

Are you in a resourceful state when you contemplate your NLP training materials?

When you think about NLP and what you wish you knew, how might you connect with your resourceful self?



By Eve Menezes Cunningham



My NLP Master Practitioner training, back in 2008, overlapped with a house fire which meant we had to move out for a few months while repairs from the smoke damage were completed.

I lost many training manuals but still have the Master Practitioner manual. It's a hefty A4 file and I always intended to go back and properly master the contents.

If you're anything like me, you did your training, resolved to integrate all of it after further study, but then put your doorstopper training manual on a bookshelf and now periodically imagine it giving you the stink eye from neglect.

Even though I've been working with NLP (and writing about NLP and interviewing some of the biggest names in the field) for more than a decade, calling myself a Master Practitioner still brings on symptoms of impostor syndrome.

I adore NLP but it's often sold as a formula that anyone can master in a relatively short space of time. My master practitioner training took less than a year if memory serves. NLP can be (and certainly has been for me) life changing but the study of these geniuses in their fields (people like Virginia Satir who'd spent two professional lifetimes developing her skills both as a teacher and a therapist) and having their lifetime experiences broken down into easily

replicable strategies isn't for everyone.

Understanding our different learning styles and ways of experiencing the world is helpful but there's a part of me that still wants to know everything.

Maybe I'm buying into limiting beliefs and many of the people reading this are thinking, 'No, Evie, I did my course however many years ago and retained *all* the information I need. It *is* just you.'

But the more I learn and experience and practise, the more I realise that there's no need to shame spiral. These manuals are a resource that we can refer back to forever.

One of the yoga therapy textbooks (about the neuroscience of various poses and practices for a whole host of physical and mental health conditions) that arrived during that training was so dense and heavy it made me cry when it landed on my doorstep.

Reminding myself that it is a reference book helped me to keep things in perspective.

Our NLP training manuals are the same.

If you feel like your NLP repertoire is limited, what's stopping you from taking that beautiful manual off the shelf, dusting it off and simply reading a little each day or even week? Or dipping in and out to deepen your knowledge of tools you may have forgotten about?

I know certain elements like the back of my hand. Others remain a mystery. But they don't have to.

ANLP has an annual conference. There is – as well as *Rapport* – a wealth of information available to us, including CPD events.

Practice groups can be a wonderful way to hone our skills. Online options like Zoom and WhatsApp mean that even if you don't have local practitioners to experiment with, you can find people who are more than happy to help you refresh your memory and dig deeper into the elements you don't even remember learning.

When you think – with curiosity and compassion, rather than beating yourself up for being a human being – about NLP and what you wish you knew, how might you connect with your resourceful self?

What steps might you put in place to help you get from where you are to where you want to be in terms of your NLP knowledge?

If you're anything like me, revisiting these old manuals will actually enhance your confidence as you recognise that you've learned an enormous amount over the years, months or even weeks.

We have all the resources we need.

Some of them may be committed to memory but as long as we know how to access the others, we – and our clients – can still benefit. ■

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