



**Associations for
NLP, Coaching, Hypnosis, Constellation
Mindfulness, Positive Psychology**
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IN Standards & Curriculum for: “NLP Essence, IN”

Minimum: 16 hours / 2 days

Recommendation: 4 x 4 hours

www.NLP-Institutes.net

1. Binding regulations regarding the training organization and the certificate
2. Required training content
3. Benefits and invitation letter for training participants

1. Binding regulations regarding the training organization and the certificate

Please find these details in the IN Certification Guidelines:

<https://www.nlp-institutes.net/pdf/guidelines.pdf>

2. Required training content

The “NLP Essence, IN” program is an experiential introduction to Neuro-Linguistic Programming, designed to offer participants a direct exploration of subjective experience. The curriculum provides a shared structural framework while allowing each trainer to bring their own style, language, depth, and personal presence into the training.

The focus of the program is not on theory or intellectual understanding, but on **experience, awareness, and personal insight**. Participants are invited to discover for themselves what works best in their own subjective experience.

Core themes to be covered

1. Introduction to NLP

NLP presented as a model of subjective experience.

Exploration of how individuals create meaning, perception, and behavior through internal processes.

2. The Pillars of NLP



Exploration of the foundational principles of the NLP approach:

1. **Outcomes** – clarity of intention and direction
1. **Sensory Awareness** – openness of perception and presence
1. **Flexibility** – adapting behavior to achieve results
1. **Ecology** – alignment of change with the wider system
1. **Responsibility** – ownership of choice and personal power

These principles are explored primarily through experience, reflection, and discussion.

3. NLP Presuppositions

Introduction to the understanding that NLP is based on a set of core presuppositions that shape thinking, communication, and behavior.

The presuppositions are not taught as theory, but explored through direct application to personal challenges or goals.

4. Neuro-Logical Levels (NLN)

Introduction to the Neuro-Logical Levels as a model for understanding the structure of change, including environment, behavior, capabilities, beliefs, and identity.

Used as a framework for reflection and self-observation

5. Representational Systems (VAK)

Exploration of how subjective experience is processed through visual, auditory, and kinesthetic channels.

Development of awareness of individual differences in perception and communication.

6. Language and Influence – Milton Model

Introduction to indirect, permissive, and suggestive language patterns inspired by the work of Milton Erickson.

Use of metaphor, open language, and guided focus to influence internal experience.

7. Resources and Resourceful States

Exploration of internal resources and emotional states.

Developing awareness of how resourceful states can be accessed, strengthened, and utilized in everyday life.

8. Anchoring

Introduction to anchoring as a method for linking internal states with internal or external triggers.

Practical exploration of creating and activating resourceful states.

9. Timeline and Goal Work

Exploration of time perception and goal-setting through the Timeline model.

Participants investigate how past experiences can become resources and how desired states can be projected into the future.

10. Integration and Reflection

Space for sharing experiences, personal insights, and integration of learning.

Emphasis on applying discoveries to daily life, communication, and personal development.



Spirit of the Program

The “NLP Essence, IN” curriculum is intentionally open and flexible.

It provides a shared orientation rather than a fixed sequence or rigid methodology.

Each trainer is encouraged to:

1. emphasize experience over explanation
1. follow what emerges in the group
1. invite curiosity, presence, and experimentation
1. honor each participant’s subjective experience

In the spirit of the early days of NLP, the program emphasizes **exploration, feedback, and discovery** rather than formal theory.

Written and Behavioral assessment

The mandatory written test assesses the integration of the required “NLP Essence, IN” training contents and ensures high-quality learning. The test should reveal the comprehension and integration of the main content.

Contents and form of the written assessment are chosen by the “NLP Master Trainer, IN”.

Contents and form of the behavioral assessment should be tailored to the relevant experiences of the participants.



3. Benefits and invitation letter for training participants

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.

Please find here the [article on the success of our associations.](#)



Invitation letter for training participants

Dear Graduate,

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

Please become a member of our worldwide, professional community of our 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 12/2025). 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 of our associations: www.We-evolve.World
- 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

With very best wishes

Nandana Nielsen & Karl Nielsen

Presidents of the 9 Associations