locations and investment and to answer any further questions you may have.

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What you will learn...in brief:

The Foundations of NLP - the underlying models it's all built on

- Empowering beliefs that will change the way you experience and interact with the world around you
- A simple model of communication that will enable you to always get your message across
- Discover and take control of the links between your mind and body

Well Formed Outcomes – the keys to goal achievement

- How to set goals so that you achieve them
- Ask questions that enable someone else to be totally clear about their objectives

Rapport – the corner stone to persuasion and influence

- Quickly get on someone's wavelength
- Discover the real secrets to body language
- Match and mirror physiology so that people unconsciously identify with you
- Use your voice to build rapport rapidly on the telephone
- Elegantly disagree with others whilst maintaining rapport

Representational Systems – how we use our 5 senses

- Discover how we see, hear and feel the world
- Learn to match another person's preferred system to create rapport and deep understanding
- Read another's eye movements to discover how they are thinking

Submodalities – taking charge of your brain

- Learn how to use your brain's programming language
- Discover how someone internally structures their beliefs and how to change them
- Use submodalities to quickly change unwanted feelings and behaviours
- Use the swish pattern to rapidly break unwanted habits

Language Patterns – use language with awareness, elegance and precision

- Learn to use the language patterns modeled on the master hypnotherapist Milton Erickson MD, to induce trance effortlessly
- Use language patterns to gain greater acceptance of your message in all areas of your life
- Ask questions that get you the information you need with speed and precision
- Challenge and overcome objections elegantly
- Know just the right question to get the very root of a problem
- Learn powerful conversational techniques to assist someone in changing their mind
- Negotiate with elegance. Gain agreement on opposing points of view in minutes

Anchoring – the power of associative conditioning at your finger tips

- Use resource anchors to strengthen your personal resources and your ability to access them whenever you want
- Collapse anchors to remove the bad feelings from past experiences
- Create powerful chains of resources to get people out of "stuck" states like procrastination or confusion

Strategies – the unconscious processes we use to create all our behaviours

- Discover and utilize someone's decision making strategy
- Find out how your customer's decide to buy and fine tune your sales process to precisely fit their buying strategy
- Change your less useful strategies for more useful ones and use your effective strategies more often

Parts – the key to personal congruence and focus

- Learn to work with parts to resolve internal conflict and gain congruence and clarity

Time Line Therapy®

- Elicit the timeline
- Change the direction and location of the time line
- Discover the root cause of presenting problems
- Release negative emotions like anger, sadness, fear, hurt and guilt quickly and comfortably
- Delete limiting decisions like "I can't be successful", "I can't have the relationship I want" and other "cant's" that are holding you back
- Learn the secret to creating your future

Hypnotherapy

- Learn the prime directives of the Unconscious Mind
- Use verbal and non-verbal suggestion
- Induce trance using Erickson's favourite inductions
- Discover the history of hypnosis
- Utilise trance states for healing
- Structure post-hypnotic suggestions
- Learn to use hypnosis for performance enhancement

