



# Reed-Robbins Performance Solutions

*The Difference that Makes the Difference!*

## **NLP MASTER PRACTITIONER COURSE**

**With Jessica Reed-Robbins**

This is an amazing 15-day experience that is designed to take your NLP and coaching skills to a level of mastery as well as help shape your thoughts, feelings and behaviours to help you effortlessly create and shape your own destiny.

The NLP Master Practitioner Course compared to the NLP Practitioner Course is in Jedi terms, what Yoda is to Luke Skywalker! You've mastered the NLP concepts and techniques and now its time to truly master the underlying forces beneath them! You will learn to use NLP effortlessly in conversation and as part of deeper and more powerful breakthrough sessions with your clients.

The master practitioner course is a truly life-changing experience! 15 days spent mastering the forces that help us be, do and have anything we want in life as well, whilst working towards your own personal goals and dreams. We aim to make it informal, fun and truly inspirational.



# MODULE 1:

## QUANTUM LINGUISTICS

*USING LANGUAGE TO BLOW THE BOUNDARIES ON OUR MODEL OF THE WORLD,  
EXPAND OUR POSSIBILITIES AND RESOLVE PROBLEMS.*

In this first module, you'll be exploring the power of quantum linguistics and the elegant power to transform a client's model of the world, using linguistic patterns alone.

You can use these patterns on their own, or use them to loosen a problem so that subsequent interventions have a deeper impact. You will understand how language can blow the boundaries on what we are capable of thinking, and directly change your clients internal representations that create a problem.

You will start to think in terms of generative change rather than remedial change so that your clients are not broken and need fixing, but capable of transforming their challenges into their more valuable learnings.

By the end of this module, you'll be able to remove limiting decisions linguistically, change limiting beliefs using sleight of mouth patterns and have a much deeper understanding of all of the NLP patterns, techniques and concepts.

### **We will cover:**

- Set your NLP Master Practitioner outcomes
- Refresh your NLP skills and deepen your understanding of the underlying forces that make them work
- Quantum linguistics and advanced language patterns.
- Levels of abstraction, presuppositions and directionalised language
- Mind body connection
- Remedial versus generative change.
- Inductive and deductive patterns to blow the boundaries surrounding a problem and holding you back from the solution
- Spatial and temporal prepositions to change internal representations
- Linguistic decision destroyer
- Chaining modal operators
- Meta model III
- Non-mirror image reverse inductive language patterns.
- De-identification pattern
- Sleight of mouth patterns – ultimate transformative linguistics

## MODULE 2: PART 1:

### VALUES, META-PROGRAMS & PRIMARY QUESTIONS

*RE-SHAPING YOUR ENTIRE DESTINY BY CHANGING THE DEEP UNCONSCIOUS PROGRAMS THAT DICTATE OUR CHOICES IN LIFE.*

This module is often the most personally transformative of all of the modules. You will learn how to elicit and change the underlying structures that make us do everything we do in life, the values that dictate our decisions and choices and even the rules that tell us when we are allowed to be happy. You will have the opportunity to reshape your own destiny by changing your life values and corresponding rules that will support you on your chosen future path and programming them in at an unconscious level.

In addition, one of the most powerful elements of NLP is discovering your primary question, the unconscious question we have been asking all of our lives, in every situation that often dictates the entire story of our lives. For example, Tony Robbins's primary question was "How can I make it better?" and this has dictated the focus of his life's work since he was just 5 years old. You will elicit your primary question and if necessary, change it into an empowering one, so that the unconscious primary question in your life is one of how to create more happiness and joy, rather than "How do I survive?" or "Why am I not enough?"

You will also learn how to do a parts integration purely linguistically and to elicit meta-programmes; the strategies that filter our experience and subsequently dictate our behaviours in life. For example, does the carrot or the stick motivate you the most? You will also gain an understanding of the Myers Briggs Type Indicator, based on the psychological types defined by Carl Jung and how they relate to NLP. You will also have an understanding of spiral dynamics and the Claire Graves values levels, which explains about values of a society.

#### **We will cover:**

- Meta-programmes
- Verbal parts integration
- Prime concerns and primary questions
- Claire Graves Values levels – theory of human development and spiral dynamics
- 6 basic human needs
- Eliciting your hierarchy of values... and the rules you live by
- Resolving values conflicts and outdated values
- Creating a new values hierarchy and empowering rules to live by in order to reshape your destiny

# **MODULE 2: PART 2:**

## **ADVANCED TECHNIQUES OF NLP & BREAKTHROUGH COACHING**

*PUTTING EVERYTHING INTO PRACTICE TO BECOME EXCEPTIONAL NLP MASTER PRACTITIONERS AND TRANSFORMATIONAL COACHES*

During the second part of module 2, you will be putting everything you've learned into practice so far, by performing a breakthrough session with someone on the course. You will perform a discovery session to elicit the problem, the outcome and the patterns of behaviour and beliefs involved in creating the problem.

You will then use quantum linguistics to loosen the client's model of the world followed by interventions to release the underlying beliefs and root causes of the problem. You will also use strategy elicitation, design and installation on any necessary behavioural changes that need to be made and ensure that you have performed a values elicitation and created a new hierarchy of values to support the change into the future.

After the breakthrough sessions are completed, you will have an opportunity to practice teaching some NLP concepts in preparation for what could be the next step in your NLP career.

### **We will cover:**

- Advanced breakthrough coaching for deep and rapid transformation.
- Practicing everything you've learned during your Master Practitioner course
- Learn some basic teaching principles in preparation for your next step as NLP trainer, should you choose to do the NLP Trainer's Course.
- Breakthrough exercise!

## **MODULE 3:**

# **STRATEGIES & MODELING**

*MASTERING THE PROCESS OF ELICITING, DESIGNING AND INSTALLING MORE EFFECTIVE STRATEGIES TO CREATE NEW EMPOWERING BEHAVIOURS.*

In this module, we will be investigating how to elicit, design and install strategies, the sequence of internal representations that create all our behaviours and habits. You'll learn how to elicit a client's strategy for the problem they have, loosen the pattern and design and install a new empowering strategy for them using techniques such as the swish pattern and chaining anchors. We will also be learning about modeling, the science of replicating genius, originally used to create NLP. We will be looking at the different types of modeling along with the pros and cons of using each type. You will have the opportunity to create your own modeling project where you will choose an expert of your choice, model their ability, recreate it in yourself and then teach it to others.

### **We will cover:**

- Eliciting and changing the programming that shapes all our behaviours
- Logical levels of therapy for disrupting strategies
- Eliciting strategies
- TOTE Model and utilizing your client's strategies to aid transformation
- Embedded commands
- Strategy design and installation
- Chaining anchors
- 4 step swish pattern
- Modeling - imitative and cognitive modeling
- Modeling project – choose an expert of your choice and download their abilities to recreate their genius in yourself, then teach it to others.
- Graduation Ceremony and celebration of your mastery of NLP!

## COURSE DATES & PRICES

**Module 1:** 11<sup>th</sup> to 15<sup>th</sup> March'17

**Module 2:** 21<sup>st</sup> to 26<sup>th</sup> April 2017

**Module 3:** 19<sup>th</sup> to 22<sup>nd</sup> May'17

Venue: **Marlow-on-Thames**

Course Fee: £2450 + VAT

### TO BOOK YOUR PLACE TODAY:

**Email:** [jess@jessicarobbins.co.uk](mailto:jess@jessicarobbins.co.uk)

**Call:** **0800 083 8013**

## MEET YOUR TRAINER JESSICA REED-ROBBINS



At the age of 19, Jessica's dream of becoming a competitive Martial Artist was seemingly destroyed when she was diagnosed with a degenerative disease in her spine, shortly after winning the British Taekwondo Technical Championships. So instead, she went to Uni and followed an academic path. Years later, she "woke up" to find herself stranded, far from the life she had dreamed of. Six stone overweight, struggling with the constant pain of a back disease, in a job she hated and was unsurprisingly depressed.

In 2004 she discovered NLP and used this incredible psychology to transform herself and her life in just 6 months. She took control of her life, gaining in confidence and self-esteem and used NLP to lose weight. She became a performance coach so she could help other people achieve their dreams. Jessica now coaches athletes, performing artists and trains business professionals from around the world.

Jessica is driven by passion and curiosity to discover the limits to what's possible. In 2006, she used NLP to cure her own spinal disease and was finally pain free, after almost 10 years of constant pain. The realisation of what could be achieved with her techniques, lead her to help others take control of their health. Soon after, she returned to her Taekwondo training. In Dec'07, she won Bronze at the British Championships and then again in September 2008.

Jess sets many playful and exciting goals for herself, and has already achieved many of them, such as presenting her own TV show on BBC3, working with Olympic athletes and returning to competitive sports herself. The publication of her first book in 2007 was also the fulfilment of a lifelong dream.

Jessica has trained under the expertise of Dr.Wyatt Woodsmall, one of the very first and most renown NLP Trainers in the world. She in turn, now trains NLP to individuals and organisations internationally.

## WHAT HAPPENS AFTER THE MP?

At the end of the Master Practitioner, you are ready to practice your incredible new skills with clients and be the best coach you can possibly be.

In addition, you are also eligible to complete the NLP Trainer's Training, which would allow you to teach and qualify others in the art and science of NLP!

**Email:** [jess@jessicarobbins.co.uk](mailto:jess@jessicarobbins.co.uk)

**Call:** 0800 083 8013

## WHAT OUR STUDENTS SAY ABOUT THE MASTER PRACTITIONER:

### **Fiona Thompson-Jewitt, NLP Master Practitioner & Performance Coach**

"Having completed my practitioner course with Jess in 2011, I could think of no better person to do my master practitioner with and boy did she deliver!!

This is a fantastic course; highly interactive with plenty of opportunities to apply and practice what you learn and Jess is always on hand to help and answer questions.

This course really does take your NLP skills and understanding to a whole new level. Jess was fantastic at explaining some pretty complicated material and distilling it so it's easy to understand, but also makes it very relevant for your coaching practice so you can start applying the techniques straight away. I've seen drastic results having applied the new tools with my own clients and I've become a lot more confident in my own coaching abilities - so for me, this course is a must for anyone who is serious about coaching.

Not only that, but personally, some of the modules can be pretty transformational culminating so if you are open to, you can expect some life changing, unforgettable weekends. And if that's not enough for you, as with every Jessica Robbins course, you can expect to have a lot of fun".

**Emma McNally**

**Change Manager for Essex County Council & NLP Master Practitioner**

'It was amazing. Jess was awesome as usual but the content really took NLP to the next level –mind blowing and life changing. I use it all the time now – not sure what I did before in fact! The group was lovely and the support of such a great people made the course one of the best I have even been on. Highly recommend it.'

**Emma Bradford**

**Create the Life You Desire – NLP Master Practitioner**

Doing the MP I learnt wonderful new techniques, new linguistic patterns and experienced a powerful shift with the value change weekend. The belief imprint exercise is amazing seeing it work its magic, used it the other day with a client...result...she no longer has her back pain that came up after a upsetting weekend!  
Thanks Jess and Nick

**Ed Barrett – NLP Master Practitioner, Trainer & Coach**

"There aren't enough superlatives to describe how good I thought the Master Practitioner course was. Jess is an amazing teacher she creates a really safe learning environment and there is just the right balance of theory and practical work. I would highly recommend going on the course whether or not you are intending to go into coaching for yourself. I learnt so much about myself and I feel energised and aligned with my goals that my life has really changed for the better.

Thank you Jess !x!x!x!"