



NLP-Trainer Curriculum – EANLP

Participant Requirements

- Certified NLP Practitioner
- Certified NLP Master (EANLP or equivalent)
- Access to appropriate technical equipment for online participation

Participation Conditions

- At least 2 years of NLP experience from the start of the Practitioner training, or at least 30 months between the start of the Practitioner training and the date of receiving the EANLP NLP Trainer certificate

Trainer Qualification

- Certified NLP lead trainer (EANLP or equivalent) with at least 3 years of experience
- Has conducted at least 3 Practitioner trainings and 2 Master trainings
- Has attended at least one NLP Trainer's Training as an assistant

Requirements for Trainers

- Prior to the start of the training, the training project, along with informational and promotional materials, must be submitted to EANLP for approval
- Before the training begins, EANLP must be notified of the qualifications of the trainers involved and how the training hours will be divided among them

Duration

- Minimum of 144 training hours, including testing, spread over 18 or more training days
- Mandatory supervision: After testing, 15 hours of individual or group supervision led by a certified NLP lead trainer. The supervision must include a seminar organized by the participant(s)

Implementation

- The training must be designed and delivered by at least two certified NLP lead trainers, who may alternate or co-train
- Recommendation: the two lead trainers 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 delivered by another person under the supervision of a certified NLP lead trainer (EANLP Master Trainer or equivalent)

- As an additional teaching tool, up to one-third of the minimum required training time may be conducted through synchronous online training
- Requirement for online synchronous training: all participants must be continuously visible and audible, and able to interact with one another

Group Size

- A training group must consist of at least six participants

Training Assistance

- Assistance by an NLP Trainer (EANLP or equivalent) is recommended for every 9 participants and required for every 12 participants
- If synchronous online training is used in a hybrid or mixed format, the assistant must have adequate digital skills to support technical logistics and intervene in case of issues

Trainer Competencies – Evaluation and Certification Criteria

- Advanced rapport-building skills (with individuals and the group as a whole)
- Ability to explain and demonstrate techniques and content while maintaining rapport
- Recognizes and uses patterns constructively
- Differentiates and alternates between form and content
- Demonstrates professional self-management and emotional stability
- Makes decisions and compromises under stress
- Acts with kindness and confidence toward participants
- Creates a psychologically safe and constructive learning environment
- Understands psychological and neurobiological principles and basics of brain-friendly learning
- Applies NLP techniques and methods both explicitly and implicitly
- Has deeply integrated NLP presuppositions, visibly reflected in group behavior
- Works ecologically with individuals and groups, leveraging group dynamics and participant resources
- Shows competence in group leadership and conflict resolution
- Manages content and processes across logical levels
- Knows and integrates psychological methods and common communication models

Minimum Content

1. **Self-image and Trainer roles:**
 - Expanding one's worldview intentionally
 - Understanding and applying the EANLP Code of Ethics

2. **Presentation Design:**
 - Structuring openings and closings
 - Formulating and comparing goals with outcomes
 - Presentation planning considering representational systems, metaprograms, learning strategies
 - Chunking information and experiences
 - Applying acquired skills flexibly across contexts and timeframes
3. **Pacing, Rapport, and Leading** individuals and groups at various levels using multiple methods
4. **Creating a learning-conducive atmosphere**
5. **Exercise Design:**
 - Defining learning objectives
 - Open and covert learning
 - Integration of prior knowledge
 - Separating perception and evaluation in group dynamics
 - Sensory feedback for group processes
 - Flexibility to match group abilities
 - Future pacing of learning outcomes
6. **Practical use of visual presentation tools**
7. **Optional:** Use of digital tools for presentation and facilitation
8. **Metaphorical instructions** and pre-framing for learning processes
9. **Providing feedback** at multiple levels (individual and group)
10. **Individual and group interventions**, both planned and reactive
11. **Using disturbances, criticism, rejection, and difficult behaviors** constructively
12. **Goal-oriented covert communication**
13. **Expanding participants' worldview in a goal-oriented manner**
14. **At least two presentations** of 20+ minutes before a qualified group of 6+ participants, on a predefined topic, with feedback from the group and lead trainers

Note:

The main focus of the NLP Trainer training is on mastering NLP-based presentation skills. Content from the Practitioner or Master levels may be referenced but is not part of the core Trainer curriculum or final assessment.

Written Testing – NLP Trainer

- The written assessment ensures understanding and integration of minimum content and serves to guarantee NLP training quality
- The format and content are at the discretion of the certified NLP lead trainers
- Participant test materials must be archived for 3 years

- During this period, the EANLP Training and Quality Assurance Committee may request access to all or parts of the archive for review

Practical Testing – NLP Trainer

- The structure and content of the test are at the discretion of the certified NLP lead trainer and based on participants' personal and professional experience
- The practical test allows graduates of the NLP Trainer training to demonstrate congruent behavioral integration of NLP Trainer competencies

NLP Trainer Certificate Content

The *NLP Trainer EANLP* certificate must include:

1. Statement of compliance with EANLP standards
2. EANLP Trainer Quality Seal
3. Duration of the training in days and hours
4. Calendar dates of the first and last day of training
5. Signature of the certified NLP lead trainer
6. Title: *Trainer EANLP* (optional phrasing: *NLP Trainer EANLP* is also accepted)