

*Time Line Therapy®,
NLP Coach & Hypnosis
Practitioner Certification
Training*



Presented by Quest for Success Ltd

Welcome

Welcome to the Quest for Success Ltd Time Line Therapy®, NLP Coach and Hypnosis Practitioner Certification Training information brochure. You've arrived here because you wish to continue your journey of learning and are looking for a compass to assist you in navigating your path.

At Quest for Success Ltd we are happy to guide you through the next part of your discovery of the mind and how it produces our outcomes and our behaviour.

Why is our training so very special?

That's an easy question to answer, it's our personal touch and attention to detail. Our focus is to share our great wealth of knowledge and experience with you. When you enrol on any of our courses you will experience a unique level of individual support and guidance throughout your training journey, for as long as you need us. This is our commitment to you. We are one of the only NLP Training providers to offer a formal **NLP Coaching Supervision Programme** for our graduates. You can even refresh your entire training, attending as many repeat trainings as you like, *absolutely free of charge* and experience helping others to learn by acting as a Quest for Success Ltd Coaching Assistant.

We are fortunate to have a team of very accomplished trainers and coaches who graduated at the top of the most rigorous NLP Trainers Training in the world and who have learned to train Time Line Therapy™ Techniques, NLP Coaching and Hypnosis from Drs. Tad and Adriana James. They are experts in the use of all the techniques and really know how to train them. Most importantly, their experience is practical rather than theoretical as they regularly use the techniques with their own clients in their therapeutic, consulting and coaching practices. Their training style is charismatic, motivational and accurate and they make learning with excellence easy and effortless for everyone.

Our courses are delivered to small groups, in an intensive format, which we believe is the easiest and most successful way of learning. Learning in a small group, close supervision and one to one attention from a highly qualified trainer are guaranteed. You will learn each discipline with precision, accuracy and elegance, qualities which are lost in larger groups. All of our courses are accredited and certified by the American Board of NLP, the Coaching Division of the American Board of NLP, the Time Line Therapy® Association and the American Board of Hypnosis and carry International recognition.

All our courses are flexible and multi-directional, so whether you wish to embrace your new learning to create success in Business, Coaching and NLP Therapy, Sport, Education (Teachers and Trainers) or for your own personal journey of development, our courses have everything you need. Each course is bursting at the seams with added extras which we know you will enjoy and value.

Time Line Therapy® Practitioner Certification

Time Line Therapy™ techniques represent a very special area of learning and personal development. This unique technique is used around the globe by thousands of qualified practitioners who consistently achieve and report their magnificent results. Practitioners of Time Line Therapy™ Techniques are carefully supported and monitored by the Time Line Therapy™ Association to ensure the continued integrity of the process. Any Time Line based technique which is advertised without the Time Line Therapy™ Associations registered trademark simply isn't Time Line Therapy™ Techniques as developed and perfected over 30 years of experimental study by Dr. Tad James.

At Quest for Success Ltd, we believe that it is essential to your success as a Time Line Therapy™ Techniques Practitioner that you are comfortable and confident with how to structure a session with a real life client. There is a great deal of pre-framing and teaching work that you need to master to enable your clients to produce really successful results, every time. For this reason, we dedicate part of your NLP Practitioner Training to ensuring that you master this discipline properly.

Time Line Therapy™ has three major components:

- ❖ Releasing negative emotions from the past
- ❖ Removing limiting beliefs and decisions
- ❖ Placing a compelling goal into your future and causing it to happen

Many techniques in the personal development and therapeutic profession have mechanisms in place to *manage* negative emotions. The most popular in recent times are *Anger Management* and *Stress Management*. To merely manage an emotion implies that you are going to continue experiencing it, just in a self-controlled way. Whilst this has its place, it is a bit like placing a plaster over the wound. It keeps the problem covered up in the hope that it won't become further infected and that it will eventually heal. Time Line Therapy™ Techniques is different because the negative emotions are actually permanently removed.

So, why remove negative emotions from your past? Some past memories carry with them something which for you is unresolved and incomplete. The unresolved baggage is the negative emotions that you experienced in the past which are now residing, without an invitation within your body. These squatter emotions manifest as an emotional weight attached to certain memories and they still weigh you down as you continue to carry them around.

Life happens to all of us and the way we create new mechanisms for coping is to learn from and ascribe meaning to those events which weren't particularly pleasant or indeed downright awful. The Time Line Therapy® process enables you to develop new strategies and future proof yourself from similar events, so you react more positively and are more prepared to face life's challenges head on.

Carrying around all your old feelings of frustration, apathy, dissatisfaction, anger, sadness, grief, hurt, guilt, getting irritated when something is happening to you *again* and putting up with it again, is only going to take its toll on your emotional and mental health.

Many people put up with feeling bad and don't even know that the underlying cause of their underperformance is what they are carrying unconsciously inside. All of those past negative emotions that they experienced and all the limiting decisions about themselves get stored up and filed away, in a self-perpetuating loop, without an exit.

After completing Time Line Therapy®, you actually set in motion a beneficial feedback loop that leads to even greater level of mental and emotional health. As you remove the emotional chains of negative emotions accumulated in your body's memory from past events, you have an easier time dealing with anything life throws at you. Once you experience freedom from past unresolved negative emotions and you begin to let go of your limiting beliefs and decisions about your own capabilities, life suddenly becomes filled with success and much more fun!

Course Content

Time Line Therapy® Practitioner Certification Training is a highly interactive and immersive training with the intent of ensuring you are a confident and elegant practitioner who is ready to work with clients and get really tremendous results.

- ❖ Introduction to the major Time Line Therapy™ techniques.
- ❖ The Prime Directives of the Unconscious mind and how to present them to your client.
- ❖ How to pre-frame your client before they work with their Time Line.
- ❖ Teaching your client about the gestalt.
- ❖ Elicitation of the Time Line and how to deal with 'I don't know'.
- ❖ Guiding your client along their Time Line with a Test Flight and how to deal with any difficulties.
- ❖ Discovering the root cause.
- ❖ How to describe the Time Line concept to the client so that it is easy for them to understand.
- ❖ Teaching the client about the Time Line and how to demonstrate the Time Line positions.
- ❖ Releasing negative emotions from the past.
- ❖ How to elicit and develop the learnings the client discovers on the Time Line with Clean Language.
- ❖ What to do if the emotions don't release immediately.
- ❖ Useful packaged reframes for positive learnings.
- ❖ Working with clients who don't feel emotions on the Time Line.
- ❖ What to do if a client associates into a traumatic memory.
- ❖ Understanding how to recognise a limiting decision and a limiting belief.
- ❖ How to remove limiting beliefs and decisions on the Time Line.
- ❖ Understanding why the emotions disappear.
- ❖ Working with the Time Line to remove anxiety.
- ❖ Understanding how the client relates to time.
- ❖ Changing the direction of the Time Line.
- ❖ How to teach your client to set goals.
- ❖ The technique for putting a goal into the future Time Line.
- ❖ Working with trauma on the Time Line.
- ❖ Understand the practical aspects of working with clients and charging models.
- ❖ How to produce a Client disclosure and statement of scope of practice.
- ❖ Understand how to put together a complete Time Line Therapy™ techniques session.

We cover every aspect of working with Time Line Therapy™ Techniques at a level of detail that will ensure you graduate as an excellent Practitioner of Time Line Therapy®. Time Line Therapy™ techniques are so very powerful and amazing that they deserve to be executed really well by the most proficient Practitioners in the profession. Let's make sure that you are one of the best.

Practical Applications of Time Line Therapy™ Techniques

‘So, once I’ve learned Time Line Therapy™ Techniques, how can I use it?’

Time Line Therapy™ Techniques has many applications, some very obvious and some that you may not have considered before.

In Coaching

Time Line Therapy™ is a collection of essential skills that any quality coach would be pleased to add to their toolkit. Barriers that could take months of traditional coaching to overcome can be broken down quickly and easily, leaving the path ahead clear for the coachee to progress towards their desired goals. The practitioner learns how to gently guide their clients to a more focussed understanding of their problem and then to assist them to resolve the problem rapidly, easily and effortlessly. The speed and magnitude of change that clients can achieve is truly amazing.

In Therapy

Years of therapy and dependence on prescribed medication can be completely avoided when the therapist has Time Line Therapy™ techniques at their disposal. The techniques are widely used to work with depression (GP diagnosed or not), stress, anxiety, panic attacks, low self-esteem, post natal depression, eating disorders, body dysmorphia, inappropriate and misplaced anger, fear, extreme phobia and Post Traumatic Stress Disorder to name but a few. By gently guiding the client through a simple process, the most incredible personal change can be achieved in a very short period of time compared to the more traditional psychological approaches. The results achieved are permanent and self-maintained by the client.

In Business

Time Line Therapy™ techniques are perhaps best known for their application in coaching and therapeutic environments. People are often quite surprised to hear that the techniques can be used to create significant performance enhancements in a business corporate setting. By removing personal barriers to success, staff performance can be rapidly improved with an attendant improvement in performance of the bottom line. Motivated and happy staff will perform much more proficiently on a daily basis than those who are hampered by negative feelings and long standing grudges from the past. Sales people who are free from the fear of selling and who fully believe in their ability to sell will have performance figures which surpass their colleagues and competitors by a great margin. Presentations, proposals and pitches delivered without anxiety and fear will be received more readily by an audience who want to be convinced and staff who have a problem with time management can gain control of their perception of time.

In Sport

A key element to success in any sport is mental preparation. Science has proved through extensive research that the mind-body connection is real, so physical health and performance is driven by the mind. The ability to have total belief in ability, to visualise positively, to control the emotional reaction to pressure situations and to focus totally on the desired outcome are all key to success and enjoyment in sport and performance. By incorporating Time Line Therapy™ Techniques into their preparation, sports men and women can maintain total control over mind and body, before, during and after their performance. Time Line Therapy™ Techniques have also been used to great effect in sports rehabilitation, to remove the emotional content of traumatic experiences, regain confidence and self-esteem and facilitate physical healing.

In Personal Development

Time Line Therapy™ techniques will also smooth the path of your own journey towards excellence and applied as part of your daily routine, can create a powerful and energetic future.

NLP Coach Certification

Included in your NLP Practitioner Certification Training is the NLP Coach Course. Our NLP Coach Certification represents the culmination and successful blending of all the learning and experience you gained during both your NLP Practitioner Certification and your Time Line Therapy® Practitioner Certification. We will train you how to utilise and apply all of your skills in a coaching context. As qualified coaches ourselves, we have poured all of our knowledge into the design of the course, which includes new coaching techniques and a coaching model which is unique to Quest for Success Ltd. This part of the course represents the most current and the most advanced coaching technology.

There is no secret in the fact that a large percentage of the world's most successful people find resonance in the personal growth services provided by coaching professionals. World Class Athletes, A-list Movie Stars, Fortune 500 Business Managers and CEO's and Political Leaders worldwide use personal coaches to provide challenges and support, to gain a clear picture of their limitations and assist them in eliminating them, and to enable the attainment of astonishing goals in their continuing pursuit of excellence.

Many other personal development technologies are good at uncovering problems but don't give you a professional toolkit to support easy, painless and rapid change. The NLP Coach training offers you access to the most effective coaching tools that exist today and our purpose is to make them available to you to improve life, wellbeing, relationships, income and career.

It has long been acknowledged within the personal development community that NLP is the technology of coaching. NLP is by far the most practical, visionary and results oriented technology of understanding and getting in control of our thinking process.

In general, people are blinkered to the fact that their past experiences manipulate and mould their deepest belief systems and values which strongly influence their future results. In NLP Coaching we utilise the highly resonant technologies within NLP and Time Line Therapy® Coaching Techniques to resolve past issues and clean up the past, paving the way for the application of a highly focused and structured approach to the creation of the ideal future.

The combined knowledge of NLP, Time Line Therapy™ Techniques, and Hypnosis create a very powerful set of skills that enable the NLP Coach to assist their clients to take action toward the realisation of their goals. It is important to understand that this set of techniques and skills enables the NLP coach to assist the client in taking responsibility for their results, to increase their optimistic attitude by focusing on positive internal emotional states, self-confidence, inner power, decisiveness and self-reliability, using a powerful toolkit which creates a clear and precise picture of coaching.

The Coaching Division of the ABNLP have thoroughly researched the field of Coaching as it exists today. The results illustrate beyond a shadow of a doubt that NLP already has the most advanced coaching skills and standards embedded within it. The ABNLP standards for NLP Coach exceed the standards of every coaching organisation that was considered as part of the development research worldwide. The research focused on excellence within the coaching profession by putting the highly professional standards of the ICF (International Coach Federation) under the microscope, applying acute attention to detail, ensuring that each and every one of the 11 coaching competencies is met and in most cases exceeded. This is important!

Course Content

Quest for Success Ltd have invested a great deal of thought and care into the design of the NLP Coach Course and we are confident that it combines thinking from the best sources in the world and delivers learning which will produce excellent NLP Coaching.

- ❖ Understanding yourself as an NLP Coach, what does it mean?
- ❖ Why coaching is useful and when you would use a coaching approach.
- ❖ Coaching for conscious and unconscious integration.
- ❖ Understanding what coaching is so that you can explain with confidence.
- ❖ The difference between coaching with a small 'c' and Coaching with a capital 'C'.
- ❖ The uses of NLP Coaching.
- ❖ What makes a successful NLP Coach?
- ❖ What sets NLP coaching apart from other approaches?
- ❖ Frames for thinking about coaching
- ❖ Creating a 'Coaching Bubble'.
- ❖ How to access your Coach State.
- ❖ Thinking about Neurological levels in Coaching.
- ❖ Learn to use the Quest for Success UCHANGE™ Coaching Model.
- ❖ How to give constructive feedback.
- ❖ Contracting with the client and the coaching session agreement.
- ❖ How to organise your documentation with coaching plans and progress reviews.
- ❖ Understand the on-going nature of coaching with the NLP Coaching Cycle.
- ❖ Familiarisation with the ABNLP Coaching Standards and Ethics.
- ❖ Receive all of the research information that will allow you to demonstrate coaching competence as measured against the ICF.

You may already be working in the coaching profession, you may be looking to create a whole new business or service portfolio with NLP Coaching or you may be excited about receiving a new framework into which you can place your NLP work. However you are looking to coach with NLP, you will certainly enjoy thinking like an NLP Coach.

Hypnosis Practitioner Certification

Hypnosis is the practice of working with altered states. It is a gentle, yet powerful catalyst for personal change. You now have the amazing opportunity to really develop your Hypnosis Practitioner skills as part of your NLP Practitioner Certification Training.

The Hypnosis Practitioner Certification course has been carefully designed to fully prepare you to start working with clients immediately and to encourage change and transformation when working with altered states. Part of your training will concentrate on the ethics of working with hypnosis and when you should and more importantly, should not accept clients. We are dedicated to ensuring that you leave this training as ethical, ecological and safe practitioners of hypnosis.

We think that you will also be a little surprised when we really consider hypnosis as a business tool, something for coaching, education, sport, as well as the more evident therapeutic applications. We have fully embraced the thinking that hypnosis is about altered states, so hypnosis need not only mean working with single clients in deep trance.

During our Hypnosis Practitioner Certification Training you will discover that the techniques which you focussed on during your NLP Practitioner Training form a critical part of and harmonise seamlessly into this training. You will build up your experience of using Ericksonian Induction Techniques. We will layer in different elements of an induction with each practical exercise, building up your abilities until you are clearly the most confident and elegant practitioners of Ericksonian hypnosis techniques. You will also be introduced to working with a pendulum, which will reveal an additional approach to physiological change that you will be able to offer to your future clients.

All of our trainings are highly interactive and this is no exception. You will have plenty of opportunity to develop a solid understanding of hypnotic induction and to sense the experiences of your client through the formation of your own image of what trance feels like.

At the end of the training, you will be confident in the ethical and ecological utilisation of Ericksonian induction to facilitate change at the unconscious level, with a focus on safety for both yourself and your clients. You will have increased your imagination and will use language with elegance and precision, providing a solid base on which to elevate your hypnosis skills to Master Practitioner level.

Course Content

Our Hypnosis Practitioner Course has been carefully designed to take the mystery and misconception out of the social norms of hypnotic intervention. Creating change using altered states is all about the skilful crafting and delivery of language that encourages psychological shifts and personal transformation.

- ❖ A journey through time to understand the origins of hypnosis and trance work.
- ❖ Understanding the generic misconceptions about hypnosis and how to explain the truths.
- ❖ How to define hypnosis and understanding the different professional levels.
- ❖ Embedding an ethical and ecological approach into your work with hypnosis.
- ❖ The Prime Directives of the Unconscious Mind and how to explain them to your client.
- ❖ Understanding the different levels of trance and how to recognise them.
- ❖ Preparing your client to work with altered states, how to explain the process and increase comfort and trust.
- ❖ Techniques for testing how suggestible to your instructions your client is likely to be.
- ❖ Understanding how Milton Erickson approached his particular school of hypnosis.
- ❖ Learn about Milton Erickson – the man.
- ❖ Discover how Milton Model language can be easily developed and utilised to generate altered states in your client or audience.
- ❖ Crafting positive and powerful suggestive language and delivering it to your client for amazing change.
- ❖ Learn how to create and maintain your own altered state for working with clients.
- ❖ How to utilise your physiology to get improved results.
- ❖ Learn how to find your ideal hypnotic voice.
- ❖ Understand how to assist your client to reach the desired altered state with a range of deepening techniques.
- ❖ How to identify when a post hypnotic suggestion is required and how to design and embed it.
- ❖ Learn how to write elegant and powerful scripts for use with clients.
- ❖ How to work with a pendulum, it's not what you think!
- ❖ Understand and practice the construction of a complete hypnotic intervention.
- ❖ How to use hypnosis for yourself.
- ❖ Understand when working with hypnosis is not recommended.
- ❖ Regulation of the profession.

Practical Applications of Hypnosis

Ask everyone you know what they believe to be true about Hypnosis and trance and we guarantee that around 90% of people will talk about stage shows, loss of control, humiliation and hard hitting entertainment created on TV that seeks to manipulate the human mind. What they don't appreciate is that there is a very serious and successful profession operating all over the globe that generates change and excellence through the ethical use of hypnotic technique.

In Business

"Hypnosis is great and I enjoy it, I couldn't use it in my business life though." We hear this a lot. There exists a common misconception that hypnosis is only for therapeutic application and for use by those who consider themselves hypnotherapists. Hypnosis is about altered states and the elegant use of language. When you frame Hypnosis in this way, a whole new vista of opportunity emerges. As a presenter, speaker, sales person, influencer, negotiator, leader and manager, the state of the people you communicate with is critical to your success. Learning how to positively and ethically influence the emotional state of business relationships and to use your language to create deep understanding and open up new thinking processes provides you with a toolkit that will seriously enhance both your performance and effectiveness within the work place.

In Coaching and Therapy

When you consider that all of the techniques we make use of in NLP and indeed in NLP Coaching, work with some type of altered state, we are consistently working with hypnotic technique even though we don't label it as such. The skills developed by a coach or therapist trained formally in hypnotic technique are built around recognising and guiding the nature of the altered state and utilising their language in a powerful and creative way. The ability to skilfully move a client from light to deep trance enables us to create deep and lasting change for the client and assist them in achieving their desired results.

In Education

The ideal state for learning is an altered state. Adults and children alike learn best when they are calm, relaxed and focussed on their learning task. The teacher, trainer or instructor who can use their language skills to create the ideal learning state will experience enhanced learning capability in their students and a level of classroom focus that provides a wonderful environment for learning. The positive use of suggestive hypnotic language generates unconscious and conscious learning, making the absorption and retrieval of information effortless and enjoyable.

In Sport

Sports competitors often refer to what they call 'the zone' and how they need to be in it to produce their optimum performance. 'The zone' is an altered state that produces the psychological and physical conditions necessary for them to produce excellence in their sport. Champions in any sport know exactly what their 'zone' is and have become expert at creating it on demand. Coaches who wish to assist sports persons to develop their ideal performance state would benefit enormously from introducing hypnotic language to create that special altered state. Combined with NLP techniques, hypnosis provides a very powerful approach to sports and fitness coaching.

Your own journey

Awareness of altered states and a command of hypnotic language are essential elements to successfully managing your own performance. Self-hypnosis can easily become part of your daily routine to facilitate your performance, learning and ability to really embrace true physical and mental relaxation which contributes significantly to your overall health and sense of wellbeing.

Our Venues

Quest for Success Training & Coaching Centre

Our Manchester venue engenders the best of what rural Manchester has to offer. The Quest for Success Training & Coaching Centre is ideally located within easy access of the motorway network, only two minutes from J21 of the M62 Motorway. Only a two minute walk from the MetroLink tram service and local bus routes which service Manchester City Centre and surrounding towns every fifteen minutes.

The Centre is a short distance from the peaceful Saddleworth hills, ideal for those who enjoy walking, cycling, climbing, horse riding and peaceful contemplation. Years of training experience has demonstrated what a really great training venue should look, sound and feel like and we have created it here. As a bespoke venue, we have complete control over the learning environment, offering you the space you desire to reflect, learn, think and breathe.



Crowne Plaza – Athens City Centre



There are more surprises than first meet the eye in the busy centre of Athens. Built on the banks of the ancient Ilissos River, once mentioned in Plato's writings and still flowing secretly beneath the property's main road, the **Crowne Plaza Athens City Centre** is an ultra-modern tribute to Athens' rich past and the city's millennia of fascinating history.

The award-winning hotel lies strategically in the central Athens suburb of Ilissia, named after its hidden historic river, away from the hustle and bustle and only a 20-minute leisurely walk from the happening heart of the capital. There's a roof top pool too!



Schedule of Training 2016

Intensive NLP Practitioner Certification© Training

Including:

Time Line Therapy® Practitioner Certification

NLP Coach Certification

Hypnosis Practitioner Certification

2016

5th – 12th March

Quest for Success Training & Coaching Centre, Greater Manchester

7th – 14th May

Quest for Success Training & Coaching Centre, Greater Manchester

28th – 31st May

Athens Part 1

25th – 28th June

Athens Part 2

10th – 17th September

Quest for Success Training & Coaching Centre, Greater Manchester

Contact Quest for Success Ltd

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We look forward to connecting with you soon.