



**Inside Performance™**

Enhancing performance for Sport...Business...Life

Chiropractors

Coach Educators

Psychologists

Sport scientists

Athletes

Managers

Coaches

Tutors

Personal trainers

Physios

Sport Therapists



# The Inside Performance™ NLP Sport Practitioner

ABNLP Accredited



## 5 top reasons for taking an NLP Sport Practitioner Programme with Inside Performance™

- 1 Learn from the Best** – World Class Training from not only the leading experts in NLP and Sport Performance, but Chartered Sport Psychologists, Accredited Sport Scientists and experienced Coach Educators with over 16 years working in Sport from Elite Performance to Grassroots Development
- 2 Get ahead of the competition** – This course is packed with the latest, cutting edge mind technologies designed to take your performance further than ever before, both on and off the field
- 3 Stand out from the crowd** – Gain recognized and accredited CPD to accelerate your sport and professional development
- 4 Delivering Excellence across the board** – for everyone committed to being the best they can be
- 5 Investing in yourself** – The question is not ‘Can I afford it?’ The question is, ‘Can you afford not to?’

### Who is this course for?

Basically, anyone wanting to learn more about how our thinking, feeling and actions affect our performance and essentially, what we can do about it!

### Do I need any qualifications to attend this course?

No, you don't need any formal qualifications to attend, other than enthusiasm, an open mind and a willingness to learn, and the best part is, you don't have to be at the elite end of Sport, you just have to want to be the best at the level that's right for you!



## What is the Inside Performance™ NLP Sport Practitioner?

An exciting and hands-on course covering key aspects of NLP and Sport Psychology, as used by the world's top coaches, athletes and managers.

NLP is about how we think, feel and act. It's about how we understand and communicate with ourselves and others, and is about how we can get the best out of what we do, by modelling excellence in others and adopting key ways of thinking and behaving to perform at our peak.

As such, this course is the perfect training to accelerate your performance by delivering knowledge and practical techniques with an easy to learn, step by step approach that will not only enhance your know-how for accelerating success on the pitch, but will also develop the necessary communication and 'people skills' essential if you want to excel off the pitch too!

*“From the perspective of learning, the best investment of time I have ever made.”*

**Gordon Lord,**  
Head of Elite Coach Development,  
England and Wales Cricket Board

Our course is fully approved by the ABNLP, and as such your qualification will be recognised the world round for **Sport...Business...Life.**



## Just some of what's included...

### What is NLP?

- How your athletes think, feel and act

### The Mindset for Success

- Discover how to create a mindset for success
- Change negative thinking and develop pro-active behaviours

### Introducing the Mind

- The power of the unconscious mind and its role in performance
- Developing 'Muscle Memory' and Unconscious Competence

### NLP and Social and Emotional Intelligence/Learning (SEL)

- What is SEL and why is it so important in Sport?
- What makes the best players, coaches and leaders?
- How does NLP develop SEL?

### The Foundations of Great Communications Skills

- Build strong relationships with teams and individuals
- Working effectively with a variety of 'personalities' and groups

### The Magic of Language

Communication is essential for all areas of sport, so during the training you will learn how to use a variety of easy to learn language techniques for more effectiveness in your role

- Become an expert in asking the right questions
- Powerful conversation techniques to change people's thinking
- Deliver motivational and inspiring team talks, presentations and ideas
- Negotiate easily and learn the art of persuasive language to get your ideas across

### Outcomes and Goal Setting

- Learn how to set specific goals that you will achieve
- Develop focus and direction about what you want to achieve in your Sport and Life

### Mental Rehearsal and Managing your State – how to run your body and brain!

- Discover how imagery works and the building blocks it is based on
- Change unwanted behaviours, eliminate negative self-talk and get rid of 'choking'
- Control anxiety, and develop positive performance states to perform in 'the zone'

### Strategies

- How do we consistently produce a great putt in golf?
- How do we decide what to eat before a game?
- How do our strategies influence how we perform? ...and what can we do about it!

### Dealing with inner conflict

- Re-discover the freedom to move forward without feeling 'something' is holding you back

Plus

## Practitioner Time Line Therapy™ Certification

### Learn how to...

- Let go of unwanted negative emotions such as anger, fear, and guilt – unwanted reminders of events in our past, such as injury or failure to perform
- Help athletes and players to get back on a more stable playing field emotionally, and achieve what, up till now, seemed difficult, or in some cases downright impossible!



## Introduction to Ericksonian Hypnosis Certification

- Introducing hypnosis into the performance arena
- Using hypnosis for performance enhancement, confidence, effective imagery, relaxation and re-focusing

## Plus the additional benefits an Inside Performance™ course brings...

- Great networking and knowledge sharing opportunities**, with people from different sports and experiences
- Personal attention from your trainers throughout**, as you would expect!
- Friendly and relaxed** learning environment with lots of 'doing', experiencing and essentially, a big dose of fun along the way too!
- Courses designed with you in mind** – our 7 day intensive for those that like learning all in one go, and our 9 day option, split into 3 easy learning blocks, with time in between to assimilate what you've learned so far
- Unique to Inside Performance™** – sport specific pre-learning materials, to enhance your knowledge and practical application\*



## Our Venues

We've invested in a small but select number of premium venues, which reflect the values and beliefs we hold about delivering a premium programme for you!

Because of this commitment to excellence throughout, you can guarantee that where ever you take one of our courses, you'll be situated in a fantastic environment that supports your learning experience.

### Included on the Inside Performance™ NLP for Sport Practitioner programme...

- Our NLP and Sport Psychology Home Learning Programme\* as pre-learning for the course and a useful resource for, during and after the programme
- Accreditation certificate as an \*NLP for Sport Practitioner, and attendance certificates for the Time Line Therapy™ and ABH Hypnosis Trainings
- Optional extra of completing the Emotional Intelligence Inventory (EQi) which provides an overview of your Emotional Intelligence (EI) profile. Because NLP focuses on many of the competencies that are incorporated within EI, this has proved to be an invaluable addition as it allows individuals to focus their personal development from the course on the areas of EI competencies that need the 'most attention'
- Water, Teas, Coffee and Biscuits throughout the day
- Lunch each day
- Full use of the grounds and leisure facilities
- Reduced price for overnight accommodation

## Who will be training on this programme?



Your main trainer will be Louise Deeley, a Certified ABNLP Trainer of NLP and TLT™, BPS Chartered Psychologist and a successful Performance Coach, Clinical Hypnotherapist and BASES Accredited Sport Psychologist.

At Inside Performance™ we will only use experienced and certified trainers for our programmes, matching expertise to requirements. This means you are learning and experiencing NLP and sport psychology from trainers who incorporate the attitudes, methods and behaviours of NLP in their own lives as a priority, ensuring integrity, ethics and a belief based on personal experiences in the results that NLP can bring.

## How do I book?

Simply give us a call on

**020 8398 2127** or drop us an email at [hello@inside-performance.com](mailto:hello@inside-performance.com) and we'll help you with any questions you may have and make all the necessary arrangements for you. Alternatively, you can book through our secure booking service on- line at [www.inside-performance.com/products.php](http://www.inside-performance.com/products.php) using credit cards or paypal.

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