

Why Weight Practitioner

This course is open to NLP Practitioners looking to build on their previous learning to encompass coaching strategies for weight management. **Students enrolled on CNELM's Nutrition Coach Diploma course take this module as part of their studies.**

Why Choose This Course?

- **Provides:** a flexible therapeutic framework, variable in its method of application, and appropriate to a great variety of 'maps' and personalities.
- **Explore:** the important role the mind plays in contributing to weight issues and energy balance.
- **Learn:** how to empower clients to have a better understanding of their unconscious attitudes and beliefs about their weight and what motivates them to change
- **Explore:** current mental technologies that provide rapid and sustainable change in an ethical, ecological and compassionate manner, enabling you to help clients to achieve their desired goals and to help solve their problems concerning weight and related issues
- **Consider:** a variety of effective processes to encourage clients to realise the choices open to them, and you will also develop greater choice in how you work with clients.
- **Build:** on your existing NLP knowledge, and expand your confidence and ability to help others as a coach.
- **Reflect:** this highly interactive course gives time to reflect on how learning can be applied.
- **Experienced course leader.**
- **CNELM certificate of completion.**
- **See Training Credit**

Training Credit

Students can apply to UKCPD to use this training credit as part of UKCPD's NLP Master Practitioner Course which may lead to a time and fee discount on their full training. The UKCPD Master NLP Practitioner is accredited by the Association for Neuro-Linguistic Programming (ANLP) and the Institute of Leadership & Management (ILM) at Level 7, offering an option to gain a Level 7 Coaching Diploma upon completion of some additional work. Further information on the NLP Master Practitioner can be found at UKCPD.

Entry Requirements

- Completed an NLP Practitioner programme at CNELM, or elsewhere.

Why Weight Practitioner Course Duration & Study Pathway

- 7-day online course offered live once a year. Subject to availability this course can be taken independently with the support of the Course Leader. If available it is possible to start this course within a few working days of confirmation of your acceptance of a course offer.

This course can be taken as attendance only OR attendance with assessment.

COURSE DATES & FEES - JANUARY - DECEMBER 2027		
Study Block Option	Dates	Fee Options
1	TBC	– with assessment: £1,000 – without assessment: £600
2	TBC	
• This module can be studied independently with tutor support with access within a few working days of acceptance of a course offer.		

Ready to find our more - Contact us:

- call us on **01189 798686** to book a comprehensive course discussion
- email us at info@cnelm.ac.uk
- register to join our next online **Open Day** where we discuss all our courses between 11am-2pm UK time
- download our course [Application Form](#)

