

Your Name: _____ Date: _____

Identify/Circle as many as apply

NLP Coach/Practitioner General Assessment of Demonstration

1. How specifically did the NLP Coach/Practitioner create initial rapport with the Client?
 - a. Used light humor
 - b. Coaching presence
 - c. Jumped right into the session
 - d. Eased the client into the session

2. How did the NLP Coach/Practitioner use 'psychogeography' for the session?
 - a. Initial positioning of the chairs
 - b. Offering the client choice of where to sit
 - c. Let the Client rearrange the chairs
 - d. Sat directly facing the Client

3. How specifically did the NLP Coach/Practitioner set up the framing for the session?
 - a. Asked the Client what they wanted from the session
 - b. Asked the client what the problem was
 - c. Used language that identified possibilities/feedback/outcomes to initiate the conversation
 - d. Repeated throughout the session outcome clarifying questions

4. What (if any) spatial sorting did the NLP Coach/Practitioner do?
 - a. Coach used gestures indicating the Client's time line
 - b. Separated present state and desired state by location
 - c. Referenced perceptual positions
 - d. Kept a consistent tone of voice when referencing present from future

5. How did the NLP Coach/Practitioner keep the Client's states clean and uncontaminated?
 - a. Marked the different states with location anchors
 - b. Used tonal anchors
 - c. Superimposing the location of the present state with the desired state
 - d. Used specific Kinesesthetic or Verbal anchors

6. When and how did the NLP Coach/Practitioner check for ecology?

7. When and what type of anchors did the NLP Coach/Practitioner use?

Give at least one example of each.

Visual _____
Auditory _____
Kinesesthetic _____

8. How often did the NLP Coach/Practitioner backtrack?

- a. Not at all
- b. Once at the end of session
- c. Frequently throughout the session

9. In relation to Logical Levels, was the majority of the session primarily focused on:

- a. Environment
- b. Behaviors
- c. Capabilities
- d. Beliefs
- e. Identity

10. How did the NLP Coach/Practitioner ensure the Client gained a more useful perspectives throughout the session?

- a. Had the client associate and disassociate
- b. Used non-verbal cues to direct the Client into a more resourceful perspective
- c. Had the client shift between perceptual positions
- d. Assist the client to observer position to expand awareness of their situation

11. What language patterns did the NLP Coach/Practitioner use that were effective in increasing the clarity of the Client's outcome?

- a. Meta model
- b. Matching Predicates
- c. Chunking up or down
- d. Meta reframes

Give some examples:

NLP Coach/Practitioner Assessment Questions of the Client's Present State

1. What are at least two significant physical cues associated with the Client's present state?

- a. Voice tone
- b. Voice tempo
- c. Breathing (describe: fast, slow, shallow, holding breath, sighing, etc) _____
- d. Body posture (describe: asymmetry, shifting, fidgeting, tension, etc.) _____
- e. Hesitation in answering the Coach's questions
- f. Other _____

2. In relation to the Client's Present State which Eye Accessing Cue(s) did you notice were **most** prevalent?

- a. Visual Recall
- b. Visual Construct
- c. Auditory Recall
- d. Auditory Construct
- e. Kinesesthetic
- f. Internal dialogue
- g. Straight ahead trance like stare

3. In the present state, which representational systems (Visual, Auditory, Kinesesthetic) were most frequently indicated by the predicates or submodalities?

Visual (give at least 1 or 2 examples) _____

Auditory (give at least 1 or 2 examples) _____

Kinesesthetic (give at least 1 or 2 examples) _____

4. In the present state, which representational system (Visual, Auditory, Kinesesthetic) seemed to be most out-of-consciousness and how do you come to that conclusion?

5. What significant Meta Model category, associated with the present state, was most obvious?

Deletions: (missing or vague information) —

Simple deletions, unspecified verb, comparative deletions, unspecified reference
abstractions/norminalizations

Distortions: —

Mind reading, cause effect statements or meaning statements (CEq's)

Generalizations: —

Modal operators (necessity; possibility), universals

6. What Meta Model Challenges were made by the NLP Coach/Practitioner?

Deletions (missing or vague information) —

Simple deletions, unspecified verb, comparative deletions, abstractions/norminalizations

Distortions —

Mind reading, cause effect statements or meaning statements (CEq's)

Generalizations —

Modal operators, universals, unspecified reference

7. What positive intention(s) associated with the present state were uncovered or stated?

NLP Coach/Practitioner Assessment Questions of the Client's Desired State

1. What are two significant physical cues associated with the desired state?
 - a. Voice tone
 - b. Voice tempo
 - c. Breathing (describe: fast, slow, shallow, holding breath, sighing, etc)_____
 - d. Body posture (describe: asymmetry, shifting, fidgeting, tension, etc.)_____
 - e. Hesitation in answering the Coach's questions
 - f. Other_____

8. Which Eye Accessing Cue(s) are most frequently noted with the desired state?
 - a. Visual Recall
 - b. Visual Construct
 - c. Auditory Recall
 - d. Auditory Construct
 - e. Kinesesthetic
 - f. Internal dialogue
 - g. Straight ahead trance like stare

9. What Meta Model Category was most obvious to you? (Deletions, Distortions, Generalizations)

10. What significant Meta Model patten(s) did the NLP Coach/Practitioner utilize to help the Client build the desired state?

11. What Milton Model categories (reverse Meta Model categories: Deletions, Distortions, Generalizations) were used in backtracking the desired outcome? Give examples.

12. Did the original outcome change – and if so at what point(s) in the conversation?

NLP Coach/Practitioner Assessment Questions of the Client's Resource State

13. What Resource(s) did the NLP Coach/Practitioner elicit and use with the Client and when in the session?

Behavioral:

Emotional:

Thinking/Strategies:

14. What is the significant physical demonstration associated with the Client's resource state?
(You may make a verbal description, picture or combination.)

Present State**Desired State**

Context	
IS	
EB	
IC	
Criteria	
CEq & BCEq	
C > E	

Logical Levels Evidence

Which level is active in the present state and what level will support the desired outcome?

Environment	
Behavior	
Capability	
Belief	
Identity	

The Meta Programs (Circle the most evident in the present state)

Criteria (appropriate to the outcome and in the necessary hierarchy to provide a Toward Motivation)

Sorting Patterns: Person, Place, Activity, Information, Things

Motivation Direction: Toward and Away-From

Motivation Source: Internal or External Reference

Self/Other: Refers often to self – I, me; or refers to others – (he, she, they, people' names)

Options & Procedures

Proactive & Thinker

Task or Relational

Sameness/Matching & Difference/Mismatching

Generalities & Details