

## **Getting Started When thinking about NLP practitioners**

### **The My Positive Change Guide to choosing the right provider**

The first thing to consider when looking for an NLP practitioner is what is the outcome you are looking for. There are practitioners of NLP with many areas of specialism, and just because a person is qualified does not necessarily mean that they can provide the right service for you.

If you are looking for someone to coach you around personal problems, you will be looking for a whole different set of skills to someone who can help your sales team perform better, so it is very important to think about what the ideal final result is before researching providers.

Check the credentials of the people you investigate. Unfortunately it is possible to become an NLP practitioner with as little 40 hours training, however people who follow this fast track route often have only been shown a basic techniques and have no understanding of the principles that underlines NLP techniques.

My Positive Change's primary practitioner, Gavin Watts, was trained by Pegasus NLP who are members of the Professional Guild of NLP. This means that he has completed a training of a high standard, which includes a thorough understanding of the principles of NLP. As a member of the guild, you can be sure that Gavin follows an ethical code of practice in all that he does. When looking for a practitioner you should make sure that they are recognised by either the Guild or by INLPTA. This ensures that they have completed a full syllabus training scheme. Using any other practitioner could actually result in being seriously misinformed and maybe even on the receiving end of some dangerous, unregulated practices.

Since membership of a recognised guild is not a requirement of being an NLP practitioner, the only way you can ensure that people adhere to a recognised code of practice is to choose a practitioner who subscribes.

Ideally you should approach a practitioner who has been recommended by someone else, but if that isn't possible you should speak to them in person before any type of face to face contact. Trust your instincts, if someone makes you feel uncomfortable don't book to see them. Don't be afraid to ask questions, remember you are the customer. If you are not completely sure end the conversation and take some time to think about.

Never go and see an NLP practitioner if they are not willing to give a price for the session. As a customer you should know how much a service is going to cost before you take them up.

Some NLP practitioners can be very clever in the way they manipulate customers into coming to see them, and will often use clever language patterns to then make you commit to a number of sessions up front, usually at a very expensive rate. Ethical NLP practitioners should come from the perspective of 'You are the expert in you'. In other words if you feel that your contact should stop you should have the right to stop contact, without losing a huge amount of money.

When you have decided upon a practitioner and arranged your first session you should spend a bit of time thinking about what is most important to you to get from the session or sessions. This will help keeping the costs down and ensure that you only have the sessions you need. It will also help your practitioner to tailor activities to match your needs. Most ethical practitioners welcome information before you first meet, the more information you give the more productive your first session will be. Any future sessions will probably be worked out during your first session.

NLP can help in a number of ways, but on the whole you should not expect any miracle cures. Most NLP work requires you to put in work to keep things moving along in the right direction. Very often its about giving you the skills to be able get the result you are looking for, and like most skills they need to be practiced to be effective. This is not always true, particularly in the areas of phobias, a skilled practitioner can break phobias in one session for life.

Sometimes NLP techniques can feel a bit weird, and can often leave you feeling tired. This is normal, since it involves using the brain in ways that you are not used to.

We wish you every success in your search and your work with a practitioner.