



# NLP & Learning 2008

“We’ll prove that learning is easy.”

Over a three year period at the Metropolitan Police Training School I led a team that used NLP as a means of improving learning performance in those students who were failing the intense 18 week initial training course. By the end of this period we had evolved a model that was proven to increase exam marks between 10-30% with only 2.5 hours of coaching - and that those improvements remained after the coaching period ended as long as the study method continued to be followed.

That method is still in use today at Hendon and has also been taught at the Scottish Police College.

We weren’t intending to run this course this year, but have been approached by a number of Questies. So, if we have enough people who want to be coaches we’ll use the weekend we were going to visit my mother. You see the sacrifices we’re prepared to make? (and how much I need you to want to come!)

The course will be held in Regents College.

The dates for the course are Saturday 27th and Sunday 28th September 2008.

The cost is £226 + VAT (£265.55) including all course materials, my Powerpoint presentation, and a pdf of the workbook so you can run the course for yourself..

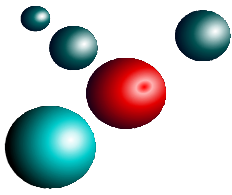
Payment in full is required before commencement of the course and places will be secured on a first-come basis.

## The 2 day training will cover the following:

- The Three Keys to Learning
- The difference between remembering and recalling
- Structuring notes to suit you.
- The importance of chunk size
- Submodalities and learning
- The secret about revision that makes the difference
- Study methods to suit each learning type
- How to assess someone’s learning style.
- Strategies and how to use them to assist recall
- Metaprograms and their impact on learning
- The importance of state-dependent learning
- Anchoring the learning state

## You will leave with:

- The knowledge to be an excellent learner
- The ability to coach others
- The right to use the Quest Learning Coach logo
- The Powerpoint and workbook from the course so you can teach it too! I know, our generosity amazes us too...



## Registration for the Quest NLP & Learning course 2008

Please reserve a seat for me on the forthcoming course:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Post code: \_\_\_\_\_

Email: \_\_\_\_\_

Telephone number \_\_\_\_\_

Signed: \_\_\_\_\_

I enclose a cheque for £265.55 inc VAT made payable to TQI Ltd.

The Quest Institute, Old Ness Farm, Ness Road, Burwell, Cambs. CB25 0DB

Please tick here if you require a receipt