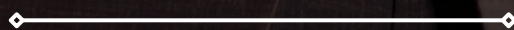




NLP PRACTITIONER

CERTIFICATION COURSE

DAY 1



@DR. YOGENDRA SINGH RATHORE



NLP PRACTITIONER

CERTIFICATION COURSE

The NLP system inspires people to achieve their true potential by leveraging unfair advantages to achieve their fullest potential. Start your journey to self-fulfillment and follow your passion for helping others while enjoying a rewarding career in the health and wellness industry. Yogendra Singh Rathod designed a two-day NLP foundation workshop to teach lifelong NLP skills and a step-by-step human mind technology that promotes excellence, wellness, happiness, and holistic development.

- Reprogram your neurons to spark growth
- Increase energy & momentum
- Eliminate mental blocks & patterns of failures, fear & anxiety
- Increase business opportunities
- More fulfilment and purpose discovery
- Increase sense of happiness
- Unlocking the money flow





NLP PRACTITIONER

01 GROUNDING EXERCISE

02 5 FRAMES OF NLP

03 HOW WE CAN INTEGRATE 5 NLP FRAMES IN LIFE?

04 STATES

05 2 TYPES OF STATES

06 AS IF TECHNIQUE

07 DELETION/DISTORTION/GENERALISATION



NLP PRACTITIONER

GROUNDING EXERCISE

START THE EXERCISE

- CLOSE YOUR EYES.
- SIT UP STRAIGHT WITH YOUR SHOULDERS RELAXED.

FOCUS ON BREATHING

- BREATHE NORMALLY.
- TAKE A DEEP BREATH IN AND OUT.

VISUALIZE ROOTS

- IMAGINE ROOTS GROWING FROM YOUR BACK AND LEGS.
- VISUALIZE THESE ROOTS GOING DEEP INTO THE EARTH.

STABILIZATION

- FEEL THE STABILITY AND GROUNDING FROM THESE ROOTS.
- UNDERSTAND THAT THESE ROOTS PROVIDE YOU WITH STRENGTH.

MAINTAIN FOCUS

- KEEP YOUR FOCUS ON YOUR BREATH.
- IF THOUGHTS ARISE, ALLOW THEM TO COME WITHOUT JUDGMENT.

AWARENESS

- ACKNOWLEDGE ANY WANDERING THOUGHTS AND GENTLY BRING YOUR AWARENESS BACK TO YOUR BREATH.

ENDING THE EXERCISE

- SLOWLY BECOME AWARE OF YOUR SURROUNDINGS.
- WHEN READY, OPEN YOUR EYES AND COME BACK TO THE PRESENT.



NLP PRACTITIONER

Understanding Coping Mechanisms

DEFINITION OF COPING MECHANISMS

COPING MECHANISMS: EMOTIONAL RESPONSES AND BEHAVIORS DEVELOPED TO HANDLE LIFE'S CHALLENGES.

ELEMENTS OF EXISTENCE

· **TWO ELEMENTS:**

○ **YOU:** INDIVIDUAL IDENTITY AND EXPERIENCES.

○ **ENVIRONMENT:** EVERYTHING SURROUNDING YOU, INCLUDING PEOPLE, CIRCUMSTANCES, AND EVENTS.

INTERACTION WITH ENVIRONMENT

CREATING SITUATIONS: INTERACTION WITH YOUR ENVIRONMENT LEADS TO VARIOUS SITUATIONS SUCH AS:

- DISEASE
- INJURY
- FINANCIAL LOSS
- FAILURE
- BREAKUP

RESPONSE TO SITUATIONS

- **REACTION:** THE WAY YOU RESPOND TO SITUATIONS FORMS YOUR COPING MECHANISM.
- **EMOTIONAL STATES:** GENERATED FROM HOW YOU REACT TO CHALLENGES.



NLP PRACTITIONER

TYPES OF COPING MECHANISMS

1. POSITIVE COPING MECHANISMS: CONSTRUCTIVE RESPONSES THAT FOCUS ON SOLUTIONS.

O EXAMPLE:

- CHILD SCORES POORLY IN MATHS:
- SEEKS HELP FROM A TEACHER.
- TALKS TO SUPPORT SYSTEM.
- PUTS IN EXTRA STUDY TIME.

2. NEGATIVE COPING MECHANISMS: DESTRUCTIVE RESPONSES THAT LEAD TO AVOIDANCE OR BLAME.

O EXAMPLE:

CHILD AVOIDS MATH, BLAMES THE TEACHER, OR STOPS ATTENDING CLASSES, LEADING TO A CYCLE OF POOR PERFORMANCE.

EXAMPLES OF COPING MECHANISMS

HEARTBREAK:

- **POSITIVE:** SEEKS PROFESSIONAL HELP, SPENDS TIME WITH FRIENDS, LEARNS FROM MISTAKES.
- **NEGATIVE:** ENGAGES IN EXCESSIVE DRINKING, EMOTIONAL EATING, OR SELF-HARM.

IMPACT OF NEGATIVE COPING MECHANISMS

CYCLE OF AVOIDANCE: CAN LEAD TO FURTHER PROBLEMS, INCLUDING:

- BLAME
- DENIAL
- INTERNAL SUFFERING



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CONTROL OVER COPING MECHANISMS

- **INEVITABILITY OF SITUATIONS:** LIFE'S CHALLENGES WILL ARISE, AND YOU CANNOT PREVENT THEM.
- **CONTROL OVER RESPONSE:** YOU CAN CONTROL HOW YOU DEAL WITH THESE SITUATIONS THROUGH YOUR COPING MECHANISMS.

INFLUENCES ON COPING MECHANISMS

CHILDHOOD CONDITIONING:

- UPBRINGING AND EXPERIENCES SHAPE YOUR RESPONSES.
- OBSERVING PARENTS' CONFLICT RESOLUTION METHODS INFLUENCES PERSONAL COPING MECHANISMS:
 - HEALTHY COMMUNICATION LEADS TO SIMILAR BEHAVIOR.
 - ANXIETY OR ANGER LEADS TO CONFLICT AVOIDANCE.

COMMON COPING STRATEGIES

CONFLICT AVOIDANCE: AVOIDING ISSUES DIRECTLY, LEADING TO:

- SUFFERING
- INTERNAL FRUSTRATION

PEOPLE-PLEASING: SAYING "YES" TO MAINTAIN PEACE, EVEN AT PERSONAL EXPENSE.

REFLECTING ON YOUR MECHANISM

SELF-ASSESSMENT: CONSIDER YOUR OWN COPING MECHANISMS:

- DO YOU AVOID CONFLICT?
- HOW DO YOU HANDLE ARGUMENTS?
- ARE YOU SILENT, COMMUNICATIVE, OR AGGRESSIVE?

UNDERSTANDING THE IMPORTANCE

AWARENESS OF COPING MECHANISMS: KEY TO MANAGING LIFE'S SITUATIONS EFFECTIVELY



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Six Types of Situations in Life

1. *Expected Situations*:

- Situations that align with your expectations.
- Can lead to feelings of happiness or neutrality.
- Example: Class starts on time, fulfilling your expectation.

2. *Positive Situations*:

- Situations that exceed your expectations.
- Result in feelings of gratitude, happiness, and joy.
- Example: Expecting to pass but receiving a high grade.

3. *Negative Situations*:

- Situations that fall below your expectations.
- May result in feelings of anger or frustration.
- Example: Facing disappointment after expecting a good outcome.

4. *Far Positive Situations*:

- Rare events that bring unexpected joy or relief.
- Example: A serious medical diagnosis turns out to be false.

5. *Far Negative Situations*:

- Events that cause trauma or tragedy.
- Examples: Accidents, loss, or unexpected death.
- Can lead to deep emotional pain.

6. *Mental Situations*:

- Imaginary situations created in your mind.
- We can create suffering based on thoughts, even without real events.
- Example: Worrying about a loved one's safety without evidence.

Key Takeaway:

- Life presents a mix of these six situations, and understanding them can help you manage emotions and expectations better.



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4 STAGES OF LIFE

1. VICTIMHOOD

- YOUR LIFE IS A PRODUCT OF OUTER SITUATION THAT CONTROLLING YOUR LIFE.
- A COPING MECHANISM -(BLAME STORY)
- LIFE IS HAPPENING TO ME

2. AWARENESS

- ACHIEVER CONSCIOUSNESS
- LIFE IS HAPPENING FROM ME

3. SURRENDER

- A STAGE WHERE YOU REALIZE THAT YOU ARE A MEDIUM & GRACE IS FLOWING THROUGH YOU TO MAKE THIS WORLD A BEAUTIFUL PLACE
- PROFOUND REALIZATION NOT A WEAKNESS

4. AWAKENING

- LIFE IS HAPPENING WITH ME
- YOU WILL START ACCUMULATING YOUR SURRENDER MOMENT.



NLP PRACTITIONER

4 STAGES OF LIFE

AREA OF LIFE	CURRENT STAGE	CURRENT INTENSITY	DESIRED STAGE
HEALTH	-	-	-
RELATION	-	-	-
BUSINESS & CAREER	-	-	-
FINANCES	-	-	-

AWARENESS - 0 TO 10

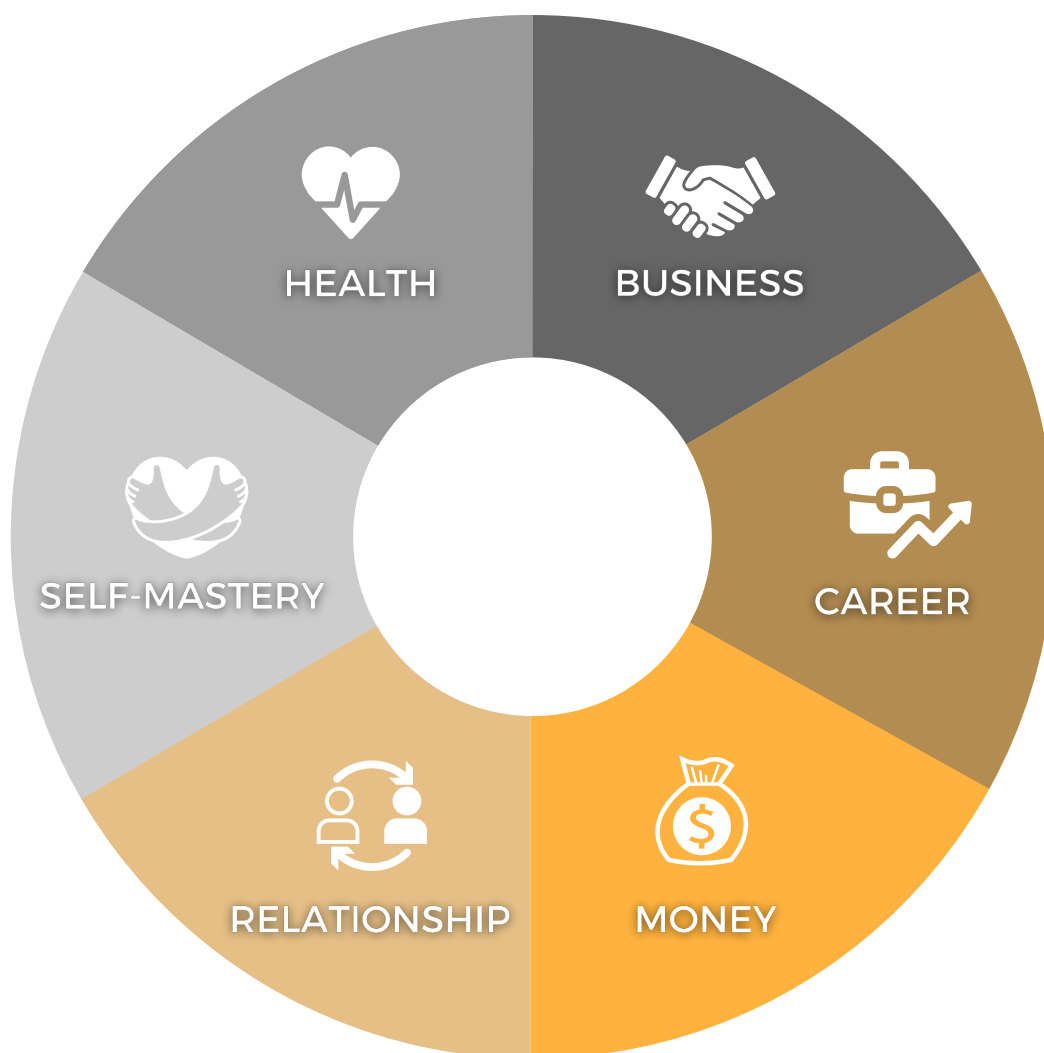
VICTIM HOOD - 10 TO 0



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6 AREAS OF LIFE





NLP PRACTITIONER

5 FRAMES OF NLP

1

CAUSE & EFFECT FRAME

IT'S A FRAME OF VICTIMHOOD OR A BLAME FRAME.

2

RESULTS VS EXCUSE

YOU ALWAYS FOCUS ON EXCUSE INSTEAD OF RESULTS.
YOU GIVE YOURSELF A JUSTIFICATION SO YOU DON'T FEEL GUILTY.

3

MIND & BODY ONE SYSTEM

A HOLISTIC FRAME
IF YOU FEED NEGATIVE COMMANDS IN YOURSELF, YOUR CELLS
WILL LISTEN & START RESPONDING.

4

PERCEPTION IS PROJECTION

THIS FRAME HELPS A LOT IF YOU LEARN TO BE REACTIVE
INSTEAD OF RESPONSE.
YOU WILL NOT GET TRIGGER, HURT, OR FEEL PAIN (IE, EQ, SQ, WQ)

5

RESPONSIBILITY

RESPONSIBILITY MEANS A DYNAMIC ACCEPTANCE WITH ACTION
ACCEPTANCE WITHOUT ACTION IS COMPROMISE



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HOW WE CAN INTEGRATE 5 NLP FRAMES IN LIFE?

LABEL YOUR FRAME



**WHenever you see yourself in some negative situation or feeling unpleasant, hurt, overthinking, discomfort, pain; ask yourself with which frame are you doing conversation?
Label the frame you are using**

DESIRED FRAME



**Ask yourself which frame you need to use to define the situation
Within 7 days you will be more aware & you label it and able to change it as well**



NLP PRACTITIONER

5 TYPES OF SENSES



VISUAL



SMELL



AUDIO



TASTE

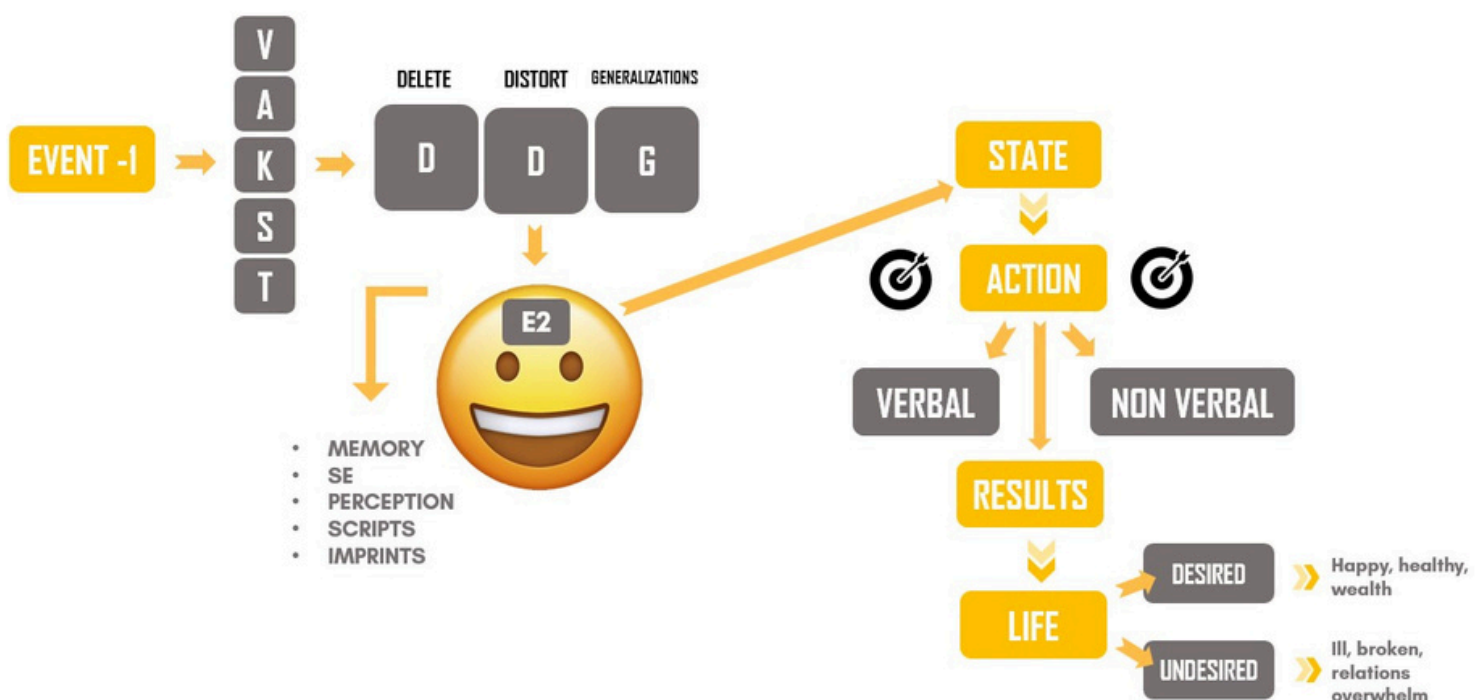


KINESTHETIC

E2 - INTERNAL EXPERIENCE

MEANING OF E2:


INTERNAL REPRESENTATION IN EXTERNAL PRESENT STATE CREATES THROUGH E2





NLP PRACTITIONER

2 TYPES OF STATES

POSITIVE & RESOURCEFUL STATES 	NEGATIVE UNWANTED STATES 
ENERGY	HURT
LOVE	FAILURE
PEACE	GRIEF
GRATITUDE	DEPRESSION
KINDNESS	JEALOUSY
CONFIDENCE	BLAME
-	COMPLAIN



NLP PRACTITIONER

WAYS TO CHANGE STATES

- AS IF TECHNIQUE
- CHANGE E2



ACCORDING TO NLP PRESUPPOSITIONS:

1. EVERY EXPERIENCE HAS A STRUCTURE.
2. IF YOU CAN CHANGE THE STRUCTURE, YOU CAN CHANGE THE EXPERIENCE.

NLP SUGGEST PRESUPPOSITIONS THAT IF IT WORKS FOR YOU THEN YOU CAN GO AHEAD. IF IT'S NOT YOU NEED TO FIND A DIFFERENT WAY.

3. AS IF TECHNIQUE :

STEP #1: CHANGE YOUR POSTURE (SPINE, NECK, CHEST)

STEP #2: CHANGE YOUR BREATHING 0

STEP #3: CHANGE YOUR FACIAL EXPRESSIONS (FOREHEAD, EYES, CHICKS)

STEP #4: CHANGE YOUR INNER DIALOGUE

4. ZERO-STEP:

SAKE OF THE NEGATIVE STATE BEFORE DOING ANY TRANSITION & THEN YOU WILL CREATE THE STATE & ALLOT AN OUTPUT.



NLP PRACTITIONER

DELETION/DISTORTION/GENERALISATION

YOU DELETE SO MUCH FROM INFORMATION.

- YOU CANNOT ABLE TO FEEL THE PRESSURE, TEMPERATURE, FEELING OR A TOUCH OF YOUR ENVIRONMENT BECAUSE YOU WERE NOT PROCESSING THAT.
- YOU WERE PROCESSING ON OTHER THING MEANS YOU WERE DELETING.

RAS:

RETUCULAR ACTIVATION SYSTEM



IT ZOOMS OUT THOSE THINGS OR OBJECTS FROM INTERNAL BLOCKAGE WHICH YOU SUPPOSED TO NEED.



NLP PRACTITIONER

DELETION/DISTORTION/GENERALISATION

DISTORTION:



EVENT WAS



BUT YOU MADE IT



EXAMPLE:

YOU FORGOT YOUR 5TH MARRIAGE ANNIVERSARY & YOUR WIFE SAYS
“YOU FORGOT” & “YOU DON’T LOVE ME”

- X IS **“YOU FORGOT”**
- Y IS **“YOU DON’T LOVE ME”**

GENERALISATION:



YOU GENERALISE WHOLE LIFE BY USING 2 EXAMPLES

ASK QUESTIONS:

- IS IT UNIVERSAL TRUTH OR A GENERALISE TRUTH?
- WHAT AM I MISSING IN THIS SITUATION?
- IS IT UNIVERSAL TRUTH OR IT’S YOUR OWN OPINION?