

*embody - elevate - accelerate*

# **Living NLP Guide**

*A journey of  
self-love*

**2024**

*Dr. Heidi Heron*



# A NOTE FROM DR. HEIDI

IN LIVING NLP 2024 WE HAVE A THEME OF "A JOURNEY TO SELF LOVE". NOT ONLY DO I WANT TO HELP YOU GET NLP INTO YOUR MUSCLE. I WANT TO HELP YOU GET IT INTO YOUR HEART.

We are in our 5th year of Living NLP, and it continues to surpass my intentions for the participants!

I started this program to help people truly engage with NLP in a day-to-day manner. Learning to filter through NLP, use the process with themselves, and get to know themselves so much better through the lens of NLP. Ultimately, I have four overall intentions for the Living NLP program:

1. Help you get NLP into your muscle
2. Assist you in achieving your goals for the year
3. Learn more about yourself and use NLP to find more wholeness
4. Find and embrace **self love**

We will kick-off the program at the end of January, and from February to November 2024 you will be working with a coach, a small team and myself to work toward goals, learn more about yourself, use NLP every day, and truly live NLP.

Everyone will receive the base Living NLP 2024 which includes a beautiful workbook, one-on-one coaching sessions with a dedicated coach, group coaching sessions, values elicitation, educationals, private Facebook group, and extra learning about NLP processes. You also get to choose to add personal coaching sessions with me if you'd like!

The pages of this guide will help you to know a little more about what to expect and what you can choose from to make this experience the best for you!

If you have any questions, please let me know - and I look forward to a great year ahead with you!

*Heidi*

# WHAT TO EXPECT

As soon as you register you'll receive a Well-Formed Outcome template to help you start planning your goals for 2024. In early 2024 you will get your Living NLP Workbook (hardcopy or electronic) so you can solidify your goals and intentions for the year.

In the last week of January, we will run a 2-hour Kick-off Group Coaching Call. During this call, we will meet each other, share intentions for the year, discuss your personal goals, and start to make plans to make 2024 the best year yet! We will break into small groups to discuss your WFOs, get more clarity on your path, and set 2024 up for success!

You will also be invited to our private Facebook Group and your coach will reach out with their booking details so you can schedule your first coaching session.

Then, the program will officially start on 1 February 2024 until the end of November.

Throughout each month you can take part in a variety of exercises, discussions, and community activities including:

- 1 one-hour life coaching session with your dedicated NLP Coach
- Monthly Success Circle Team Calls for Goal and Values Progress
- Monthly NLP Process Review Sessions
- Monthly Values Elicitation
- Bi-Monthly Educational Sessions
- Bi-Monthly Meta Program Exploration
- Weekly Intention and Accountability Posts
- Weekly Gratitude Reminders
- Monthly Group Coaching with Dr. Heidi

How much or how little you participate in the program is up to you. During the month you will get reminders on Facebook and email to help keep you engaged.



*Dedicate yourself to continuous  
personal improvement; you are your  
most precious resource.*

# THROUGH THE MONTH

Each month we will have a cycle of activities in the workbook, on Facebook, and in Zoom calls. You are welcome to participate in as much or as little as you can and desire. Here is what a general month will look like:

## WEEKLY - INTENTIONS & TASKS

*On the Facebook group, you will be prompted each week to share your intention for the week and tasks that you'll be completing to help move you toward the attainment of the WFO goals you set at the beginning of the year.*

## MONTHLY - SUCCESS CIRCLE CALLS

*You will be part of a small team of 5-7 other participants, lead by your Coach. Each month you will meet for an hour to discuss your progress toward your goals, your values elicitation and assist each other toward excellence with your Living NLP experience.*



## WEEK 1 - ME, MYSELF & NLP

*In the first week of the month, we will explore a different NLP process so you can learn how to use NLP on yourself in your own life. This will be a short video delivered via the Facebook group or via email.*

## WEEK 2 - VALUES ELICITATION

*Each month you will elicit the values of an area of life and look at what you can continue/start/change to get your values met. You can get assistance, discuss this, and learn more in the Success Circles and with your coach.*

## WEEK 3 - META PROGRAMS

*During this week we will explore a few Meta Programs within the workbook and in a live Zoom Call. The intention is for you to better understand your own unconscious programming and that of others with Meta Programs.*

## WEEK 4- GROUP COACHING

*Each month two Zoom meetings will be organised for you to join Dr. Heidi to share your wins, challenges, and accomplishments during the month, gain more assistance and share your next steps toward your own personal program intentions.*

## Personal Coaching with a Living NLP Coach

Life is an ongoing evolvement and having a dedicated coach to help you through is important. A much loved part of this program is working with your own dedicated NLP Coach each month (total of 10 hours).

You can use hour 1-hour session per month to work toward your goals, build resources you need, clear any interferences standing in your way, celebrate your wins, stretch yourself out of your comfort zone, and have a partner in your corner motivating you all year long.

### 1:1 Coaching with Dr. Heidi

As you know, I love to help people, and have limited client time in my schedule. As such, you can choose to work with me each month as an accountability partner, to work through issues, check in on your goals, ask me questions, or simply just share the time with me.

*You can choose to add 4 or 8 30-minute express sessions with me to use anytime between February and November 2023.*



# SCHEDULE OF TOPICS

Each month looks a little different, here is an outline of what to expect for our topics throughout the year:

## NLP Processes

This year you will be reviewing a variety of NLP topics and learning how to use them for YOU in your life. You will be able to watch a short video (via email or facebook) and even have a guided process audio for some of the tools.

<b>February</b>	State Management & Reframing
<b>March</b>	3 Brain Alignment
<b>April</b>	Anchors
<b>May</b>	Communicate with Symptoms
<b>June</b>	Using Meta Programs
<b>July</b>	Integrating Anchors
<b>August</b>	Parts Integration
<b>September</b>	Perceptual Positions
<b>October</b>	Unconscious Pattern Change
<b>November</b>	Disney Planning Process

*Knowledge is a rumor until it gets into your muscle.*

## Values

In the second week of each month, we will be doing a values exercise to find out what is important to you in different areas of life - what's being met or not, and what you can do to ensure the values are met. This year we will be looking at each area of life twice to ensure we stay on top of our personal growth.

You can choose to do this exercise on your own, with your coach, a partner, or even in your **Success Circles** group call.

**YOU**

February Values

Area of Life	Values

**YOU**

February Values

Area of Life	Values

<b>February</b>	You
<b>March</b>	Career
<b>April</b>	Money
<b>May</b>	Relationships
<b>June</b>	Career/Work
<b>July</b>	You
<b>August</b>	Career
<b>September</b>	Money
<b>October</b>	Relationships
<b>November</b>	Career/Work

# GROUP CALL DATES

Our monthly group calls are a great way to connect, share, learn, and be an integral part of the NLP Community. These calls will run 60 minutes, and we will discuss your wins, challenges, growth, monthly activities and provide support for each other. While most of the group calls will be facilitated by Heidi, and some of them will be facilitated by the Living NLP Coaches when she is training or travelling.

The proposed dates for our 2024 Living NLP Group Calls is as follows, please note they may change for various reasons. One call each month will be recorded and will be available for replay on the Facebook Group if you cannot attend live.

Month	Sydney Date/Time	Singapore Date/Time	US (MT) Date/Time	US (ET) Date/Time
<b>January - Kickoff Call</b>	Tues, 30 Jan 12pm & 8pm	Tues, 30 Jan 9am & 5pm	Mon, 29 Jan 6pm	Mon, 29 Jan 8pm & 4am*
<b>February</b>	Tues, 27 Feb 12pm & 8pm	Tues, 27 Feb 9am & 5pm	Mon, 26 Feb 6pm	Mon, 26 Feb 8pm & 4am*
<b>March</b>	Tues, 26 Mar 12pm & 8pm	Tues, 26 Mar 9am & 5pm	Mon, 25 Mar 7pm	Mon, 25 Mar 9pm & 5am*
<b>April</b>	Tues, 23 Apr 12pm & 8pm	Tues, 23 Apr 10am & 6pm	Mon, 22 Apr 8pm	Mon, 26 Aug 10pm & 6am*
<b>May</b>	Tues, 28 May 12pm & 8pm	Tues, 28 May 10am & 6pm	Mon, 27 May 8pm	Mon, 26 Aug 10pm & 6am*
<b>June</b>	Tues, 25 Jun 12pm & 8pm	Tues, 25 Jun 10am & 6pm	Mon, 24 Jun 8pm	Mon, 26 Aug 10pm & 6am*
<b>July</b>	Tues, 23 Jul 12pm & 8pm	Tues, 23 Jul 10am & 6pm	Mon, 22 Jul 8pm	Mon, 26 Aug 10pm & 6am*
<b>August</b>	Tues, 27 Aug 12pm & 8pm	Tues, 27 Aug 10am & 6pm	Mon, 26 Aug 8pm	Mon, 26 Aug 10pm & 6am*
<b>September</b>	Tues, 24 Sep 12pm & 8pm	Tues, 24 Sep 10am & 6pm	Mon, 23 Sep 8pm	Mon, 26 Aug 10pm & 6am*
<b>October</b>	Tues, 22 Oct 12pm & 8pm	Tues, 22 Oct 9am & 5pm	Mon, 21 Oct 7pm	Mon, 21 Oct 9pm & 5am*
<b>November</b>	Tues, 26 Nov 12pm & 8pm	Tues, 26 Nov 9am & 5pm	Mon, 26 Nov 6pm	Mon, 26 Nov 8pm & 4am*



# YOUR COACHES

When you register in Living NLP 2024 you will be able to choose your own coach. You will have three choices:

1. Choose your preferred coach *(subject to availability)*
2. Have us choose a coach for you
3. Choose *not to have a coach (this is perfectly OK too!)*



**Ana Vikario**

*(time zone: Sydney, Australia)*

In Ana's 3rd year of Living NLP we welcome her to the Coaching Team. With a background in biology engineering and a holistic approach to life, Ana has been helping people to tap into their possibilities and create meaningful connections in their lives with NLP for the past 5 years.



**Heather Doane**

*(time zone: Las Vegas, Nevada, USA)*

Heather started her NLP journey in 2014. This is her second year in Living NLP and we welcome her to the Coaching team in 2024. She brings a wealth of experience from the fields of education, business, sales, fitness and wellness.



**Matt**

*(time zone: Denver, Colorado, USA)*

We welcome Matt to the Coaching team in 2024. He has been involved in NLP since 2018, and is trained to NLP Trainer level. Matt is a caring, pragmatic, and sincere coach, entrepreneur, and mentor; always looking for options. If you are ready to 'do epic shit', then Matt is the coach for you!



**Meenakshi Sarup**

*(time zone: Singapore)*

Meenakshi has been involved in NLP since 2010, and has trained up to NLP Trainer. This is her 5th year as a Living NLP coach, she will help clients to unlock their true potential by helping to create positive changes in mindset, behaviour, and skills.



**Miranda Kuijsten**

*(time zone: Sydney, Australia)*

In Miranda's 4th year of Living NLP we welcome her back again as a Coach. She has been involved in NLP since 2009, completing up to NLP Trainers Training. She enjoys guiding her coaches in their journey of reaching their goals, and unpacking what comes up along the way.



**Tabatha Kattau**

*(time zone: Sydney, Australia)*

This is Tabatha's 5th year as a Living NLP Coach, her supportive nature, positive regard and exceptional NLP skills sets up a safe place for all clients. She is trained up to NLP Trainers Training and has a successful and thriving NLP therapy practice helping clients with a range of topics.

# QUESTIONS & ANSWERS

## ***What are the time commitments?***

That is totally up to you. We have about 1 hour of personal work for you each week, plus whatever it takes for you to complete your tasks to turn your goals into reality. While there are approximately 5 hours of activities per month (weekly intentions, values exercise, 1-hour Success Circle Call, 1-hour with your Coach, 1-hour of educational/meta program call, and 30-minute coaching with Dr. Heidi), you can choose to do as much or as little as you desire.

What we recommend at a minimum is completing your weekly intentions, monthly values exercise (both can be on your own if you choose), and your personal coaching call. The rest is added bonuses!

## ***Who will my coach be?***

In 2024 you will be able to choose your coach from our lineup of amazing coaches. If you are not sure who you want to be your coach, you can let us decide!

## ***How will I schedule my coaching sessions?***

Before the program starts in February, your Coach will be in touch with a specific link you can use to schedule your coaching sessions. If you opt for coaching sessions with Dr. Heidi, you will also receive a specific link to schedule these calls.

## ***Can I use my coaching sessions anytime?***

With your Living NLP Coach you are eligible for 1 coaching session per month. If you don't use the session, it cannot be rolled over to another month.

If you add 4 or 8 sessions with Dr. Heidi, these sessions can be used at anytime during the Living NLP program from February to November 2024.

## ***I don't use Facebook, is it a must?***

Nope, it's useful to be able to share your thoughts, intentions, etc., but not necessary. If you are not on Facebook (or choose not to be in the group), reminders, videos, etc. will be shared with you via email.

## ***How many goals should I work on?***

We will start with 2-3 goals and when you accomplish those goals, you are more than welcome to create a new Well Formed Outcome and continue working on other goals!

## ***What if I miss a group session?***

Well, that would be sad, but we record the sessions and make them available to everyone for review. So, easy!

# PRICING & OPTIONS

In 2024 your Base Program includes everything except extra coaching hours with me. You can opt-in to 4 or 8 30-minute express sessions with me if you choose.

## BASE PROGRAM

Your base program includes:

- Living NLP Workbook
- Dedicated Private Facebook Group
- Monthly Group Coaching with Dr. Heidi
- Monthly Success Circle Team Calls
- Weekly Intention & task setting
- Monthly NLP processes review
- Monthly Values Elicitation
- Bi-Monthly Meta Programs Exploration
- Bi-Monthly Educational
- 10 one-hour sessions with a dedicated Living NLP Coach



**\$3295 or \$329.50/month AUD**

*Pay in full and save \$200.00*

## COACHING WITH DR. HEIDI

4 x 30-minute coaching sessions

8 x 30-minute coaching sessions

**\$600 or \$60/Month AUD**

**\$1200 or \$120/month AUD**

*When registering you will have the option to pay in full (and save \$200), pay a \$500 deposit with the balance due 1 February, or start a payment plan with the 2nd payment on 1 February.*



**REGISTRATION IS OPEN**

**[www.heidiheron.com/living-nlp](http://www.heidiheron.com/living-nlp)**