

The Box Training presents

# NLP Practitioner **TRIPLE** Certification Programme

7-day Approved Certification Training by ABNLP



## TRAINERS

### Sri Devi Panchacharam

MBA (Leadership), Aust. & B.Sc.  
(Hons) Business Computing, (U.K.)

Certified NLP Trainer

Certified NLP Master Coach

Time Line Therapy™ Trainer

### Inderjeet Singh Sidhu

NLP & Time Line Therapy™ Master  
Practitioner & Coach



#### Bonus #1

Over 100 pages of training manual  
and NLP content of 20 Audio CDs

#### Bonus #2

Upon completion of this programme,  
you are welcome to join the NLP  
Practitioner Training again & again  
for FREE! This will help you solidify  
your NLP skills.

#### Bonus #3

You may then also join us as a  
Coaching Assistant to help new  
batches of participants learn their  
NLP skills & techniques.

## BEGIN YOUR JOURNEY AS A

**CERTIFIED NLP PRACTITIONER, NLP COACH &  
PRACTITIONER OF TIME LINE THERAPY™**



7 Days of Experiential & Approved Certification Training by the American  
Board of Neuro Linguistic Programming (ABNLP)

9,10,11,12, 17,18 & 19<sup>th</sup> of January 2024

7 days @Wyndham Grand Bangsar



WHY BECOME A NLP PRACTITIONER, NLP COACH & CERTIFIED IN TIME LINE THERAPY™



- **Take charge** of your mind and your life
- Understand the impact of the conscious and the **unconscious mind**
- **Reprogram** your thought processes to be able to conduct themselves confidently
- **Combat the 4 viruses** that constantly plague our minds



- **Able to manage emotions well**, understand why people behave the way they do
- **Anchor** positive internal states and moods which can be available to you at any time in future
- **Open up a new career path** as a Certified NLP Coach

- **Develop** greater inner confidence
- **Exhibit** a strong, capable, professional, persuasive and inspirational presence
- **Change** any bad habits that one may have
- **Elevate** your personal brand and impact on the organisation
- Learn an **entire toolbox** of various techniques to manage different challenges and situation



- **Discover** the way you and other people make **decisions**
- **Read people's eye patterns** to gain and insight on what representation they are accessing at various moments

- **Vary** communication based on a person's meta model and their different thinking styles (representational systems)
- **Create** and maintain genuine rapport
- **Managing objections** while influencing others
- **Appreciate** that disagreements are inevitable and use the appropriate tools to manage conflict

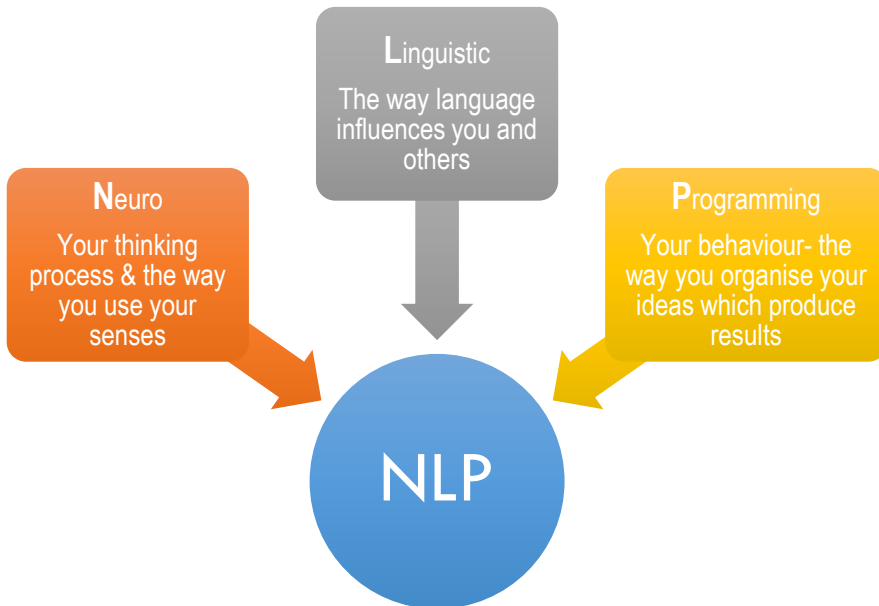


- **Communicate effectively** using elegant language patterns
- Be able to understand **people's internal maps** based on the presuppositions of their language

# WHAT IS NLP AND WHO IS IT FOR?



## WHAT IS NLP?



Neuro Linguistic Programming is a set tools, processes, techniques and skills that can be used to create positive change in yourself and others. It allows us to observe the mechanics of the mind, so that we can learn to control our thoughts and emotions. With this new conscious awareness, we are guided through processes of reprogramming our unconscious mind to achieve greater success and happiness.

## WHO SHOULD ATTEND?



CEO, Senior Management, Board of Directors



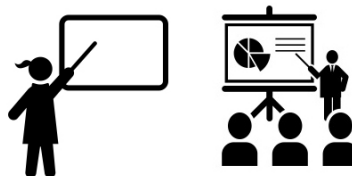
Business owners, Sales Executives



Individuals interested in personal development and to dramatically bring positive change in their career and personal lives



Professionals from all industries



Trainers, Coaches, HR Practitioners, Lecturers, Teachers



### Why You Should be Certified in Time Line Therapy™?

From our childhood till now as grown adults, we carry a huge amount of emotional baggage. Some of us may have experienced a certain degree of trauma in our younger years. All these emotions build up and influence our daily lives, relationships and decision making. Sometimes we wonder, what it is that really is holding us back from achieving the lives that we want... and the answer may reside in all the unresolved negative emotions that we have carried with us since childhood.

### The Damage of Negative Emotions

Sometimes people say 'just let it go' or 'ignore it'. The truth is, negative emotions don't just disappear. It actually gets pent up. When we don't have the right knowledge and tools to release it, it starts to impact the quality of our life, career and relationships.

**The most damaging aspect of negative emotions is its impact on our physical health. Most times, they manifest as illnesses in our body.**

Outcomes of Time Line Therapy is to release negative emotions such as:

Anger	Hate	Fear
Sadness	Guilt	Shame
Hurt	Jealousy	Betrayal

### Goals and Methods of Time Line Therapy™

- The goal is to learn how to release negative emotions bottled up from the past without carrying it to current life experiences.
- Once the negative emotions and trauma is released, it provides life long results and empowers one to take better control of their daily decision
- Create a happier & more fulfilling life once all the emotional baggage from the past is released
- To help others release their negative emotions with simple techniques with a life long impact





## KEY TOOLS & TECHNIQUES THAT YOU WILL LEARN IN THIS CERTIFICATION PROGRAMME



### DAY 1

**The Power of the Conscious and Unconscious Mind** (Achieving the results you want by making the right changes in the way you think)

**Cause & Effect** (The highly effective concept of living life as a hero and not as a victim, always empowering instead of making excuses)

**Incantation** (Possibly the best technique in the world to boost self motivation)

**Neurotransmitters** (The mind-body connection and how we can make sense of it)

**Perception is Projection** (The greatest concept for any Practitioner & Coach to effect change in their clients)

**The Ecology and Importance of NLP** (How NLP should be used and applying the tools and techniques ethically)

**The NLP Model of Communication** (Develop a solid understanding on why people communicate the way they do, why misunderstandings occur and how to prevent them)

**Sensory Acuity** (How to read a change in mental or emotional state of another person by observing minute sensory changes, including reading one's eye patterns)

### DAY 2

**Rapport** (How to create a start of a good relationship with anyone in minutes)

**NLP Presuppositions** (This is a set of 14 beliefs that needs to be integrated in the mind of every NLP Practitioner / Coach to instil positivity and the ability to work with / coach anyone effectively)

**Coaching Techniques** (Understanding the fundamental techniques on how to coach and bring out the best in your clients. This section also discusses the responsibilities and dos' and don'ts' of a Certified Coach and the options available for this as a career path)

**Reframing** (Elegantly create new interpretations for problems and objections. This section is an asset for all leaders and coaches as it provides a methodical and quick way to help someone loosen the grip to a problem)

**Perceptual Position** (This enables people to create a rich sense of another person's experience. It is based on the concept of 'putting yourself in someone else's shoes; except it is conducted in a purposeful and results oriented manner)

### DAY 3

**The 14 Different Language Patterns** (Enables You to Influence Anyone whilst Managing Objections)

- ✓ **Chunking Up & Down** (being able to communicate the big picture and details effectively)
- ✓ **The Agreement Frame** (elegantly disagreeing with someone)
- ✓ **Linguistic Presuppositions** (Avoiding guess work and assumptions and only focusing on facts of a person's communication)
- ✓ **Purpose Frame**
- ✓ **What-If Frame**
- ✓ **Conditional Close**
- ✓ **Evidence Frame**
- ✓ **Backtrack Frame**
- ✓ **Contrast Frame**
- ✓ **Ecology Frame**
- ✓ **Pattern Interrupt**
- ✓ **Metaphor** (delivering powerful messages to people by bypassing their resistance)
- ✓ **Milton Model** (using some practical aspects of the hypnotic language pattern to obtain agreement from someone. It is a powerful tool to influence and to create a win-win resolution)
- ✓ **Meta Model** (is a set of questions designed to specify information, challenge and expand the limits to a person's model of the world.)

**KEY TOOLS & TECHNIQUES THAT YOU  
WILL LEARN IN THIS CERTIFICATION  
PROGRAMME**



**DAY 4**

**Modalities** (Understanding our 5 senses and appreciating it's contribution in our daily communication and experiences)

**Representation Systems** (Learning that each person may have 1 or 2 dominant style of communication; Visual, Auditory, Kinaesthetic or Auditory Digital [Logical]). This section also encompasses powerful learnings on how we can match someone's representation system to build rapport with them, either via face to face, phone or email / Whatsapp communication

- ✓ **Lead Representation System**  
(Identifying someone's representation system through their eye patterns)

**Submodalities Like to Dislike** (A powerful section that enables participants to remove / reduce their desire to eat a particular food / drink that may not be healthy for them.)

**Swish Pattern** (Using the intricate details of our senses to eliminate a bad habit that we have; for example, procrastination, nail biting, eating junk food, swearing, impatience etc.)

**DAY 5 & 6**

**Ultimate Success Formula** (One of the most effective goal-setting techniques in the world that enables you / your client to achieve their desired results with a clear action plan)

**Creating the Right 'Tasking' (Assignment) for Your Clients:** (All coaches are encouraged to ensure that clients are given a series of assignments at the end of the coaching session to ensure that they follow through their action plan)

**Anchoring** (A process in which one is able to get into an immediate positive state that they desire, for example, happiness, laughter, confidence, excitement etc. The technique is used by applying a gesture on the knuckle or shoulder, and this positive state can be recalled at any given time.)

**Parts Integration** (This is a technique that helps us manage or resolve an inner conflict by creating a sense of wholeness. The common types of inner conflict may be 'should I stay in my job or move to another?' or 'should I stay single vs should I get married?' Ultimately the objective is to give the client a sense of peace and contentment with whatever decision they choose to make.

**DAY 7**

**Time Line Therapy**

A practical tool to release the negative emotions stemming from various stages of our lives

**Coaching Techniques**

Practical session to observe demonstration of participant's skills as a competent NLP Coach

**Testing and Certification** – students are tested daily (oral quiz) to ensure they are able to grasp all NLP knowledge at their pace. Participants be subjected to a demonstration session. This involves conducting a NLP Intervention for a 'client' under the practised eye of the trainer and coaching assistants, who can evaluate delegates on their strong points and areas where they need to work further.

Upon completion of all learning requirements and successfully passing their written examination and demonstration session, **participants will receive their internationally Certified NLP Practitioner, Certified NLP Coach AND Certified in Time Line Therapy™**

**Note: Modules and sequence of delivery may change.**

**WHY GET CERTIFIED WITH US? THIS IS HOW WE ARE VERY DIFFERENT FROM OTHER NLP CERTIFICATION PROVIDERS**

Contact Person:

Inderjeet Singh

+6012.670.2030

[training@trainingboxmalaysia.com](mailto:training@trainingboxmalaysia.com)

## **Training Style: Keeping the Workshop Realistic**



## **OUR KEY DIFFERENTIATION FACTORS:**

- ✓ **Key Learning Points Takeaway Cards** & pouch for all participants, who are then able to merge the knowledge from their training with their jobs.
- ✓ All questions with regards to the topic can be **communicated with the trainer** directly at any point upon completion of training via Whatsapp / social media messages
- ✓ High quality and easy to understand **training materials**
- ✓ **FREE Interventions Booklet** to help support your role as an NLP Coach
- ✓ **Audio materials** for pre-study
- ✓ **Content suitable and practical for Malaysians** according to their corporate experience and personal lives
- ✓ **Internationally accredited TRIPLE certification**
- ✓ Upon completion, **you can come again for all NLP Practitioner Certification programme for FREE** to sharpen the saw
- ✓ **Opportunity to join The Box as a Coaching Assistant** for upcoming NLP Practitioner Certification programmes
- ✓ **Comfortable venue** with ample space for discussion and 1-1 sessions at a strategically located 5 star hotel
- ✓ **Life-long support** with questions regarding the content of the certification programme
- ✓ **Life-long support** with regards to setting up a new / part-time career path as a NLP Coach
- ✓ **1 FREE Coaching Session** with the trainer to help you integrate all your learnings

- ✓ CERTIFICATION AUTHORITY
- ✓ CONTACT INFORMATION



### CERTIFICATION AUTHORITY

Our NLP Practitioner Certification is internationally recognised by the world's largest NLP authority, the American Board of Neuro Linguistic Programming (ABNLP). Based on the core tools and techniques as created by Richard Bandler and John Grinder, ABNLP has certified the largest number of NLP Practitioners in the world.

### TIME

9:00am – 6:00pm (Breakfast, lunch and tea break provided)

### VENUE

Wyndham Grand Hotel, Kuala Lumpur

### INVESTMENT

RM6,500 per participant

### TRAINING REGISTRATION

Register now at our website  
[www.trainingboxmalaysia.com](http://www.trainingboxmalaysia.com) or

Please send an email to  
[training@trainingboxmalaysia.com](mailto:training@trainingboxmalaysia.com) containing your

- Full Name
- Contact Number
- Job Designation
- Company

### Contact Person

Mr. Inderjeet Singh  
012-6702030

### Payment

Public Bank Berhad

Bank Account Name:

The Box Solutions (M) Sdn. Bhd.

Bank Account Number:

3186200106