Associations for NLP (IN)
Coaching, Hypnosis, Constellation, Artificial Intelligence
Mindfulness, Positive Psychology, Enneagram, NLPt
10777 Berlin, Winterfeldtstr. 97
Office email: office@we-evolve.world

IN Standards & Curriculum for:

"NLP Trainer, IN"

Entrance requirements: "NLP Master, IN"

Minimum: 130 hours / 18 days

www.NLP-Institutes.net

1. **Regulations for conducting training and issuing certificates**
2. **Required training content**
3. **Recommendation on how to structure the NLP Training Content**
4. **Invitation letter for training participants**

1. Regulations for conducting training and issuing certificates

Please find the details in the IN Certification Guidelines:
https://www.nlp-institutes.net/pdf/guidelines.pdf

2. Required training content

- **Basic foundations of "NLP Trainer, IN" competence**
  - the ecological and ethically sound use of NLP and the NLP axioms
  - behavioral competency in all "NLP Practitioner, IN", "NLP Master, IN", and "NLP Trainer, IN" skills
  - behavioral integration of the basic assumptions of NLP in group settings
  - systemic work with individuals and groups,
  - utilization of group processes and resources of participants
  - competence in group facilitation and conflict management
  - the ability to use several NLP techniques simultaneously
  - flexibility with one's own representational systems and perceptual filters
  - advanced rapport skills with individuals and groups
  - the ability to shift deliberately the focus between content and form
  - deep understanding of the difference between experience (territory) and label (words/map)
  - the ability to give accurate sensory based feedback
  - advanced rapport abilities (build and maintain rapport to each individual in the training group)
  - knowledge of psychological and neurobiological concepts, psychotherapeutic methods, and popular models of communication, as well as their integration within the NLP model
  - Ethical and legal issues in the practice of NLP

- **Mission and Vision**
  - Mission/Vision: Why do I want to conduct trainings?
  - Congruence/Charisma: How does my unconscious support me?
  - Where do I experience challenges?
  - Where do I need to grow / improve my skills / learn more for realizing my Mission?

- **From idea to structured step-by-step training plan**
  - What content do I want to cover in my trainings?
  - How do I create a detailed storyboard of my planned training in about 10 to 15 minutes sequences?

- **Marketing**
  - Who is my target group? What are their challenges? What do they want to learn?
  - What motivates them to come to my trainings? How do I know?
  - How do I promote my trainings offer so that they understand it and book my training?
  - Which marketing tools do I plan to use to reach my target group?
  - How do I successfully communicate with my target group?

- **Presentation skills and design**
  - Who, Metaphor, What, How, Where from, Why, Task for listeners
  - What is my preferred presentation style regarding rep-system, meta-programs, and values?
  - presenting on different rep-systems (VAK)
  - presenting on different meta-programs so that you reach all participants
  - presenting on different value systems (incl. leading with values)
  - Professional state- and self-management (built up of a circle of excellence)
  - design of emotional state sequence for listeners
  - energy choreography (use of e.g.: short tasks, questions, relaxation exercises, games)
  - verbal and nonverbal pacing and leading with groups
  - How do I use stage anchors?
  - Nested Loops design and motivation
  - frames for the end

- **Dealing with challenges**
  - Hecklers
  - polarity responder
  - problematic behavior of participants
  - in case I made something wrong or could not deliver what I promised

- **Exercise design, implementation, and debriefing**
  - How do I explain and prepare an exercise metaphorically (pre-framing, loops)?
  - How do I explain and demonstrate the steps of the exercise (process instructions, exercise design)
  - How do I create working groups?
  - Instructions for feedback in working groups (incl. monitoring)
  - Assessment of the learning in the exercise group

- **Working teams between the training days**
  - How do I initiate successful working teams?
  - group dynamic challenges: Tuckman's stages of group development: forming, storming, norming, performing

- Opt.* How do I introduce Buddies?

- **Assessment of participants training success**
  - How to assess, in unclear cases the entry qualification
  - Assessment parts during a training and at the end

- **Opt.* NLP Trainer and more**
  - Using NLP content in NLP related and new areas, e.g. in seminars regarding: Education, Business, Sport, Mediation, Coaching, Hypnosis, Constellation, Positive Psychology, Mindfulness, Enneagram, Life Design, Spirituality, Psychotherapy,…
  - Tools for small and big groups, e.g.: Open Space Technology, Appreciative Inquiry, World Café
  - Special approaches for NLP Trainer, e.g.: Social Panorama / Mental Space Psychology (Dr. Lucas Derks), Constellation (Bert Hellinger, Insa Sparrer/Matthias Varga von Kibéd, Rebecca Szeto), Process Oriented Psychology (Arnold Mindell), NLP Hero's Journey (Dilts/Gilligan, Joseph Campbell, "Mindfulness Master, In-Me")

Opt.* means that this content is only recommended, but not mandatory.

3. Recommendation on how to structure the NLP Training Content

For the all-in-all minimum of 18 days with 130 hours: "NLP Trainer, IN":

Main structure of the training
Our main recommendation is to use more than the minimum of 18 days with 130 hours on-site face-to-face training, and to include group supervision, a buddy system, self-experience, and self-organized intervision groups.

The following recommendations are thought as an inspiration
You are free to change the sequence of content, to add content, and to use different content, as long as the main topics of a "NLP Trainer, IN" are covered. Therefore, the following is for your inspiration and as a basis for our "NLP Master Trainer, IN" discussions.

Day 1: Introduction and Group Spirit

1.) Introduction (in the form of: Who, Metaphor, What, How, Where from, Why, Task for listeners)
2.) Info: IN ethics and quality standard, IN membership benefits, content overview of "NLP Trainer, IN"
3.) Basic NLP history (details in online platform) + basic axiom ideas + main NLP schools (e.g.: Bandler with Trance, Grinder with Whispering, Dilts with Success Factors, Woodsmall with Clare Graves, James with TimeLine, Bolstad with Science and Spirituality, Nielsen with NLPsy and Mindfulness)
4.) **Activation of the Group Spirit:**
   - Elevator Pitch: Who is here with what Vision and Mission? What is the intended outcome of each participant? In which areas does each participant highly welcome group support?
   - Communication and Feedback rules within the training in accordance with the NLP Axioms, e.g.: self-management, non-judging, client centered communication approach, positive intention.
   - introducing the idea of a Buddy System, self-organized intervision in working groups, and group supervision through assistants (resource angels)
   - self-perception and external perception: How do the others in the group see me?

The main idea of this first day is to:

- set effective frames for the training outcome
- organize an intensive group process where the participants get to know each other
- inspire the group how to support each other best, and
- clarify the Vision and Mission of the Training Concept of each participant that he can use to work on throughout the whole training.

For this, we recommend to let them intensively exchange and write down their first ideas about their Vision and Mission and their Training Concept, so that they can use the training content of each training day to approach more and more their very authentic and powerful own Training Style.

Day 2: Mission and Vision of the Training Concept

1.) Mission/Vision: Why do I want to conduct trainings? What solutions do I offer for which problems or goals of my target group?
2.) Congruence/Charisma: How does my unconscious support me?
3.) Where do I experience challenges?
4.) Where do I need to grow / improve my skills / learn more?
5.) Planning of conducting a seminar and finding participants. We highly recommend to find within the training group a buddy who accompanies as a kind of resource angel the seminar
6.) Planning of working groups, peer coaching, and supervision within the "NLP Trainer, IN" training
7.) Elevator Pitch for group support (30 seconds)

Day 3: Marketing

1. Who is my target group? What are their challenges? What do they want to learn?
2. What motivates them to come to my trainings? How do I know?
3. How do I promote my trainings offer so that they understand it and book my training?
4. Which marketing tools do I plan to use to reach my target group?
5. How do I successfully communicate with my target group?
6. Elevator Pitch for marketing support (30 seconds)

Day 4: Standard NLP Presentation format

1.) Who, Metaphor, What, How, Where from, Why, Task for listeners
2.) Short presentations of opening invitations in my own planned training in this format, e.g in Social Media, Zoom, or on site introduction evenings.

Day 5: Presenting in different rep-systems and meta-programs

1.) What is my preferred rep-system and what are my preferred meta-programs when I do a presentation? How can I expand this with ease?
2.) Elevator Pitch for introducing in my training using all rep-systems and meta-programs (30 seconds)

Day 6: Presenting in the value system of Clare Graves

1.) Basics in Value Systems and Developmental NLP (Clare Graves, Spiral Dynamics, Ken Wilber)
2.) What is my preferred value system when I do a presentation? How can I expand this with ease?
3.) Elevator Pitch for introducing in my training using the Clare Graves value system (30 seconds)

Day 7: Design of emotional states and energy choreography

1.) Creating emotional state sequences for listeners
2.) Creating a flexible energy choreography that supports learning

Day 8: Dealing with challenges

1.) Hecklers
2.) polarity responder
3.) problematic behavior of participants
4.) group dynamic challenges

5.) Tuckman's stages of group development: forming, storming, norming, performing
6.) in case I made something wrong or could not deliver what I promised

Day 9: Presentation 20 minutes with qualified feedback

1.) Minimum of 20 minutes presentations of opening invitations in my own planned training, e.g in Social Media, Zoom, or on site introduction evenings. This is for each participant with qualified feedback in front of a qualified group with at least six participants, including specific objectives and feedback provided by the group and a Master Trainer or Resource Angel ("NLP Trainer, IN" level).

Day 10: Exercise design

1.) How do I explain and prepare an exercise metaphorically (pre-framing, loops)?
2.) How do I explain and demonstrate the steps of the exercise (process instructions, exercise design)
3.) How do I create working groups?
4.) Instructions for feedback in working groups (incl. monitoring)
5.) Assessment of the learning in the exercise group

Day 11: Initiating successful working groups

1.) Sharing best practice recommendations
2.) How do I initiate successful working teams?
3.) How do I introduce Buddies?

Day 12: Handling Group Dynamics

1.) Tuckman's stages of group development: forming, storming, norming, performing
1.) At which stage is which subgroup of the training, and what are the main performing tasks?

Day 13: Tools for small and big groups (chose one of the following)

1.) Open Space Technology (OST) from Harrison Owen: OST is an effective, economical, fast, and easily repeatable strategy for organizing meetings of between 5 and 2.000 participants that has been used in thousands of organizations in 134 countries
2.) Appreciative Inquiry (AI): Appreciative Inquiry is the cooperative search for the best in people their organizations, and the world around them. It involves systematic discovery of what gives a system 'life' when it is most effective and capable in economic, ecological, and human terms. AI involves the art and practice of asking questions that strengthen a system's capacity to heighten positive potential.
3.) World Café for groups from 12 to 2.000 participants.

Day 14: Using NLP content in NLP related and new areas

1.) e.g. in seminars regarding: Education, Business, Sport, Mediation, Coaching, Hypnosis, Constellation, Positive Psychology, Mindfulness, Enneagram, Life Design, Spirituality, Psychotherapy,…

Day 15: Special approaches for NLP Trainer training (chose one of the following)

1.) Basics in Social Panorama or Mental Space Psychology (Dr. Lucas Derks)
2.) Basics in Constellation (Bert Hellinger, Insa Sparrer/Matthias Varga von Kibéd, Rebecca Szeto)
3.) Basics in Process Oriented Psychology (Arnold Mindell)
4.) Basics in NLP Hero's Journey (Dilts/Gilligan, "Mindful Hero, In-Me")

Day 16: Writing articles and conducting research about the benefits of NLP

1.) Best practice
2.) See article about questionnaires https://www.nlp-institutes.net/sources/projects/use-feedback-scientifically-through-questionnaires-and-polls

Day 17: Assessment I

1.) Minimum of 20 minutes presentations of a part of the planned training seminar of the participant. This is for each participant with qualified feedback in front of a qualified group with at least six participants, including specific objectives and feedback provided by the group and a Master Trainer or Resource Angel ("NLP Trainer, IN" level).

Day 18: Assessment II

1.) Assessment part II: 20 minutes presentations
2.) Plans for further mutual support and cooperation.
3.) Invitation and info about how to become a seal entitled "NLP Master Trainer, IN"
www.nlp-institutes.net/about/mastertrainer
www.nlp-institutes.net/sources/commissions/comission-in-ici-who-trainer-training-project

4. Invitation letter for training participants

Dear Graduate,

Congratulations - we are happy with you about your successful graduation!

Please join our worldwide professional community across 9 associations.

- The certified training courses of our associations are scientifically based, and meet highest international quality and ethics standards.
- With a sealed certificate, your membership is free of costs: no admission fee and no annual membership fees.
- There are many advantages, like the possibility of exchanging and networking with others worldwide, and editing your profile yourself.
- With our qualifications, we are committed to lifelong learning and contribute to a peaceful world.
- We are more than 13.000 members in 113 countries (as of 1/2026). Our members learn with and from one another. You are very welcome to join us.

To become a member is easy

1. via a group upload by your master trainer
2. **or** individually by registering here: **www.nlp-institutes.net/apply**
   through uploading an image/PDF of your sealed certificate

You can set yourself up in your profile

- whether your address (including phone and email address) should be displayed publicly
- whether you only want to show which city you live in
- what you particularly value about your qualification and the training you attended
- which topics are of particular interest to you
- upload a picture, publish a link to your own website, and much more

You can find more about us

- on the umbrella website www.We-evolve.World of our associations
- in our videos: https://youtu.be/kbXiJDous-g and https://youtu.be/-SVj_rGOt3Q
- on the website of our world congresses: www.in-ici.net
- on our Facebook: www.facebook.com/we.evolve.world
- on our resource websites: www.We-evolve.World/resources
- in the article from Stephan's NLP Magazine about the success story of our associations

With very best wishes
Nandana Nielsen & Karl Nielsen
Global Presidents of the 9 Associations
Professors at Universidad Central de Nicaragua (UCN)

Benefits for Master Trainers and their training participants

The most important advantages for our Master Trainers

1. **Marketing**: Joint marketing ensures high awareness and measurable success.
2. **Quality and ethical standards**: Worldwide standards create trust and credibility.
3. **Exchange of experiences**: Mutual learning promotes knowledge and competence.
4. **Projects & Synergies**: Working together on big goals leads to extraordinary successes.
5. **Cooperation instead of competition**: Joint action strengthens our community.
6. **Free profiles**: Participants receive free profiles, thus encouraging exchange.
7. **Live what you teach**: Authentic role models excite and inspire.
8. **University cooperations**: Opportunity for scientific work and further development.
9. **Surveys**: Satisfaction measurements before and after training to monitor success and learn best practices.
10. **Free membership in other associations**: Be active in several of our associations without additional costs. Enjoy our interdisciplinary approach.
11. **Internal forum**: space for exchange and mutual support.
12. **Training management**: Publish courses, invite participants, present training publicly and create certificates online

The most important Advantages for training participants

1. **Profile design**: Upload specializations, texts, images, link your website and be easily found via the member search. Give feedback on your qualifications and assess their quality.
2. **Exclusive resources**: Access to members-only discussion forums and materials – ideal for knowledge sharing and collaborative projects.
3. **Survey**: Use a questionnaire to measure your life satisfaction and progress before and after training.
4. **World Congresses**: So far, there have been six major in-person world congresses with culturally diverse approaches and inspiring perspectives.
5. **Sense of community**: Join a community that is committed to a more peaceful world and better communication.
6. **Always informed**: newsletters keep you updated with everything important.
7. **Marketing tools**: Use the official logos of our associations for your website.
8. **Anonymous contact system**: Let people contact you without sharing your email address.