

IANLP International Association for NLP

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Checklist - Online vs. On-site Trainings

What to expect? / Which to choose?

Below please find a list of questions to help you in finding out which form of training seems rather suited to your needs. Rate each question with 0 - 1 - 2 - 3, depending on your personal preference and/or situation.

Rating: Adding up your ratings will give you an idea which kind of training might better suit your needs. The higher your number, the more we recommend taking on-site training. Results higher than 30 indicate that on-site training might yield significantly higher benefits.

Ranking: Which category weighs heavily for you? Mark your priorities and consider that as well.

Ranking		yes / true			no / untrue
	<u>Learning style:</u> I am an easy, steady and experienced self-learner.	yes 0	1	2	no 3
	<u>Learning style:</u> I am well aware of the pros and cons of online vs. on-site training (and living that is).	yes 0	1	2	no 3
	<u>Learning style:</u> I do learn much better when I am part of a group and able to do exercises together with peer students.	yes 3	2	1	no 0
	<u>Learning style:</u> I know myself to have the tendency to get new skills into cognitive know-how mostly. Thus, actually missing deeper levels of change (as the saying goes: " <i>Knowledge being only a rumour until it's in the muscles.</i> "). By this I have the tendency to lead my clients on surface level too. This said, I understand that my coaching would really gain depth by attending trainings that help me to get from feeding my cognitive mind, to experiencing the full potential in my body.	yes 3	2	1	no 0
	<u>Learning style:</u> I know that a training in NLP can also support and promote very personal developments. My goal with the NLP training is to develop myself personally too and work on personal issues.	yes 3	2	1	no 0
	<u>Learning style:</u> In 'real' life situations I am not so easy on connecting with unknown people. To find ways to overcome such 'limitations' would enhance my life.	yes 3	2	1	no 0
	<u>Learning style:</u> My personal learning preference is being together with co-students, seeing, listening and sensing their contributions to the training atmosphere.	yes 3	2	1	no 0
	<u>Learning style:</u> When I study alone and/or at home and/or in e-learning environment (Zoom session), I tend to do other things on the side	yes 3	2	1	no 0

Ranking		yes / true			no / untrue
	(e.g., laundry, childcare, checking incoming emails, social media etc.) that actually distract me from learning.				
	<u>Practical</u> : I have checked and have found no decent NLP in-the-room training available that my personal resources and/or circumstances do allow me to visit.	yes 0	1	2	no 3
	<u>Practical</u> : My home learning environment allows me to join hour long sessions without any outside interference.	yes 0	1	2	no 3
	<u>Professional</u> : I am a trained NLP professional (Practitioner or higher)	yes 0	1	2	no 3
	<u>Professional</u> : I am an experienced professional coach and am primarily looking for NLP tools to work with my clients effectively.	yes 0	1	2	no 3
	<u>Professional</u> : I want to acquire real actional competencies to work with people. To support others by personal coaching, in social work, in counseling, in leadership, in therapy and/or any kind of personal life challenges.	yes 3	2	1	no 0
	<u>Professional</u> : I will use the NLP skills mostly in <i>online settings</i> . Thus, I think it would be beneficial to visit online training, by which I would get some additional resources on how to work online.	yes 0	1	2	no 3
	<u>Professional</u> : I will use these skills mostly in <i>on-site situations</i> . Therefore, it would be good for me to train in on-site settings too, thus gathering experience and models of how to coach on-site.	yes 3	2	1	no 0
	<u>Professional</u> : It is important for my desired outcome to acquire the competence to work with all kind of people, with different models of the world, varying beliefs and cultural backgrounds.	yes 3	2	1	no 0
	<u>Professional</u> : My goal is to gain and/or expand my competencies in the communicative coaching of people, even in challenging topics.	yes 3	2	1	no 0
	<u>Technical</u> : I have a big-screen computer, video camera and mikrophone available.	yes 0	1	2	no 3
	<u>Technical</u> : I have experience and feel comfortable with online training.	yes 0	1	2	no 3
	<u>Technical</u> : My internet connection is stable.	yes 0	1	2	no 3
	<u>Transversal Amplification</u> : I am already an experienced on-site (in-the-room) coach/communicator. It will therefore be quite easy for me to adept the NLP skills into my way of working with people.	yes 0	1	2	no 3
	<u>Transversal Amplification</u> : I like to benefit from the additional exchange between classmates and teachers that takes place during breaks and/or before or after classes. At lunch together, for example.	yes 3	2	1	no 0
	<u>Transversal Amplification</u> : I understand that if I attend online training, it is my personal responsibility to organize appropriate settings to practice my actional skills. I think it will be easy enough for me to find people outside my training to exercises NLP implementations.	yes 0	1	2	no 3
	<u>Transversal Amplification</u> : I understand that the true power of the skills of NLP does not lie so much in knowing new models but in being	yes 0	1	2	no 3

Ranking		yes / true			no / untrue
	able to apply these with myself and the people I work with. I also understand that learning how to apply NLP (actional competence) can only be learned by exercises and training in numerous settings with a large variety of different people and different contents (challenges, problems, topics).				
	<u>Transversal Amplification:</u> I would like this training to help me to get the NLP tools into my unconscious actional competence.	yes 3	2	1	no 0