



NLP Practitioner Training & Certification Overview

The iNLP Center



Mike & Hope Bundrant
iNLP Center Founders

The iNLP Center is an Internationally Accredited NLP Training Center.

We offer unique, online and individualized NLP trainings. Our revolutionary approach to NLP and inspired personal development courses are paving the way toward the future of online learning.

People from every continent take courses with us and appreciate that we are a no-hype school teaching NLP through grounded, real-world application. We offer a learning experience that will make a significant difference in your life! If you really want to grow personally and professionally, this is the place!

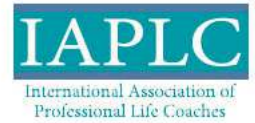
The iNLP Center focuses on NLP training in a real world environment...your own! By offering both online NLP training and personalized, one-on-one certification, you will learn NLP at your own pace.

We take NLP training seriously. And we have worked with some of the best names in the world of NLP, including Michael Grinder. Michael has been an integral part of NeuroLinguistic Programming since its inception and is considered by many as the world's foremost expert in non-verbal communication. Here is what Michael Grinder has to say about us:



"The shrinking world of tomorrow has already arrived. The world of speed, cross-cultural sensitivity, and distance learning demands that we redefine how we package NLP training and support participants.

Mike Bundrant has accepted the challenge of online global learning while maintaining the high quality standards that are critical for the credibility of our field. The iNLP Center is respectfully delivering personal support along with rigid standards of performance. Congratulations, Mike! Keep it up." – Michael Grinder



United States
Department
of Defense



Texas State Board
of Social Worker
Examiners

We pride ourselves in our accreditations and associations.

Our courses are available for CEU's through the organizations shown above. Additionally, our NLP Practitioner Training is available for CEE's through ICF (International Coach Federation).

NLP Practitioner Training & Certification

We teach NLP in the way it was developed, as an exploration of subjective experience.

You'll practice and learn the steps to all the classic NLP techniques.

You will also discover that NLP offers an amazing new paradigm. The perspective, fluidity, and structural way of viewing the world will change your life forever.

See the world through NLP filters and a new universe is born before your eyes.

What's included in our training?

- 17 Demonstration Videos
- 77 Audio Files
- 12 Downloadable Workbooks
- LIVE access to the lead NLP trainer, Mike Bundrant, via phone, email or Skype
- 21-day Plan to Increase your Non-verbal Communication Skills
- Psyche Builders, Stealth Missions and special exercises to boost your skills
- Fast and effective technical support 7 days a week
- Plus, you'll get our 6-course NLP-based Personal Development Program

NLP Practitioner Certification Course Outline

- Module 1: Introduction to NLP
- Module 2: Intro to VAK Model & Eye Accessing Cues
- Module 3: Non-Verbal Communication and Rapport
- Module 4: Accessing States, Anchoring, Anchor Collapse, Dissociation, New Behavior Generator
- Module 5: Introduction to Strategies, Decision Strategies, Motivation Strategies
- Module 6: The Meta Model
- Module 7: Exploring Submodalities, Making Something Important, Submodality Interventions, The Map Across, The Swish Pattern, Fast Phobia Cure
- Module 8: The Milton Model, As If Frame, Process Instructions Exercise
- Module 9: Outcome Specification, A Formula for Manifesting
- Module 10: Perceptual Positions
- Module 11: Reframing, Context Reframing, Six Step Reframing
- Module 12: Intro to Timeline, Programming Your Future

Training Components



Downloadable Manual

Each NLP Module comes with a clear and easy-to-follow manual that serves as your guide through the course. Print out the manual if you desire, then follow along, paying attention to the prompts that direct you to listen to audio guides, watch videos, and do specific exercises.



Audio Guides

Every module offers online audio guides. Download these onto your device or listen to them in your web browser. These guides serve as a valuable part of your NLP education.



Video Demonstrations

The more complex NLP Models are demonstrated for you on video. Watching the video demonstration allows you to see the technique in action so that you can duplicate the process easily when practicing.



Exercises

Throughout most modules, you will find short written exercises to complete. They are intended to get you thinking about the material you are learning while internalizing key concepts and patterns.



Stealth Missions

Stealth missions are an exciting opportunity to practice your new skills. We give you specific goals when interacting with others. You set out to achieve those goals by applying your new awareness and communication skill when interacting with others in your life. Stealth missions are simple, fun and always ethical. When you've completed each mission, you report on the results in the online school.



Psyche Builders

Psyche builders are specific exercises that allow you to integrate NLP into your own life. By doing these simple yet profound activities, you'll use NLP skills you change the way you think and behave.



Essay Tests

At the end of each module, you will submit a short answer essay test for review by a trainer. The tests are designed to expand your awareness and give your trainer the chance to review your progress. Each test is reviewed personally. Feedback is given when needed.

M1

Introduction to NLP



“This is an exciting adventure into our beliefs and what lies behind them. I have run across NLP at various times in my life, but am now committed to explore the techniques in a concentrated way. I am excited to find that Mike’s interpretation follows a dynamic qualitative approach instead of a linear, model-centric, reductionistic philosophy.” - Joe B.

B E N E F I T S

Encouragement to explore with an open mind.

Learn NLP through a dynamic qualitative approach instead of a linear, model-centric, reductionistic philosophy.

Develop a deeper level of defining NLP.



I N C L U D E D

- Downloadable Manual
- 3 Audio Guides
- 3 Question Essay Test

W H A T Y O U W I L L L E A R N

What is NLP? Learn how to define NLP to set yourself up for a successful learning experience.

Sensory Acuity: Learn the definition of sensory acuity, the classic NLP skill that you will be using to make unique observations throughout the course.

Behavioral Flexibility: This module will increase your awareness and help you identify areas where you do not have as much choice as you want.

Techniques: Discover our unique learning position on NLP techniques so that you can learn them in ways that inspire you to create your own, eventually.

States of Excellence: Another classic NLP concept that drives you to maintain your own best state of mind and body for every situation.

Defining vs. Exploring NLP: This rare learning perspective will establish the most productive frame of mind for learning in a way that leads to continual discovery.

M2

Intro to VAK Model & Eye Accessing Cues

INCLUDED

- Downloadable Manual
- 5 Audio Guides
- 2 Question Essay Test



WHAT YOU WILL LEARN

VAK Representational Systems: Learn the most influential aspects of non-verbal communication through the visual, auditory and kinesthetic modalities.

VAK Phrases: Discover the common words and phrases that give away which VAK modality people use.

NLP Eye Accessing Cues: Discover how people are thinking based on their eye movements. When you notice this deeply unconscious pattern, you'll know more about how people think than others realize is possible.

VAK in Problem Solving: Apply your VAK awareness to solve problems in the most effective way for you and help others do the same.

Preferred Rep System Exercise: In this exercise, your preferred mode of communication is revealed, along with that of others. Learn how to connect with anyone based on unconscious preferences.



"Thanks for a very clear explanation of VAK and eye accessing cues! After listening to the audio files I can "see" how important it is to go into the field and practice for a while before going on... It is so much more enlightening than just reading a book about NLP." - Joe B.

BENEFITS

Inspire greater trust ethically

Effectively communicate with a greater variety of people

Learn to read others with accuracy

M3 Non-Verbal Communication & Rapport

I N C L U D E D



- Downloadable Manual
- 10 Audio Guides
- 2 Exercises
- 1 Stealth Mission
- 1 Question Essay Test



W H A T Y O U W I L L L E A R N

The primary basis for building rapport with anyone, in any culture.

The basic aspects of non-verbal communication and how to use them effectively.

The six elements of non-verbal communication that establish rapport, so you can build a connection quickly with most people.

Classic NLP matching and mirroring exercises to hone your skills.

How to influence with integrity and notice when you have established rapport and trust with another person.

"The first time someone uses pacing and leading is typically an eye opener. I know it was for me. But it also illustrates a point Mike made in the last module, regarding ethics. If we view unconscious behavior as we would a foreign language, where is the harm in learning to read it? Further, where is the harm in "speaking" it, or influencing it? Provided we are helping someone, not exploiting them, I feel very good about the outcome of this Stealth mission and what it teaches us.." - D. Krieger

B E N E F I T S

- Inspire greater trust ethically
- Create rapport with more people
- Become a master of non-verbal communication
- Get better results with people

M4

Accessing States, Anchoring, Anchor Collapse, Dissociation, New Behavior Generator



"Association and Dissociation were worth the price of admission! This is such an easy skill to learn, and it creates so much change, that it alone can make massive shifts in our lives. Though the anchoring piece was awesome, this actually topped it. Way to go, Mike and Hope!" - C. Gingolph

INCLUDED

- Downloadable Manual
- 10 Audio Guides
- 3 Video Demonstrations
- 4 Exercises
- 2 Stealth Missions
- 2 Psyche Builders
- 3 Question Essay Test



WHAT YOU WILL LEARN

Accessing States: Learn the most effective methods for entering any psychological state at will.

Anchoring: This classic NLP technique is used to strengthen and stabilize resource states and works like no other psychological intervention.

The Anchor Collapse: Uses anchoring to resolve stuck states and problems by automatically applying resources to negative thoughts and emotions.

New Behavior Generator: This method combines the power of visualization with the refinement of NLP to make new behaviors simple and build skills quickly.

Association/Dissociation: Discover how to turn any negative situation into an automatic learning experience and draw from the best positive experiences from the past. This exercise is among the most popular in our course, as it reveals the thought structure of optimism and pessimism.

BENEFITS

- Greater self-control of emotional states
- Overcome negative emotions
- Release negativity in the past
- Turn yourself into an optimist
- Learn new behaviors and skills quickly

M5

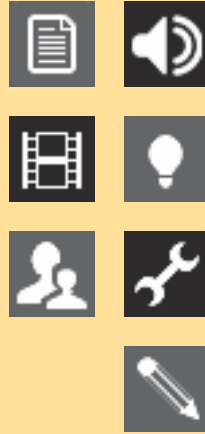
Introduction to Strategies, Decision Strategies & Motivation Strategies



"I was really impressed by this module, as I had not considered fully the difference between good decisions and decisions that left me dissatisfied! There is an actual strategy difference at play, and I was unaware of this previously. With this new awareness, I see my future decisions having a far greater likelihood of success." - Debora W.

BENEFITS

- Make better decisions with confidence
- Get past lack of motivation
- Motivate yourself easily to do necessary but unpleasant tasks
- Understand how to create mental strategies for success



INCLUDED

- Downloadable Manual
- 6 Audio Guides
- 4 Video Demonstrations
- 3 Exercises
- 1 Stealth Mission
- 3 Psyche Builders
- 4 Question Essay Test

WHAT YOU WILL LEARN

Introduction to Strategies: You'll learn the modeling patterns that put NLP on the map. Using VAK skills learned in earlier modules, a new world of thought processes will unfold before you. You'll find out how any result is created internally before it is created in the world. Then, you'll discover how to simply rearrange a strategy to produce far better results.

The NLP Spelling Strategy: This classic NLP strategy is simple to learn and improves spelling quickly and dramatically for those who need it.

NLP Decision Strategies: What makes a good decision? How are bad decisions accomplished? A new world of inner processes is explored that determines how decisions are made, specifically. This allows you to analyze decisions like never before and implement solid decision making processes into your life.

NLP Motivation Strategies: With the same underlying NLP strategies principles, learn the four negative motivational styles and the solution to each one. Discover how to help anyone, including yourself, resolve problems with self-motivation!

M6

The Meta Model

INCLUDED

- Downloadable Manual
- 13 Audio Guides
- 1 Question Essay Test



BENEFITS

Cut through the clutter to understand complex situations in minutes

Effectively deal with your own internal dialogue

Gain critical insight when no answers seem obvious

Always know the right question to ask

WHAT YOU WILL LEARN

The NLP Meta Model was the subject of the first NLP book. It has remained among the most important foundational tools for any expert communicator. The Meta Model is the tool to help yourself and others become aware of the underlying meaning of any vague communication.

The Meta Model is a linguistic model. Many people who have learned NLP have shied away of the linguistics aspect because it can be difficult to learn.

At the iNLP Center, we have broken the Meta Model down into small chunks that are easy to digest and fun to learn. Within minutes, you'll learn how to quickly get to the heart of the matter in any interaction, including those within your own mind.



"I love the way Mike broke down the meta model violation distinctions. He's right, though a clumsy name, "Unspecified Referential Index", that is a distinction I haven't seen anyone else explain better than Mike does in this module." - Robin S.

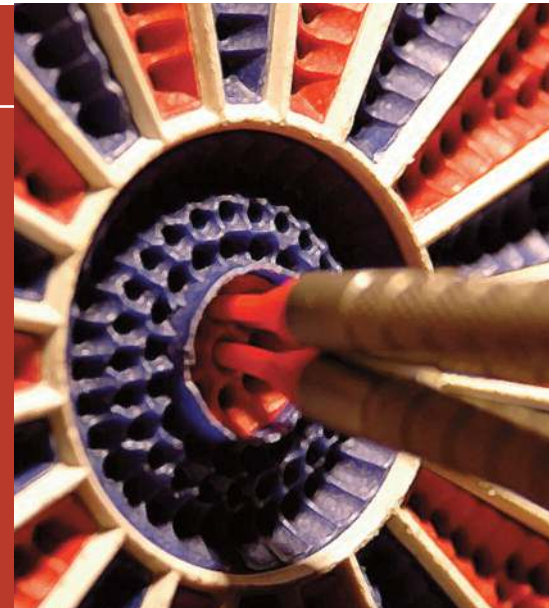
M7

Exploring Submodalities, The Map Across, Fast Phobia Cure, Making Something Important, Submodality Interventions & The Swish Pattern



I N C L U D E D

- Downloadable Manual
- 5 Audio Guides
- 3 Video Demonstrations
- 1 Exercise
- 1 Stealth Mission
- 1 Psyche Builder
- 3 Question Essay Test



“Once you start looking for submodalities, it becomes a constant hobby! I am fully enjoying the extra insight into the internal experience of others (and myself).” - Crista V.

W H A T Y O U W I L L L E A R N

Exploring Submodalities: Learn how VAK submodalities are the building blocks of subjective experience. These unconscious distinctions are a big eye-opener for many of our NLP students. Once understood, you can rearrange your inner world in the same way you'd rearrange building blocks. Create the state of mind you want, at any time, regardless of what you happen to be thinking or feeling.

You'll soon discover that *what* you are thinking and feeling is not nearly as important as *how* you are thinking and feeling. Most people can answer the question, "What are you thinking?" Fewer people can answer, "How are you thinking it?" This is the difference that makes all the difference!

The Map Across: The NLP Map Across is a classic submodality invention that allows you to transform any negative state into a resourceful state by shifting the VAK submodalities.

The Swish Pattern: This pattern eliminates unwanted habits and behaviors by reversing key thought patterns and simultaneously installing new inspiration into your mind. Not only will your rigid patterns of behavior be interrupted, you'll also find the motivation to change them with this technique.

Fast Phobia Cure: Another famous NLP technique, the Fast Phobia Cure is a specific submodality process that neutralizes most simple phobias in about 60 seconds.

B E N E F I T S

- Gain mental flexibility
- Control your thoughts
- Quickly change perceived limitations
- Move beyond bad habits
- Develop inner resources
- Overcome fears, phobias and stuck states quickly
- Grow in self-confidence

M8

The Milton Model, As If Frame, Process Instructions Exercise

INCLUDED



- PDF Manual
- 14 Audio Guides
- 1 Video Demonstration
- 2 Exercises
- 1 Stealth Mission
- 1 Psyche Builder
- 4 Question Essay Test

WHAT YOU WILL LEARN

The NLP Milton Model: The Milton Model is the inverse of the Meta Model. It is patterned after the hypnotic techniques of Milton Erickson, MD, known as the most influential practitioner of medical hypnosis in modern history.

The Milton Model teaches you the language of influence – how to motivate, inspire and create change just by using words in a chosen pattern.

Again, we've taken the time to break down these linguistic concepts into easily manageable learning chunks so that the skills can be years without confusion or overwhelm.

Process Instructions Exercise: This can be used to inspire automatic change without knowing the content. In other words, you can guide someone choose a problem and solve it out knowing what they are working on.

Understanding the Milton Model is the key to this kind of work. The Process Instructions Exercise shows you specifically how to do it.

The As-If Frame Technique: This popular Milton Model method helps people solve problems from a future perspective. Guide someone into the future where they can learn how they overcame any difficulty, then bring them back to the present with new insight that leads to change.

BENEFITS

- Gain greater influence and persuasive power
- Encourage change without prying into content
- Help others access internal resources
- Gracefully guide people through problems and decisions

"This was an outstanding body of work explaining how to use Milton Erickson's work. The Milton Model is extremely useful when, as Mike pointed out, it is used with integrity, to influence toward a positive outcome. The audio and workbook are always useful, but in this module, the video demonstration really clinched it. Thanks for putting this level of detail and work into it."

- C. Gindolph



M9

Outcome Specification, A Formula for Manifesting

INCLUDED

- Downloadable Manual
- 1 Audio Guide
- 1 Exercise
- 1 Question Essay Test



WHAT YOU WILL LEARN

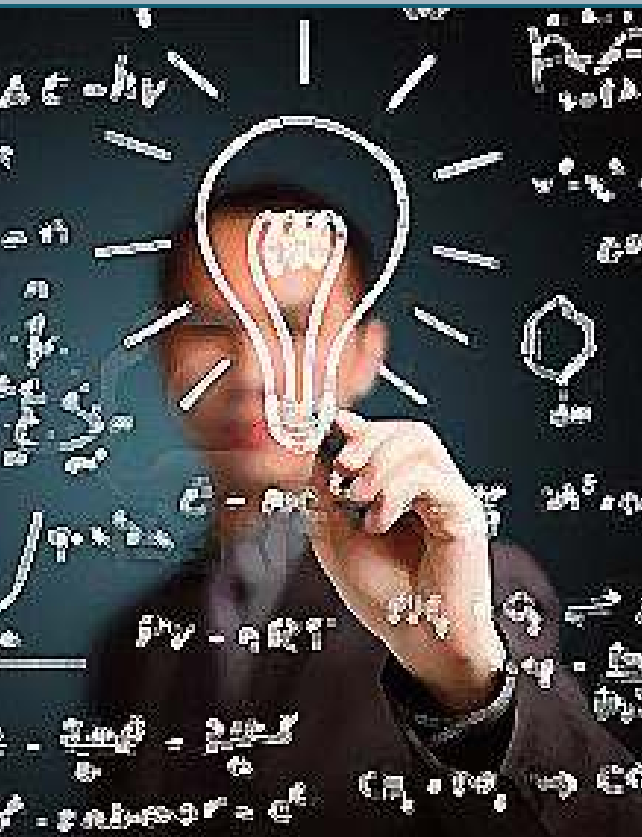
NLP Outcome Specification: This comprehensive model asks all the right questions to set anyone up for success in achieving goals or therapeutic outcomes. You'll learn the common pitfalls among people who do not do well accomplishing goals and how to get the right information to begin any journal toward greater success.

A Formula for Manifesting: Whether or not you believe in new age principles, this unique process will guide you through reality-based steps that utilize Outcome Specification and VAK principles to manifest your goals.

"Fantastic unit! This, more than anything else has helped me to galvanize my outcomes and I'm really excited about it. The work you guys put into making this so clear and logical has paid off, and every bit of this made great sense! Thank you!" - K. Achillea

BENEFITS

- Clarity on any goal or desire outcome
- Greater confidence in pursuing goals
- Identify and overcome personal obstacles
- Learn to get specifically what you want from your life!





M10

Perceptual Positions



I N C L U D E D

- Downloadable Manual
- 3 Audio Guides
- 1 Video Demonstration
- 1 Exercise
- 1 Stealth Mission
- 1 Psyche Builder
- 2 Question Essay Test

"I like this module because having a clear understanding of how you relate to people and how they relate to you improves communication as well as the relationship in general."

- L. Fuller

W H A T Y O U W I L L L E A R N

The NLP Perceptual Positions Model:

In any relationship there exist three points of view, according to classic NLP. Learn these points of view, then use them to resolve issues by changing positions.

With this model, your relationships will become more interesting and problems will seek solutions on their own. All you need to do is know what position you are in and then get information from the other positions. This model is that powerful.

B E N E F I T S

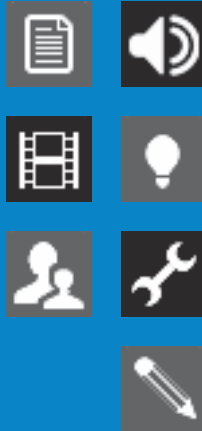
- Solve misunderstandings quickly
- Develop greater maturity and compassion
- Learn to see yourself as others see you
- Become wise in relationship decisions
- Let go of past relationship hurts
- Detect critical patterns in relationships

M11

Reframing, Context Reframing & Six Step Reframing

INCLUDED

- Downloadable Manual
- 4 Audio Guides
- 1 Video Demonstration
- 3 Exercises
- 1 Stealth Mission
- 2 Psyche Builders
- 3 Question Essay Test



“Reframing is a fantastic tool for shifting perception to facilitate behavioral change. I love the awareness the material brings and the possibilities for creating positive change in ourselves and others.” - Greg H.

WHAT YOU WILL LEARN

Meaning and Context Reframing: In NLP we understand that all meaning is malleable. You can change the meaning of almost anything. When you get stuck, it is often because your ability to change meaning is limited.

The NLP reframing models give you the tools to change meaning by choice, not by chance.

Six Step Reframing: This classic NLP intervention has been used by practitioners for decades to create choice where there once was none. You’ll use this method to change unwanted habits, feelings and all manner of rigid thoughts and behaviors – even physical symptoms yield to the six-step reframe.

BENEFITS

- Learn to consciously create meaning
- Redefine any situation to make it useful and productive
- Develop world-class mental flexibility and insight
- Change “impossible” behaviors where choice is limited
- Never get stuck again!

M12

Intro to Timeline & Programming Your Future



"Using this module, I again made a change that I will use going forward. I made a significant change in the way I experience the future on my timeline, and I'm convinced that will make a huge difference in my work and life." - Hillary P.

BENEFITS

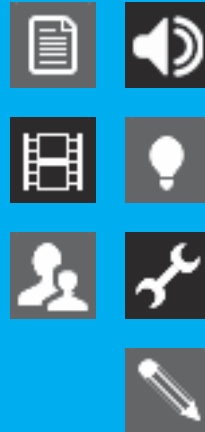
Change your perception of the past and future to suit your needs and desires

Feel greater excitement, curiosity and self-confidence

Let go of the past

Program your future for greater success

Learn to realistically manifest what you want in life



INCLUDED

- Downloadable Manual
- 5 Audio Guides
- 2 Video Demonstrations
- 2 Exercises
- 1 Stealth Mission
- 2 Psyche Builders
- 3 Question Essay Test

WHAT YOU WILL LEARN

Introduction to TimeLine: NLP TimeLine reveals your subjective experience of time. You'll discover how you organize past and future memories in your mind.

Once you understand this, you'll be ready to take control of both the past and future.

Changing your TimeLine: Learn to modify your sense of the past and future in a way that serves you better and help others do the same.

Using TimeLine to Change your Future:

Use TimeLine to create the future that you want and release the old limitations on your future that you didn't even know were there!

How does our NLP Training & Certification program work?

Our NLP Certification can be conducted entirely online. You have access to the training center 24 hours a day, every day of the year! Whether you work online or offline, you can work on your certification at your own pace with no completion time limits.

Once enrolled, you will be directed to our online learning center to register your NLP certification e-learning account. We will activate your courses right away, giving you total access to the iNLP Center NLP modules as well as our personal development courses.

For each module you will:

1. Download the workbook
2. Listen to the audio and watch the videos as the workbook directs
3. Complete compelling exercises, psyche builders and stealth missions
4. Report on your exercises through essay questions inside our online training center

We provide feedback on your essay answers to make sure you understand the material. Whenever you need help or have a question, you will have direct access to a responsive NLP trainer that you can speak with over the phone or Skype.

Once you have completed the modules, Mike Bundrant will evaluate your coursework. Then, your printed NLP practitioner certificate will be signed and mailed to your physical address by US Mail.



Offline Option

Our NLP practitioner training and certification program can be completed primarily offline as well. If you choose to work offline, just contact us and request a flashdrive be shipped. While being shipped, you can create your e-learning account where you will return after each module to submit tests. Once you receive the course material you will read the instruction page and follow the directions that take you through each workbook with the accompanying audio and video files. (Once requested, your course fee will not be eligible for a refund)

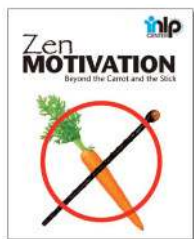


Bonus! NLP-Based Personal Development Programs



The AHA Solution: How to End Self-Sabotage

This unique program addresses the most overlooked issue in personal growth: Psychological Attachments. When you understand your negative attachments, you hold the keys to changing those "impossible" behaviors and feelings that may have been part of your psyche for as long as you can remember.



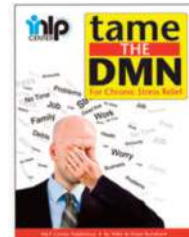
Zen Motivation: Beyond the Carrot and the Stick

Making personal changes can be tough. Even when we know those changes will lead to greater success -- we still resist. One reason for this astonishingly high failure rate has to do with the typical methods used for self-motivation. Zen Motivation changes the quality of your motivation at the most fundamental level.



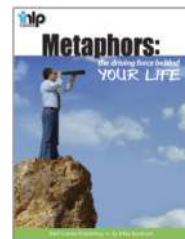
Cooling the Fire: The Conflict Resolution Strategy

Most of us attempt to resolve conflicts with other people in an unproductive way. We tend to do the exact opposite of what we should. Cooling the Fire explains why typical conflict resolution methods are ineffective... and introduces a better model.



Tame the DMN for Chronic Stress Relief

The Tame the DMN stress management program pinpoints the specific brain network responsible for generating the spinning thoughts and mind chatter that define high stress living. Learning to deactivate this brain network will help relieve your chronic stress... and change your life forever.



Metaphors: The Driving Force Behind Your Life

So often we act as if we don't have a choice in the way we experience life. The truth is, you can radically change your world by changing your Life Metaphor.



3 Soul-Stirring Questions

As you make an effort to improve your life, consider the following: What if some of your deepest needs were overlooked? Three Soul-Stirring Questions is an NLP-based course that will help you achieve higher self-awareness and greater personal freedom.

**All six programs are included
with your NLP Practitioner
Certification enrollment!**

Four Level of Training to Choose From

Enroll Now

Online NLP Practitioner Certification

Our online NLP Practitioner Training is an independent study course which includes our twelve learning modules. Each module includes a manual, audio file and video files. At the end of each module you will be required to complete training assignments and report via online essay questions. Once your course is completed, your work will be reviewed and you may request your NLP Practitioner Certificate, issued by iNLP Center and the International NLP Association. *Read More*

Enroll Now

Online NLP Master Practitioner Certification

Many NLP training centers offer an NLP master practitioner training that is just more of the same, with little fundamentally new material. They merely teach a greater variety of techniques. Rather than teach you more of the same, iNLP takes you to entirely new levels of understanding. Our NLP master practitioner training offers unique models of human development and communication that put NLP techniques in a useful context; methods that are not based on NLP practitioner level material. *Read More*

Enroll Now

NLP Life Coach Certification

Our NLP Life Coach Certification Online includes our NLP Practitioner and Master Practitioner courses as well as the NLP Life Coach Certification course. The NLP Life Coach Certification online training includes five modules. Each online module comes with a workbook. There are audio and video tutorials as well. Each NLP life coach certification online student will also receive six private training sessions. These sessions are scheduled directly with you. Private training sessions are conducted via Skype, Facetime, or other platform. *Read More*

Enroll Now

NLP Trainer's Training

Our NLP Trainer's Training includes includes our NLP Practitioner and Master Practitioner, the NLP Life Coach Certification as well as the Trainer's Training course. This is an exciting program for business-minded professionals to learn the skills of training and certifying students in Neuro-Linguistic Programming. Working under iNLP Center's supervision, you can run your own NLP Training Center in your own country. The iNLP Center is the world's premier accredited online NLP training center. Learn from the best as you begin your NLP training career. We know the training and marketing secrets that make the difference between success and failure. This is our full-time business that we built from scratch using our unique, low-cost online marketing formula. *Read More*

Private Sessions with a trainer can be added to any course at anytime during your training. *NLP Life Coach Training includes six private trainings during the Life Coach portion. NLP Trainer's Training includes twelve private sessions during the Trainer's Training portion.*