



TEACHING EXCELLENCE

THE DEFINITIVE GUIDE TO NLP
FOR TEACHING AND LEARNING

Richard Bandler and Kate Benson

We live in a time of unprecedented opportunities in the world of Education. More children than ever have access to teaching and learning. New developments in technology mean that a vast amount of information is available at the touch of a button, and neuroscience is providing more and more research on how human beings learn.

At the same time, the challenges facing each and every teacher today are greater than they have ever been. With constant curriculum changes, greater expectations from parents, competition from social media for students' attention, less time for delivery and more administration, it's a wonder people still enter the teaching profession. The truth is, though, many of you reading this now have the same sense of mission and purpose that originally inspired you to enter teaching. You have the mission to make a difference to future generations, to spread enthusiasm and joy for learning and a sense of achievement in helping that hard-to-help child. With this in mind:

Imagine

you could radically transform how quickly and easily your students were able learn.

Imagine

you had the secrets to excellent teaching.

Imagine

you were equipped with the tools to entertain and captivate the attention of your students so that they were able to reach their true potential.

Neuro Linguistic Programming (NLP) is a set of skills, behaviours and beliefs that enables people to achieve way beyond what they could previously imagine. NLP was created in the 1970s by Dr Richard Bandler and John Grinder to study excellence and replicate the behaviours of successful people. In the field of Education, NLP furnishes the teacher with tools and skills to create paradigm shifts in every learner, every classroom, and every school and college. Our action-based research, published in the Durham and other project reports, demonstrates the stunning results that teachers can achieve utilising NLP in their classrooms. We have written this book to continue this revolution. As a teacher you can quickly and easily develop the learning strategies to raise achievement, increase motivation and ensure success for your students.

The uniqueness of this book is that it does what no other can do, in that it gets right to the heart of how learning works, thanks to the collaboration between two people who have a deep and abiding passion for exquisite learning; the Master and Co-creator of NLP, Richard Bandler, and the International Director of Education for the Society of NLP, Kate Benson. Richard Bandler has spent the last 45 years developing elegant processes to teach people to drive their own brains and think on purpose. Kate Benson has taught thousands of teachers to utilise NLP in teaching and learning to create happy and successful learners.

This book provides precise guidance to enable each and every teacher to teach effectively with learners of any age, within any context. Whether you are new to teaching and beginning your career, or are an experienced teacher, you can systematically improve your skills and abilities using the powerful technology of NLP.

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Those who train teachers will find strategies for learning to incorporate into the training of new teachers and ensure that the next generation of teachers gain the attitudes, behaviours and skills that create great teaching and tenacious learners.

This book shows you how to design and teach strategies for learning, from memorising facts to magical maths, effective spelling, reading and creative writing and much more. To survive and thrive in this world, it's true to say that learning to learn is an essential skill set and everyone can become a more effective learner and teach others to become great learners along the way.

This book is written for you, the teacher. **We are very certain that since you are reading this book, you want to be the best teacher you can be.** It is designed to both inspire and provide a step-by-step approach to mastering the art and science of learning. By the end of this book you will have the secrets of how to captivate your students, structure learning to adapt to all learning preferences, and create exquisite learning effortlessly and easily. Our mission is to share with you an exciting set of tools that can transform the impact that you can make in the classroom.

THE AUTHORS

Dr Richard Bandler, the co-creator of NLP, has for over 45 years dedicated himself to developing new ideas, tools, techniques and models for the advancement of human evolution. Richard Bandler's books have sold more than half a million copies worldwide and have been translated into many languages. Hundreds of thousands of people have studied with him to learn NLP, Design Human Engineering, and Neuro Hypnotic Repatterning and he has freed them from their personal jails to create the lives they want. Richard has long taught that NLP is not a therapeutic model but an educational one, and for the first time in this book he applies his technology directly to the field of education and learning.

Kate Benson, the International Director of Education for the Society of NLP, has been at the leading edge of teaching and learning for many years. After training with Dr Bandler she dedicated her work to researching and teaching others the application of NLP to teaching and learning. Having a unique insight into the world of the teacher as result of her extensive experience of more than 30 years in the classroom and with Dr Bandler as her mentor, Kate has worked with thousands of teachers all over the world to create elegant and effective learning in their classrooms. She brings many practical examples, experience and knowledge to the text. She is the author of a number of guides for teachers and produces resources for teachers and students.