

Record of experiences and learning

IAFI course topics, organised by module, for applying learning in personal or professional situations.

Student name	Course edition / group	Trainer

How to complete the worksheets

- 1. Select the content.** The trainer identifies the topics relevant to the class or module being covered. These topics are already listed in the first column.
- 2. Describe an experience.** The student describes a specific situation: what they intended to apply, what they did and what happened. They may include the date and context.
- 3. Explain the learning.** The student identifies what they learned, the effects they observed and the new options they recognise for a future situation.

An experience is not required for every topic. The trainer selects which topics to work on. To revisit a topic or expand an account, use the additional worksheet on the last page.

Included worksheets

- 02–03** Introductory module: foundations for learning
- 04** Module 1: The power of your mind
- 05** Module 2: Language that transforms
- 06** Module 3: Internal reprogramming
- 07** Module 4: Relationships and deep empathy
- 08** Module 5: Advanced tools for change
- 09** Module 6: Practical application in your life and work
- 10** Module 7: Coaching with NLP
- 11** Additional application and reflection worksheet

Purpose of this learning tool

Written reflections support the application and integration of learning. They do not count towards the required training hours or replace missed live, synchronous training. The trainer selects the number of reflections according to the topics and models covered.

Content source: IAFI curriculum, pages 8–10 of the brochure at pnliafi.com/formaciones/4.pdf.
IAFI adaptation based on the worksheet shared by IANLP Switzerland / NLP Academy Switzerland.

INTRODUCTORY MODULE | Part 1 of 2

Foundations for learning NLP

Student name	Class / reference date	Trainer
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Self-paced study, available 30 days before the course starts. Complete the topics assigned by the trainer.

Module topic / content	Practical experience Situation, intention, actions and outcome	Learning and new options What I learned and what I would do differently
P.1. Barriers to learning		
P.2. The learning curve		
P.3. Definition of NLP		
P.4. Origins and history of NLP		

Trainer feedback / comments

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INTRODUCTORY MODULE | Part 2 of 2

Foundations for learning NLP

Student name	Class / reference date	Trainer
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Self-paced study, available 30 days before the course starts. Complete the topics assigned by the trainer.

Module topic / content	Practical experience Situation, intention, actions and outcome	Learning and new options What I learned and what I would do differently
P.5. The pillars of NLP		
P.6. Filters - The map and filters		
P.7. Presuppositions of NLP		
P.8. Ethics		

Trainer feedback / comments

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MODULE 1

The power of your mind

Student name	Class / reference date	Trainer
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Complete the topics assigned by the trainer. Use the additional worksheet to expand an account or record another experience.

Module topic / content	Practical experience Situation, intention, actions and outcome	Learning and new options What I learned and what I would do differently
1.1. Discover how your conscious and unconscious mind work.		
1.2. Learn the NLP model to understand how you create your reality.		
1.3. Representational systems: visual, auditory and kinaesthetic.		
1.4. Submodalities: the codes of thought.		
1.5. How to change your emotional state in seconds.		

Trainer feedback / comments

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MODULE 2

Language that transforms

Student name	Class / reference date	Trainer
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Complete the topics assigned by the trainer. Use the additional worksheet to expand an account or record another experience.

Module topic / content	Practical experience Situation, intention, actions and outcome	Learning and new options What I learned and what I would do differently
2.1. The impact of words on your emotions and outcomes.		
2.2. How to ask powerful questions that generate clarity and action.		
2.3. Linguistic precision techniques: the NLP Meta Model.		
2.4. Keys to authentic and persuasive communication.		

Trainer feedback / comments

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MODULE 3

Internal reprogramming

Student name	Class / reference date	Trainer
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Complete the topics assigned by the trainer. Use the additional worksheet to expand an account or record another experience.

Module topic / content	Practical experience Situation, intention, actions and outcome	Learning and new options What I learned and what I would do differently
3.1. Identify and change limiting beliefs.		
3.2. How to establish empowering beliefs that support your growth.		
3.3. Anchoring: access resourceful states at any time.		
3.4. Submodalities: change how you perceive your experiences.		

Trainer feedback / comments

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MODULE 4

Relationships and deep empathy

Student name	Class / reference date	Trainer
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Complete the topics assigned by the trainer. Use the additional worksheet to expand an account or record another experience.

Module topic / content	Practical experience Situation, intention, actions and outcome	Learning and new options What I learned and what I would do differently
4.1. Read body language and connect on a deeper level.		
4.2. Rapport: the ability to build trust in minutes.		
4.3. How to resolve conflicts and improve your personal and professional relationships.		
4.4. Model successful people and replicate their strategies.		

Trainer feedback / comments

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MODULE 5

Advanced tools for change

Student name	Class / reference date	Trainer
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Complete the topics assigned by the trainer. Use the additional worksheet to expand an account or record another experience.

Module topic / content	Practical experience Situation, intention, actions and outcome	Learning and new options What I learned and what I would do differently
5.1. Visualisation techniques for achieving goals.		
5.2. Reframing: change the meaning of any situation.		
5.3. Timeline: give new meaning to your past and create an inspiring future.		
5.4. Mental strategies for staying motivated and focused.		

Trainer feedback / comments

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MODULE 6

Practical application in your life and work

Student name	Class / reference date	Trainer
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Complete the topics assigned by the trainer. Use the additional worksheet to expand an account or record another experience.

Module topic / content	Practical experience Situation, intention, actions and outcome	Learning and new options What I learned and what I would do differently
6.1. How to integrate NLP into your everyday life.		
6.2. Hidden mechanisms: the bridge between NLP and Gestalt.		
6.3. Techniques for coaching, leadership, sales and education.		
6.4. Supervised practice to build confidence.		
6.5. Personal action plan: apply what you have learned from day one.		

Trainer feedback / comments

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MODULE 7

Coaching with NLP

Student name	Class / reference date	Trainer
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Complete the topics assigned by the trainer. Use the additional worksheet to expand an account or record another experience.

Module topic / content	Practical experience Situation, intention, actions and outcome	Learning and new options What I learned and what I would do differently
7.1. Coaching ethics.		
7.2. Competencies for effective conversations.		
7.3. Supervision of conversations.		
7.4. Integrating conversations with NLP tools.		

Trainer feedback / comments

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ADDITIONAL WORKSHEET

Another experience related to a course topic

Student name	Class / reference date	Trainer
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Duplicate this page to record another experience or write a more detailed account.

Module topic / content	Practical experience Situation, intention, actions and outcome	Learning and new options What I learned and what I would do differently

Trainer feedback / comments

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