

Coach / Master Coach Curriculum – EANLP



Participation Requirements

- NLP Practitioner certificate (EANLP or equivalent) for *Coach EANLP*
- NLP Master certificate (EANLP or equivalent) for *Master Coach EANLP*
- The NLP Master certification may be completed before, during, or after the Coach training
- Emotional stability
- Completed or advanced university studies (final year)
- Minimum age at certification: 25 years
- Access to appropriate technical equipment for online participation

Trainer Qualifications

- EANLP-certified Master Trainer with coaching training competency

Trainer Requirements

- Prior to the training, the training project and all informational/promotional materials must be submitted to EANLP for approval
- The qualification documents of the lead trainers must also be submitted for review and approval
- Trainers will receive written feedback within 14 days

Duration

- Minimum of 144 training hours, including testing, spread over 18 or more days
- Following the assessment, at least 15 hours of individual or group supervision are required, led by a certified EANLP lead trainer with coaching competency
- A minimum of 40 hours of supervision and/or peer group practice is recommended throughout the training

Training Structure

- The training must be developed and delivered by at least two EANLP-certified lead trainers with coaching competency, working jointly or in rotation
- Recommendation: the two trainers should come from different NLP institutes
- At least 80% of the training must be led by a certified NLP lead trainer
- Up to 20% may be conducted by another individual under the supervision of a certified NLP lead trainer (EANLP Master Trainer or equivalent)
- Up to one-third of the minimum required training time may be conducted via synchronous online instruction (excluding supervision or peer group sessions)

- Requirement for synchronous online instruction: participants must be fully visible and audible throughout, with the ability to interact with others

Group Size

- A training group must include at least six (6) participants

Training Assistance

- Assistance by a Coach EANLP (or equivalent) is recommended for every 9 participants and required for every 12 participants
- In online or hybrid formats, the assistant must have adequate digital competence to support technical management and troubleshooting

Minimum Training Content

The Coach training is structured across five core areas:

1. **Foundational Attitude of a Coach**
2. **Marketing**
3. **Establishing the Coaching Framework**
4. **Methodological Competence**
5. **Supervision**

1. Foundational Attitude of an EANLP Coach

- Reflecting on personal worldviews and life models
- Developing integrity and a personal coaching stance
- Ethical conduct (e.g., based on the EANLP Code of Ethics)
- Understanding individual models of the world and systemic dynamics
- Embracing systemic and constructivist perspectives
- Understanding the mission and role of the coach

2. Marketing

- Client acquisition
- Defining your own coach profile
- Developing a personal coaching concept

3. Establishing the Coaching Framework

- Building the coach–coachee relationship
- Setting up the coaching context (setting management)
- Clarifying client concerns and requests
- Creating coaching proposals
- Recognizing “trap contracts” (e.g., hidden agendas)
- Managing multiple perspectives when client and beneficiary differ
- Setting motivating, value-based coaching goals
- Creating and maintaining an emotionally relevant coaching atmosphere

4. *Methodological Competence*

- Art of questioning: systemic, solution-focused, skillful use of explicit and implicit (hypnotic) questions
- Use of tools and methods to support systemic coaching structures: figures, objects, cards, etc.
- Individual analysis and resource management
- Flexibility in navigating content, relationship, and process levels
- Professional use of implicit relational and spatial information (e.g., posture, seat position, room placement)
- Competence in both direct and covert goal-oriented communication
- Designing developmental homework assignments
- Managing transfer and countertransfer dynamics, as well as recursive patterns
- Basic knowledge of the neurobiological foundations of change
- Familiarity with coaching approaches and methods from fields such as:
 - Transactional Analysis
 - Nonviolent Communication
 - Family Constellations
 - Hypnotherapy
 - Constructivist and systemic interventions
 - Kinesiology
 - Conflict Management
 - Mediation
 - NLP
 - Neuropsychotherapy
 - Energy Psychology
 - Team Coaching
 - Relaxation Techniques
 - Solution-Focused Therapy
 - Person-Centered Therapy
 - Cognitive Therapy
 - Behavioral Therapy
 - Gestalt Therapy
 - Art Therapy
 - Movement Therapy
 - Provocative Therapy
 - Rational Emotive Behavior Therapy (REBT)
 - (Other coaching methods require individual review and approval)

5. Supervision

- Supervision of case documentation
- Supervision focused on coach self-reflection and awareness of personal thinking and behavioral patterns

Final Thesis

The thesis consists of three sections:

- Personal profile as a coach
- Personal coaching concept
- Three documented case studies (written and/or video)
- Each part will be reviewed with detailed qualitative feedback from certified EANLP trainers with coaching competency
- The design and structure of the thesis will be defined in writing and agreed upon with the training team

Certification Criteria – Coach EANLP

To be certified as a Coach EANLP, the following criteria must be met:

- The individual is suitable for the coaching profession
- Completion of the Coach training, including successful completion of the thesis
- Commitment to abide by the EANLP professional code of ethics
- Completed or advanced university education (final year)
- Certified NLP Practitioner (EANLP or equivalent)
- Minimum age of 25 at the time of certification

Certification Criteria – Master Coach EANLP

To be certified as a *Master Coach EANLP*, the following must be fulfilled:

- The individual is suitable for the coaching profession
- Completion of the Coach training, including successful thesis presentation
- Commitment to professional ethical standards
- Certified NLP Practitioner and NLP Master (EANLP or equivalent)
- NLP Master training may be completed before, during, or after the Coach training
- Certification as Master Coach EANLP is granted by certified EANLP trainers with coaching competency
- Completed or advanced university education (final year)
- Minimum age of 25 at the time of certification

Coach / Master Coach Certificate Content

The *Coach EANLP* or *Master Coach EANLP* certificate must include:

1. Statement of compliance with EANLP standards
2. EANLP stamp and quality seal – Coach / Master Coach

3. Total duration of the training (in days and hours), specifying both online and in-person portions
4. Calendar dates of the first and last day of the training
5. Signatures of the certified EANLP lead trainers with coaching competency
6. Title: *Coach EANLP / Master Coach EANLP*