SK Consultancy — Lead Your Life

ABNLP — Approved Training — The American Board of Neuro-Linguistic Programming — This training meets the standards & guidelines for excellence — est. 1995

ANLP — THE ASSOCIATION FOR NLP — ACCREDITED TRAINER

NLP TRIBE

NEURO LINGUISTIC PROGRAMMING

NLP PRACTITIONER

Certification Course

This course is internationally approved from the prestigious **American Board of NLP (ABNLP)** & **Association of Neuro Linguistic Programming International CIC UK (ANLP)**, ensuring credibility and global recognition and conducted by International NLP Master Trainer Mr. Suren Kolkankar.

✔ Dual Certification

✔ Internationally Recognised

✔ Experiential Learning

✔ Community Support

✔ Extra bonuses for continuous learning even after the completion of the course

Why NLP is so popular?
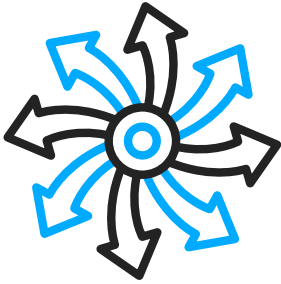
VERSATILITY

NLP is versatile and can be applied in various fields such as therapy, coaching, sales, communication, leadership, and personal development. Its flexibility makes it attractive to individuals and professionals from different backgrounds.
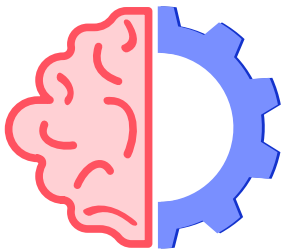
QUICK RESULTS

NLP is often associated with the idea of creating rapid and effective changes in behavior and thought patterns. This focus on quick results can be appealing to those looking for solutions to personal or professional challenges.
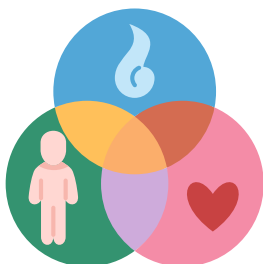
PRACTICAL TECHNIQUES

NLP provides practical and accessible techniques that individuals can use to make positive changes in their lives. Many people find these techniques helpful in improving their interpersonal skills, overcoming obstacles, and achieving goals.
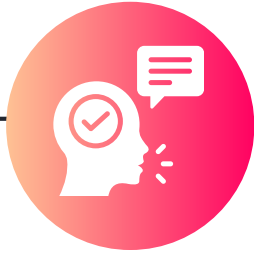
HOLISTIC APPROACH

NLP takes a holistic approach to understanding human experience, considering the interconnectedness of thoughts, language, and behavior. This holistic perspective resonates with individuals looking for comprehensive models that address multiple aspects of human functioning.

Benefits of learning NLP

Enhanced Communication skills

NLP teaches effective communication techniques that can help you better understand and connect with others. This includes techniques for building rapport, active listening, and understanding non-verbal cues.
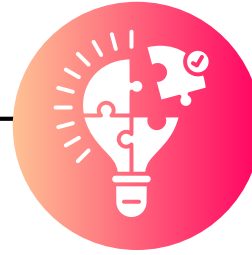
Problem-solving and Decision-making

NLP provides frameworks for effective problem-solving and decision-making, enabling individuals to analyze situations more objectively and make better choices.

Stress Reduction

NLP offers techniques for managing stress and anxiety, such as anchoring, reframing, and visualization. By learning how to control your thoughts and emotions, you can reduce stress and improve your overall well-being.
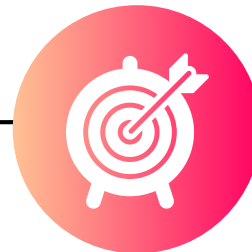
Effective Goal setting

NLP offers powerful techniques for setting and achieving goals. By learning how to create clear, compelling goals and develop effective strategies for achieving them, you can increase your motivation and success.

Why you should learn NLP with SK Consultancy?

✓ **Internationally Accredited & Recognised Institute:** SK Consultancy is internationally accredited & recognised institute from the top bodies of NLP like American Board of NLP (ABNLP) & Association of Neuro Linguistic Programming International CIC UK (ANLP).

✓ **Expertise:** SK Consultancy is known for its expertise in NLP, offering comprehensive training programs designed by experienced professionals in the field.

✓ **Practical Approach:** The training provided by SK Consultancy focuses on practical applications of NLP techniques, ensuring that you can apply what you learn in real-life situations.

✓ **Proven Track Record:** SK Consultancy has a track record of successful NLP training programs with satisfied clients and positive testimonials, indicating the effectiveness of their approach.

✓ **Continuous Support:** SK Consultancy provides ongoing support and resources even after the training program is completed, helping you stay updated with the latest developments in NLP.

What is NLP?

"

Neuro-Linguistic Programming (NLP) is a methodology that aims to understand and change human behavior patterns. It was developed in the 1970s by Richard Bandler and John Grinder.

The foundational idea behind NLP is that there is a connection between neurological processes (neuro), language (linguistic), and behavioral patterns learned through experience (programming).

NLP suggests that by understanding and modifying the way an individual's mind processes information, communicates internally and externally, and forms behaviors and habits, one can achieve specific goals and improve interactions with others.

"

01

4 days In-person Training

02

Five Live Online Sessions - 10 Hours
(NLP Diploma)

03

Pre-study
(Self-paced)
10 Hours

About the COURSE

04

Internationally Recognised

05

Expert Trainers

06

Interactive Sessions
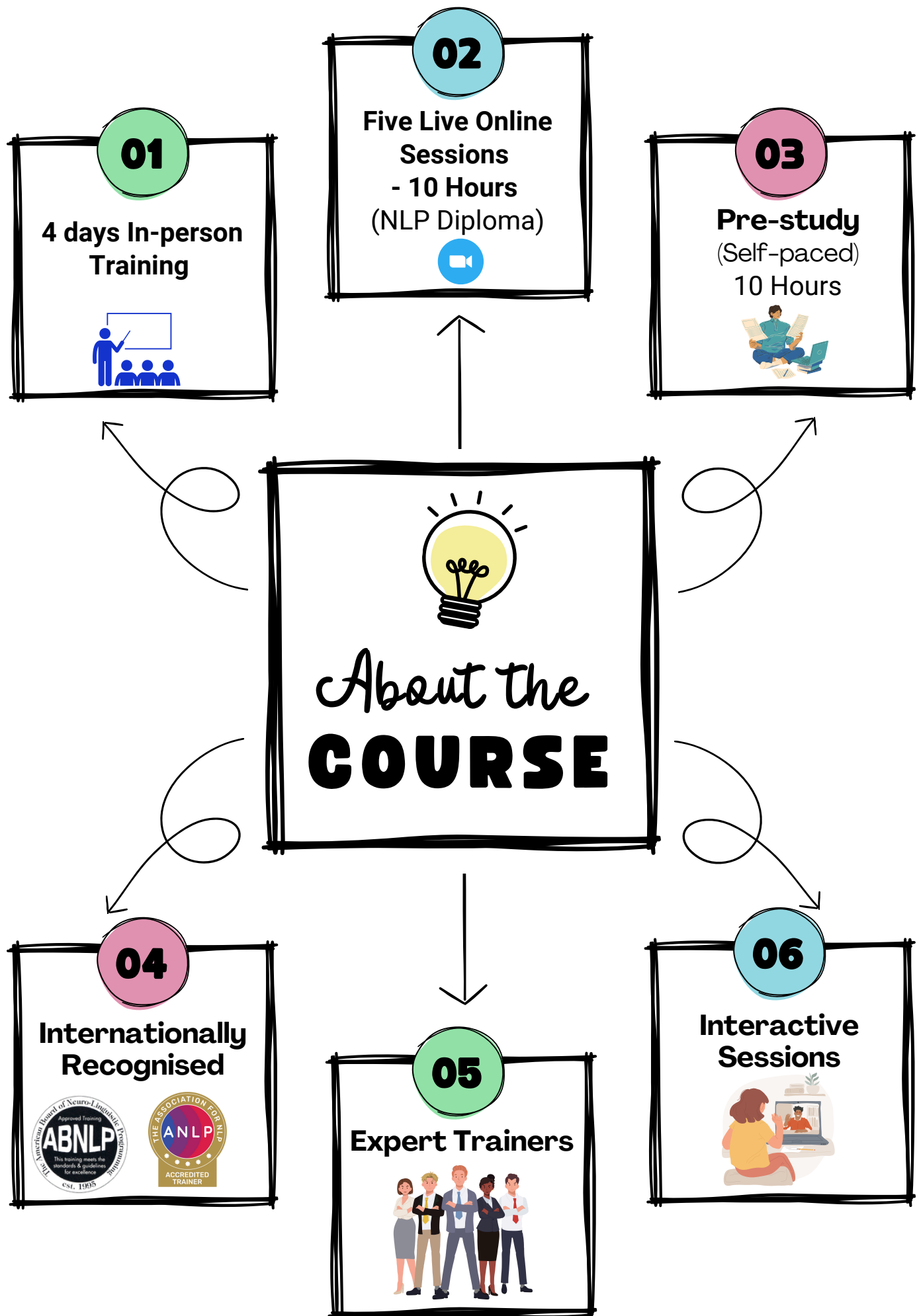
Course highlights

☑ **Global Recognition:** Earn recognition from industry-leading organisations, NLP Practitioner approved by the prestigious board of NLP, The American Board of NLP (ABNLP) & ANLP International CIC UK (ANLP).

☑ **ABNLP & ANLP Curriculum:** Dive deep into the world of NLP with a comprehensive curriculum spanning 120 hours, meticulously crafted to provide you with a profound understanding of NLP principles and techniques.

☑ **Interactive Live Sessions:** The course includes 5 days of live online sessions totaling 10 hours, along with 10 live practice sessions, amounting to 20 hours of interactive training, and 4 days of in-person classroom training.

☑ **Pre-Study Material:** Before the In-person session, you are provided with 10 hours of pre-study material.

☑ **Dynamic Learning Activities:** Experience a blend of learning methodologies including assignments, activities, demonstrations, role plays, and personalised feedback sessions, designed to enhance your practical skills and theoretical understanding.

What will you learn?

☑ How the brain processes information and how to leverage this understanding for effective communication and personal change.

☑ How individuals represent information internally through their senses and how to leverage this understanding in communication.

☑ How to overcome procrastination, lack of motivation, anxiety, fear, and phobias that keep you from achieving results.

☑ How to improve verbal and non-verbal communication, including rapport building, active listening, and body language interpretation.

☑ How to utilise language to influence thought patterns, change perspectives, and overcome limiting beliefs.

☑ How to resolve past traumas, letting go of negative emotions, and creating a compelling future.

☑ How to manage your thoughts and feelings so that you are in control of your emotions, your destiny, and many more...

Key Topics

NLP Communication Model

The NLP Communication Model explains how we take information from the outside world into our neurology and how that in turn affects our thoughts, feelings and behaviours.

VAK Learning Styles

VAK Learning Styles Model describes three representational systems. These systems reveal how we prefer to learn and communicate.

Submodalities

Submodalities refer to the coding of our senses. We can change the structure of our thoughts by changing the submodalities.

It's the finer details of your senses.

Anchoring

In NLP, "Anchoring" refers to the process of associating an internal response with some external or internal trigger so that the response may be quickly, and sometimes covertly, re-accessed.

Meta Model

The meta-model in NLP or neuro-linguistic programming is a set of questions designed to specify information, challenge and expand the limits to a person's model of the world.

Milton Model

The Milton Model hypnotic language patterns encourage the listener to move away from detail and content and move to higher levels of thinking and deeper states of mind.

Key Topics

NLP Well-Formed Outcomes

NLP Well-Formed Outcomes is a set of conditions to run your goal through. If the goal passes through these conditions then it is said to be well-formed and has got the higher chance of materializing.

Timeline

NLP timeline refers to the way you organize the concept of time to differentiate among the personal past, present, and future.

Swish Pattern

The Swish Pattern is a useful technique to help people address an unwanted behaviour response or an unwanted habit to a specific stimulus by changing key submodalities..

Circle of Excellence

Circle of Excellence is a quick state change technique used to boost super feelings like Confidence, Motivation, etc instantly.
It is widely used for peak performance.

Neurological levels

Neurological levels are a tool for organizing thoughts and feelings into different levels of abstraction. Each level has a unique impact on experience and potential for change.

Hierarchy of Ideas

The Hierarchy of Ideas (also known as chunking) is a concept that helps people communicate by regulating the flow of ideas from abstract to specific and vice versa.

Course Curriculum

INTRODUCTION TO NLP

1

1) History of NLP
2) Foundations of NLP
3) Four pillars of NLP
4) Three principles of NLP
5) Modern developments in NLP
6) Stages of learning

NLP COMMUNICATION MODEL

2

1) Deletions, Distortions, & Generalisations
2) 7+/-2
3) Components of state

STATE MANAGEMENT

3

1) Types of states
2) State Elicitation
3) Present to Desired state

ACHIEVING OUTCOMES

4

1) Wheel of life
2) S.M.A.R.T Goals
3) Well-formed outcomes

SENSORY ACUITY

5

1) Projection & Hallucination
2) Calibration
3) Multitracking
4) Uptime & Downtime
5) Self inventory

HIERARCHY OF IDEAS

6

1) Chunking
2) Sequencing

NEUROLOGICAL LEVELS

7

1) Logical levels
2) Logical types
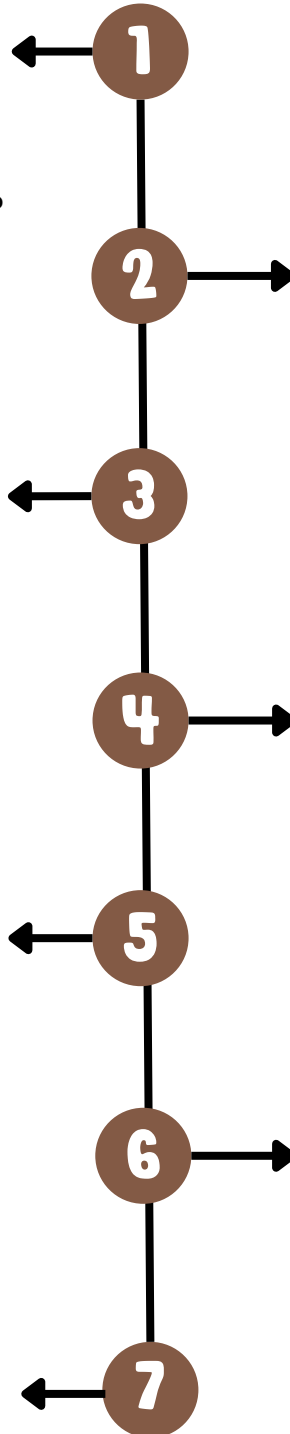
Course Curriculum

REPRESENTATIONAL SYSTEMS

8

1) Primary Representational system
2) Lead Representational system
3) Reference system
4) Overlapping
5) Eye accessing cues

RAPPORT

9

1) Pacing & Leading
2) Matching & Mirroring
3) Crossover Mirroring

PRESUPPOSITIONS

10

1) Epistemological Presuppositions
2) Linguistic Presuppositions

META MODEL

11

1) Precision Model
2) Surface & Deep structure
3) Meta Model violations

MILTON MODEL

12

1) Hypnotic language patterns
2) Altered state of consciousness
3) Referential index shifting
4) Shallow metaphors
5) Deep metaphors

PERCEPTUAL POSITIONS

13

1) Triple description
2) Position shifting
3) Meta mirror

STRATEGIES

14

1) TOTE Model
2) Well formedness conditions for strategies
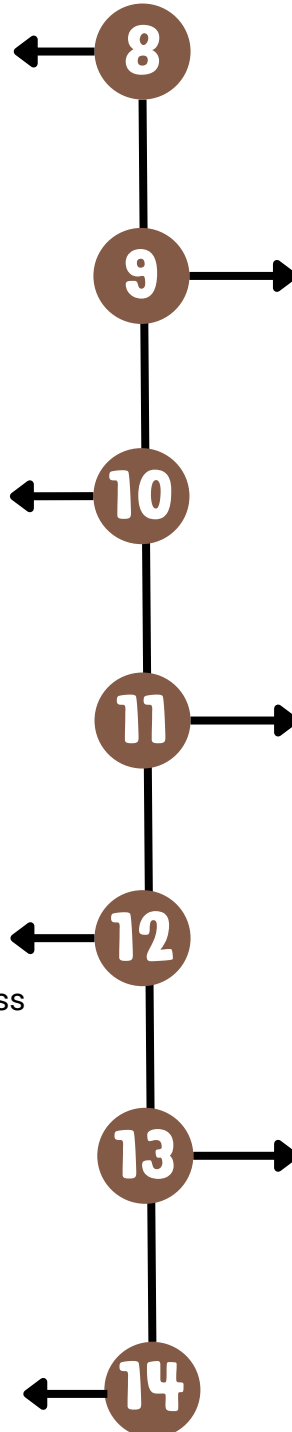3) Eliciting, calibrating and utilising strategies

Course Curriculum

NLP FRAMES

1) Outcome
2) Purpose
3) What if
4) As if
5) Relevance
6) Evidence
7) Backtrack
8) Contrast
9) Ecology
10) Agreement
11) Discovery
12) Open

15

16

REFRAMING

1) Context Reframing
2) Content Reframing

ANCHORING

1) Keys to Anchoring
2) Steps to Anchoring
3) Basic, Resource, Stack, Self edit
4) Change personal history
5) Circle of excellence
7) Collapsing Anchors
8) Chaining Anchors

17

18

PARTS INTEGRATION

1) Visual Squash
2) Simultaneous congruity
3) Sequential congruity

SUBMODALITIES

1) Analogue & Digital SMD's
2) Critical & Driver SMD's
3) Association & Dissociation
4) Contrastive Analysis
5) Mapping Across
6) Swish Pattern
7) Like to Dislike Pattern
8) Standard Belief Change
9) Fast Phobia Cure

19

20

TIMELINE
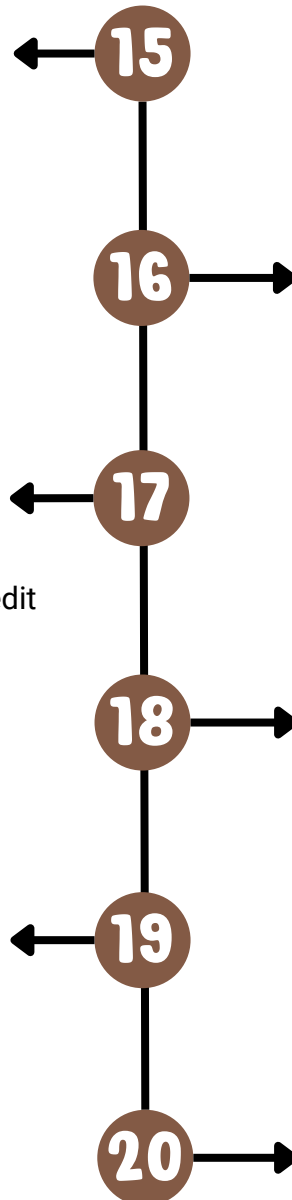
1) In time & Through Time
2) Test drive of timeline
3) NOW pattern
4) Timeline Interventions

Sample Certificates

Certificate 1

SK CONSULTANCY
hereby certifies that

_____

has completed 120 hours of NLP Practitioner certification training and has demonstrated a degree of skill and competence required to merit this certificate. SK Consultancy & The American Board Of NLP confer upon the holder of this certificate, the right and title of

CERTIFIED PRACTITIONER OF NEURO LINGUISTIC PROGRAMMING

with all the rights and privileges ensuing therefrom. In witness thereof the following has affixed the signature hereto this on

Suren Kolkankar
International Master Trainer of NLP
(ABNLP & ANLP International CIC)

Place: SK Consultancy
Headquarters, Goa

Certificate Number: SKC - P - 000

Certificate 2

SK CONSULTANCY
hereby certifies that

_____

has completed NLP Practitioner certification training and has demonstrated a degree of skill and competence required to merit this certificate. SK Consultancy confer upon the holder of this certificate, the right and title of

CERTIFIED PRACTITIONER OF NEURO LINGUISTIC PROGRAMMING

with all the rights and privileges ensuing therefrom. In witness thereof the following has affixed the signature hereto this on

Suren Kolkankar
International Master Trainer of NLP
(ABNLP & ANLP International CIC)

Place: SK Consultancy
Headquarters, Goa

Certificate Number: SKC - P - 000

Certificate 3

SK Consultancy &
Jumana Transformational Consulting
hereby certifies that

_____

has completed online NLP Diploma certification training and has demonstrated a degree of skill and competence required to merit this certificate. SK Consultancy & Jumana Transformational Consulting confer upon the holder of this certificate, the right and title of

DIPLOMA IN NEURO LINGUISTIC PROGRAMMING

with all the rights and privileges ensuing therefrom. In witness thereof the following has affixed the signature hereto this on

Jumana Parveen
International Trainer of NLP
(ABNLP & ANLP International CIC)

Certificate Number: SKC - D - 000

SUREN KOLKANKAR

Founder & CEO - SK Consultancy

- ✦ International NLP Master Trainer
- ✦ Peak Performance Coach
- ✦ Motivational Speaker
- ✦ Corporate Trainer

Suren Kolkankar is the International Ambassador of NLP for India with ANLP International CIC UK and an Internationally Certified Master Trainer of NLP from The American Board of NLP (ABNLP) and ANLP International CIC UK. He holds the distinction of being the First Indian Master Trainer of NLP from India with ABNLP.

He is the Founder and CEO of SK Consultancy, a globally recognized and authorized institute for conducting all levels of Neuro-Linguistic Programming (NLP) training globally. Additionally, he holds credentials as an International Trainer of NLP certified by the International NLP Trainers Association (INLPTA) and is an Accredited Trainer of NLP by the ANLP International CIC.

A renowned motivational speaker and peak performance coach, Suren has dedicated his career to empowering individuals and organizations through NLP and personal excellence.

He hails from Goa, India and in his early years, he was fascinated with human psychology, behavior, and the workings of the mind. He immersed himself in reading more than 1000+ books on self-help, psychology, leadership, sales, philosophy, spirituality, marketing, neuroscience, and more.

He has been mentored by top industry experts in the field of personal growth and excellence and is forever encouraging the need for a mentor and a coach in everyone's life to realize their true potential.

As a speaker and trainer, he is known for his high-energy sessions, charismatic presence, and deep ability to inspire and transform lives. His unique approach, combining wisdom, integrity, and passion, makes him a sought-after mentor and guide in the world of NLP and personal development.

Suren carries a mission of creating leaders through his programs, and he mentors individuals to take charge of their life, leading to a more fulfilling life.

Bonuses

As part of this course, you will receive **8 exclusive bonuses** worth **Rs. 1,00,000**, thoughtfully designed to enhance your learning experience and support your personal and professional growth journey.

BONUS 1

Three months complimentary ANLP Professional Membership

✔ Regular E-Updates

✔ Regular Connection via Community Cafes

✔ PDF subscription to Rapport Magazine

✔ Membership Certificate

✔ Members Profile and Dashboard

✔ Access to Private Members Groups on Social Media

✔ A FREE PDF copy of Acuity and the NLP Research Journal

✔ Members Logo

✔ Support for your Practice Group

✔ Share your case studies and success stories online

✔ Downloadable Resources

✔ Searchable Online Profile (Professional Database)

✔ Discounted Business Support Services

✔ 50% discount on Rapport Advertising

ANLP International CIC
The Association for NLP
Empowering NLP Professionals

NLP DIPLOMA COURSE

This course is internationally approved from the prestigious **American Board of NLP (ABNLP)**, ensuring credibility and global recognition and conducted by International NLP Trainer Ms. Jumana Parveen.

✓ 10 Hours Live Online course

✓ Internationally recognised

✓ Experiential learning

✓ Community support

✓ Extra bonuses for continuous learning even after the completion of the course

Jumana Parveen
International Trainer of NLP
(ABNLP & ANLP International CIC UK)

Lifetime access to 10 hours of pre-study course

BONUS 4

Lifetime access to 10 hours of NLP Practitioner audio course

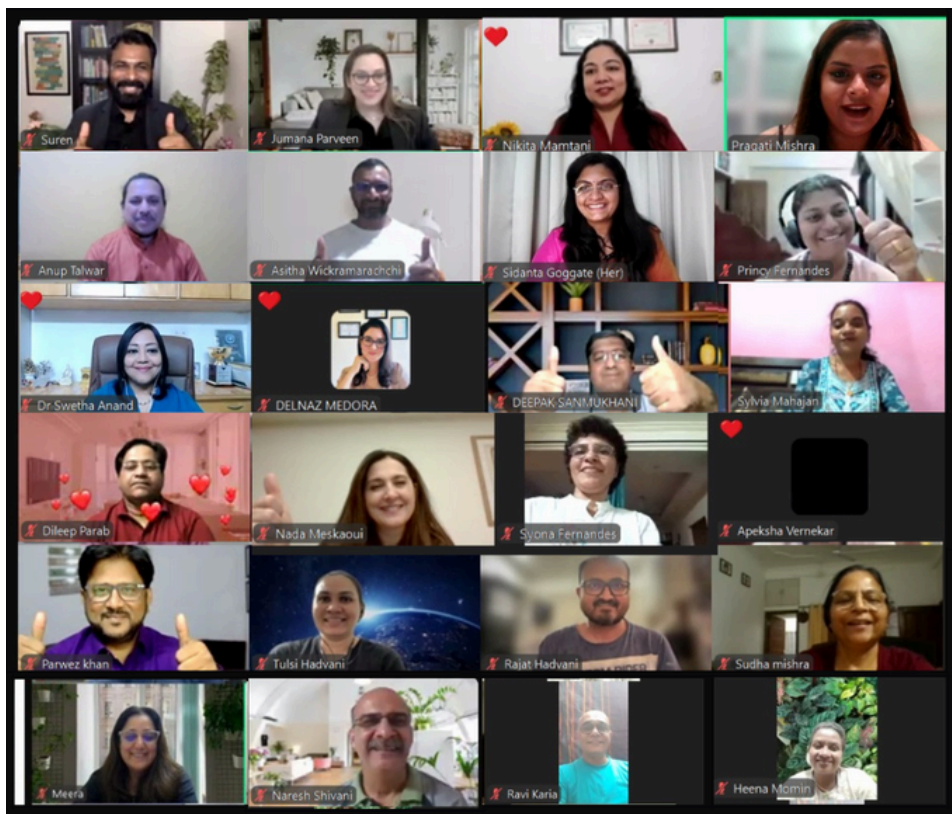## Lifetime access to our NLP Technique demonstration videos

Access to attend our monthly practice sessions

Repeat the entire course by paying only the admin fee

BONUS 8

Be SKC Alumni

Schedule & Fee structure

Offline Course 4 Days

Mumbai: 29th May - 01st June

Goa: 07th - 11th June

Hyderabad: 5th - 8th July

Bangalore: 10th - 13th July

Delhi: 2nd - 5th August

Pune: 11th - 14th October

Chennai: 11th - 14th December

EARLY BIRD	STANDARD FEE
31st May 2025	
✓ Dual Certification	✓ Dual Certification
✓ ABNLP & ANLP UK Approved Training	✓ ABNLP & ANLP UK Approved Training
✓ Includes all 8 bonuses	✓ Includes all 8 bonuses
✓ Post Training Support	✓ Post Training Support
Rs. 54,000	**Rs. 60,000**

Program policy

Group Discounts: We offer special group discounts for organizations or groups registering multiple participants. Please connect with our team for more details and customized pricing options.

Discount Offer: Register for both the NLP Practitioner and NLP Master Practitioner courses together and get a 10% discount on the total course fee.

Registration Policy: Once registration is completed, the amount paid is non-refundable.
In the event of unforeseen circumstances preventing attendance, participants may request to reschedule their workshop attendance. Rescheduling requests must be made in writing and communicated to us before the start of the workshop.

About us

At SK Consultancy, we believe in the power of human-centered leadership, recognizing that every person possesses untapped resources waiting to be unleashed.

Established in 2015 by Mr. Suren Kolkankar, a visionary Neurolinguistic Programming (NLP) Expert and Motivational Speaker, SK Consultancy is dedicated to guiding individuals towards holistic growth and self-actualization.

Whether you seek to enhance your personal growth journey or empower your team within a corporate setting, we offer tailor-made solutions to suit your needs.

At SK Consultancy, we equip you with the magical tools needed to lead a purposeful, joyous life, where every challenge becomes an opportunity for growth. Join us on this transformative expedition and unleash the boundless potential that resides within you.

SK Consultancy
Lead Your Life

📞 +91 96074 05027

✉️ contact@skconsultancy.org

🌐 www.skconsultancy.org