

NLP Breakthrough Session – Typical format

[NLP Coaching](#) when applied to personal development could be seen as a 'brief therapy'. - a typical breakthrough session, dealing with prevailing limitations and problems in a significant area of a persons life will typically take 8-12 hours, over 2-3 sessions.

The process below outlines the structure of a typical process for resolving limitations and problems in key areas of life such as Health, Friends & Family, Relationships, Personal Growth, Spirituality, and Wealth.

Pre-session:

- 1. Pre-session Questionnaire**
2. Set **Ordeal** if necessary to focus client on commitment

First Session:

- 3. Pre-Frame –**
 1. Structure of the sessions - questions first 1.5-2 hours. We WILL resolve the problem/s, we will schedule whatever time we need.
 2. Introduce the Conscious/Unconscious Mind. Check client can access unconscious mind
 3. Introduce concept of 'Cause and Effect'. Client mostly likely did not choose consciously to have the problem; the unconscious mind always have a positive intention.
 4. The Mind and Body are linked – the Mind controls the body
 5. Clients' success is dependant upon their rapport with their unconscious mind (which you will help them with)
 6. Introduce the [Presuppositions of NLP](#)
- 4. Take Detailed Personal History**
 - Look for the problems in Clients' words (check for when their neurology 'lights up', they associate to the problem/s)
 - Check for secondary gains, and 'greater' problem behind the problem/s
- 5. Elicit Meta Programs** – for Rapport & Convincer Strategy (to use later)*
- 6. Elicit Values** (for the appropriate area of life)*
- 7. Find any Prime Concerns***

8. **Goals/Achievable Outcomes** – what with life be like having resolved these problems?
9. Loosen the problem at any opportunity using reframing, etc.

Second Session:

10. **Interventions/Change** work using NLP patterns, to:
 1. Release negative emotions
 2. Release limiting decisions/beliefs
 3. Release any prime concerns *
 4. Integrate any Parts
 5. Clean up Values *
11. **Test / Future Pace** (utilise Convincer strategy to reinforce *)
12. Programme the Future. Focus on **SMART goals** and Outcomes
13. install any **Resources** required; Anchors or Strategies
14. **Set Tasks** / Follow up to assist Client to remain on track towards goals

*These elements are usually covered on the advanced Master Practitioner course

Further information on NLP, NLP training Courses and NLP Coaching can be found at:

<http://www.nlp-training-business.com/>

or

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