

# Neuro-Linguistic Programming

Certified NLP Practitioner (CNLP)

Harmonika Institute USA  
harmonika-institute.com

## Program at a glance

- " Tuition: \$4,200
- " In-person training: 10 days (80h)
- " Live cohort calls: 3 days (12h)
- " Supervised practice: 90h
- " Immersion stage: 4 days (32h)
- " Portfolio + jury: 50h
- " Total: 264h (~33 day-equivalents)
- " Cohort size: 10 students

## About the program

### What you'll learn

- " The NLP communication model and the meta-model of language
- " Anchoring states and changing internal representations
- " Submodalities: how to shift the structure of an experience
- " Reframing context, content, six-step
- " The Milton model and conversational change work
- " Designing a clean NLP coaching contract and arc

### Curriculum modules

#### Module 1 Foundations

Communication model, presuppositions, ethics.

#### Module 2 States & anchoring

Eliciting, anchoring, chaining, collapsing.

#### Module 3 Submodalities & reframing

Belief change, swish, six-step reframe.

#### Module 4 Language patterns

Meta-model, Milton model, sleight-of-mouth.

#### Module 5 Strategies & modeling

Eliciting and installing strategies; modeling excellence.

#### Module 6 Practice & business

Coaching contracts, ethics, pricing, supervision.

### Next step

Book a free 30-minute info session at:  
[harmonika-institute.com/admissions/info-session](https://harmonika-institute.com/admissions/info-session)

This curriculum overview is provided for informational purposes only.  
Specific cohort schedules and faculty assignments are confirmed at enrollment.