

DSNLP Curriculum

Programmes with Darren Shaw · October 2026

What each programme teaches, how it is taught, and how it is assessed. Read it through, or jump to the programme you are considering.

DSNLP offers six programmes, taught one-to-one with Darren Shaw. Each is built around what you can demonstrate, not how many sessions you attended.

How every programme works

Every programme runs on one teaching cycle. Darren demonstrates a skill. You practise it. You get specific feedback, from a partner or from Darren. You reflect in writing, then practise again.

Each session has a written plan: its aim, learning outcomes, timings, what you do, what Darren does, how learning is checked and which resources are used. The plans follow the structure used in teacher training, and draw on Knowles on adult learners, Honey and Mumford on learning styles, and Bloom's three domains: knowing, doing and being willing to try.

Feature	In every programme
Teacher	Darren Shaw, directly: NLP Trainer, BSc Psychology, City & Guilds PTLLS
Sessions	Weekly or twice weekly on Google Meet, depending on the programme and the student
Schedule	Flexible around your life; short breaks are agreed in advance
Practice	At least two practice rounds per skill, with feedback between them. Some skills are practised with other students
Materials	A complementary e-book from Darren, plus programme materials and groups from the day of enrolment
Evidence of learning	Skills shown with a real person, partner feedback and written reflection, not attendance
Before you start	A discovery call, so you and Darren agree the right programme
Reviews	At the end of each month, and an exit review (see Reviews and support)

The programmes can be taken in sequence. Introduction to Coaching Skills or Introduction to NLP leads into NLP Certification, and NLP Certification leads into Master NLP Practitioner, which requires it or equivalent demonstrated skill.

Programme map

Programme	Length	Entry	Assessed on	You leave able to
Introduction to Coaching Skills	3 months	Discovery call	A live coaching session with a real person	Run a structured coaching conversation using core NLP skills
Introduction to NLP	3 months	Discovery call	Skills shown in sessions and progress toward your own goal	Use the core NLP skills to move toward a personal goal
Public Speaking Skills	3 months	Discovery call	A recorded talk, compared with the one recorded in week 1	Hold a room's attention using Darren's applied NLP model
NLP Certification	6 months (two parts of 3 months)	Discovery call	A live coaching demonstration across the 14 core areas	Use the 14 core areas of Practitioner competency with a client
Master NLP Practitioner	Flexible; one-to-one with Darren	NLP Certification or equivalent demonstrated skill; able to record a real coaching session with client permission	Quiz (pass mark 80%), modelling project, recorded coaching session, practice log	Choose between patterns, adapt them to the person and design your own
Ericksonian Hypnosis Certification	Flexible; built on a four-month sequence	Discovery call	Two recorded sessions, written reflections, and a written test or oral review with Darren	Plan and deliver a full permissive hypnosis session ethically
Bespoke NLP Training	Set at the discovery call	Discovery call	Success criteria agreed with you	Reach the goals you and Darren agree at the start

Certificates are issued by RAVINGWORLD LTD, a UK registered training provider (company number 12303398), and are subject to the student meeting the criteria.

Introduction to Coaching Skills

3 months · \$750 · for people who want to coach others

Over three months you learn the core skills of coaching with NLP, practise each one with Darren, and finish by coaching a real person through a full session.

Aim: To give you the skills to run a successful coaching session. It covers the same core NLP skills as Introduction to NLP, with the focus on coaching skills and how to structure a session. It suits people who want advanced NLP coaching skills on board. It can be followed by the final three months of NLP Certification.

By the end you can:

- define coaching in your own words, and say how it differs from counselling, psychotherapy, psychiatry and mentoring
- apply the NLP presuppositions as working tools when helping another person
- build and keep rapport with a client, and manage your own state
- take a client's goal through a well-formed outcome, using submodalities to help them make it vivid and compelling
- help a client shift a belief that is holding them back
- place a client's issue or goal on Dilts' neurological levels and choose where to work
- ask questions that clarify vague language, and use framing
- structure and run a full coaching session using the PCOLRA structure, and record it in a coaching log and a feedback form

Week	Unit	You learn to	Evidence
1	What coaching is, and the PCOLRA structure	Define coaching; see how a session is built; set up your coaching log and feedback form	Own-words definition; log and form set up
2	Presuppositions in coaching	Use the basic beliefs behind effective coaching as working tools when helping another person	Practice round with feedback
3	Rapport and state	Establish and keep rapport with a client; manage your own emotional state	Practice round, partner feedback
4	Representational systems	Use sensory language that matches how the client thinks about their experience	Practice round with feedback
5	Submodalities	Use the qualities of a client's inner pictures, sounds and feelings to help them create and strengthen their outcome	Practice round with feedback
6	Well-formed outcomes with a client	Guide another person to a goal that is achievable and ecological; handle vague, conflicting or over-large goals	Elicit an outcome in a practice round
7	Neurological levels (Dilts)	Place what a client brings on Dilts' levels and choose where to intervene	Practice round with feedback
8	Belief change	Help a client shift a belief that is holding them back, using presuppositions and submodalities	Practice round with feedback
9	Meta-Model questioning and frames	Ask questions that bring vague language into focus; set the boundaries of a context so a client can see a situation differently	Practice round with feedback
10	Perceptual positions	Take a situation from different points of view to gain information	Practice round with feedback
11	Supervised session	Coach another person using PCOLRA while Darren watches from the background	Full session with Darren's feedback; log and form completed
12	Assessed session and review	Show the skills in one live session; plan next steps	Live session, scored by Darren

How it is taught. In each unit Darren demonstrates first and never gives you more than you can handle. You then practise at least twice, with feedback and a short written reflection in between. Practice sessions can count as coaching experience. Sensory acuity and calibration are not a separate unit: Darren models them in every session and points them out as they arise, so you build them throughout.

Coaching log and feedback form. From your first practice sessions you keep a coaching log, recording each session you coach, and complete a coaching feedback form after every session. Darren reviews both in your one-to-one sessions. Introduction to NLP does not carry this requirement.

Assessment. In week 12 you coach a real person using the PCOLRA structure. Darren scores the session on rapport, outcome elicitation, sensory acuity, quality of questions, managing your own state and learning from feedback. He also reviews your coaching log and completed feedback forms, and gives you written feedback.

Introduction to NLP

3 months · \$750 · includes the online programme · for personal development

Over three months you learn the same core NLP skills as in Introduction to Coaching Skills, with the focus on your own development and moving toward a goal of your own.

Aim: To help you state a personal goal clearly and make measurable movement toward it, using the core skills of NLP. Presuppositions, rapport and well-formed outcomes are all taught as tools for your own change, not for working with others.

By the end you can:

- state your goal as a well-formed outcome
- use the core skills taught in these three months to notice and change your own patterns
- show progress toward your goal in sessions with Darren

How it is taught. Weekly or twice-weekly one-to-one sessions with Darren on Google Meet, using the same cycle as every programme, together with the online programme on Wix, which holds the materials for each unit. Sensory acuity and calibration are built throughout: Darren models them in every session and points them out as they arise.

Assessment. Darren reviews the skills you show in sessions and your progress against your own goal, and gives you written feedback. There is no coaching log or feedback form in this programme.

Next step. The final three months of NLP Certification deliver the remaining core skills and lead to certification as an NLP Practitioner, subject to meeting the criteria.

Public Speaking Skills

3 months · \$997 · for people who need to hold a room

Over three months you learn the word patterns and framing moves Darren uses to hold a room, practise each one on your own talks, and end with a recorded talk set against the one you made in week 1.

Aim: To teach the thinking behind the speaking and the skills behind the performance, so you can hold an audience's attention for a full talk.

By the end you can:

- say in your own words why excellent speaking matters in your work
- keep a listener with you from the start of a section to its end
- bring an audience in, and pull attention back when it drifts
- open a talk with a short reset a latecomer can follow, and close it with three questions a listener can answer from memory
- combine at least three of these skills in one talk, and choose between them for a given room

Week	Unit	You learn to	Evidence
1	Starting point	Say why speaking well matters to you; record a first talk	Baseline recording
2	What a word pattern is	Notice what keeps a listener with a speaker, and name it	Noticing list from examples
3	Open loops	Signal that something useful is coming before it arrives	Two practice rounds; listener says what they waited for
4	Micro-participation	Set tiny tasks of different sizes that bring a listener in	Two practice rounds; listener says which tasks they did
5	Pattern interrupts	Break rhythm, tone or format honestly, then say what was done and why	Two practice rounds; listener marks where attention snapped back
6	Framing moves	Reset the room in 20 seconds; end a section with three questions	Open and close a two-minute talk
7	Naming talks	Choose titles that name a specific skill and an obvious pain point	Three titles for your own talks, reviewed with Darren
8	The attention model	Choose between skills for a given room and audience	Written choice with reasons for one real talk
9	Further moves	Notice, then label; switch between story, question and explanation	Practice round with feedback
10	Stacking skills	Combine at least three skills in a two-minute talk	Talk with feedback
11	Full talk and questions	Rehearse a full talk; answer questions with a question before an explanation	Rehearsal with Darren's feedback
12	Final talk and review	Give the final talk; compare it with week 1; plan next steps	Recorded talk, scored by Darren

How it is taught. Each skill follows the same cycle: Darren demonstrates, you speak for two minutes on a real topic, take feedback, write down what worked and one change, then speak again.

Assessment. The week 12 talk is scored on the skills above and set against your week 1 recording.

NLP Certification

6 months in two parts of 3 months · \$1,500 covers both parts · Practitioner level

Over six months, in two parts of three months each, you add new skills every month until all fourteen core areas of NLP Practitioner competency are in place, and you show them in a live coaching session with a real client.

Aim: To make you competent in the core skills of NLP and able to use them ethically with other people.

The fourteen core areas are the competencies the certificate is awarded against.

#	Core area	You are able to
1	Presuppositions	Work from the beliefs that make success possible
2	Well-formed outcomes	Set goals that are ecological, desirable and attainable
3	State management	Notice and influence your own emotional responses
4	Rapport	Build and keep a relationship good enough to reach the outcome
5	Sensory acuity	Notice the subtle changes in behaviour that show change in another person
6	Calibration	Read changes in intensity from patterns in behaviour
7	Representational systems	Match the senses a person uses to gather and process information
8	Perceptual positions	Take a situation from different perspectives to gain information
9	Meta-Model	Ask language questions that bring out the structure of an experience
10	Milton Model	Use artful, permissive language with care
11	Anchors	Shift an experience on purpose
12	Submodalities	Notice and adjust the qualities of an internal experience
13	Strategies	Understand the sequences a person uses to reach an outcome
14	Frames	Set boundaries on a context to make and change meaning

Month by month. Each month you master new skills and use them in a real session before the next month begins.

Part	Month	New skills mastered	Running total
1. First three months (either introduction)	1	Presuppositions; rapport; state management; representational systems	4
1. First three months (either introduction)	2	Submodalities; well-formed outcomes; sensory acuity and calibration	8
1. First three months (either introduction)	3	Meta-Model; frames; perceptual positions	11
2. Final three months	4	Milton Model	12
2. Final three months	5	Anchors	13
2. Final three months	6	Strategies, then the live coaching demonstration	14

How it is taught. The programme is live, one-to-one with Darren on Google Meet, weekly or twice weekly. Every skill gets at least two practice rounds with feedback between them. In the first three months you take either Introduction to Coaching Skills (coaching skills and session structure) or Introduction to NLP (personal development and a goal of your own); both cover the same core skills. The final three months deliver the rest.

Only at the end of month six are all fourteen in place, and then you can call yourself a certified NLP Practitioner, subject to meeting the criteria.

Assessment. You demonstrate your coaching skills with a real live client. Darren assesses the session against the fourteen core areas and gives you written feedback. The certificate is awarded through RAVINGWORLD LTD when you meet the criteria.

Master NLP Practitioner

Flexible length · \$2,000 · one-to-one with Darren

Practitioner proves you can run the patterns. Master proves you can choose among them, adapt them to the person in front of you and design your own.

Entry: NLP Certification, or equivalent demonstrated skill. You must also be able to record a real coaching session and get your client's written permission. This is stated before enrolment and again in module 1, and a five-minute test recording in week one surfaces any technical problem early.

By the end you can:

- gather information precisely and work from a client's values
- tailor core change processes to the individual rather than follow a script
- use advanced language skills with confidence
- build a replicable model of someone else's skill and write it up without jargon
- coach with the full toolkit, designing a session to fit the person

#	Module	Content
1	Mastery and information gathering	What mastery is and how it is acquired; precision questioning; the Master criteria
2	Values and generative change	Eliciting and working with values; the generative NLP format; SOAR; New Code introduced
3	Mastering change processes	The core skills every change process depends on, and how to tailor them; first practice assessment
4	Advanced language skills	Temporal predicates; presupposition forms; Sleight of Mouth; live calibration
5	Research and modelling	Self-modelling and conversational modelling; strategy elicitation; setting up and writing up the modelling project
6	Metaprogrammes and metaphor	The metaprogrammes as a working set; reading and using a person's metaphors
7	New Code and personal mastery	New Code patterns and the state work behind them; your own development as a practitioner
8	Advanced NLP coaching	Coaching with the full toolkit; session design; review so far
9	Integration and final assessment	Bringing the modules together on a real client; the quiz; submitting the modelling project and the recorded session

Practice log. Every module ends with a real coaching session that you log. Across the programme you complete 15 hours of coaching over at least 10 sessions, with at least one between modules. Each session has a completed learning sheet from you as coach and written feedback from the person you coached.

Assessment. You are certified when you have passed the online quiz at 80% or above, submitted a modelling project and passed it, submitted a recording of a real coaching session with signed client permission and passed it, and completed the practice log. Darren assesses the recorded session, scoring it from 1 to 5 on each of 20



MASTERY. EXCELLENCE. TRANSFORMATION.

items covering rapport, outcomes, managing your own state, quality of questions, sensory acuity, language skills and learning from feedback.

Ericksonian Hypnosis Certification

Flexible pace · \$2,000 · built on a four-month sequence

You learn to structure and deliver a permissive hypnosis session, from the first conversation to the close, and you are certified on two recorded sessions and a review with Darren.

Aim: To teach the permissive, indirect approach to hypnosis, combined with NLP, and to deliver full-length sessions ethically and safely.

By the end you can:

- explain what hypnosis is and is not, and correct common misconceptions
- use indirect language, ambiguity, metaphor and hypnotic phenomena with confidence
- plan and run a full session: pre-talk, induction, deepening, suggestion and close
- integrate NLP principles with Ericksonian-style trance work
- state the ethical boundaries and contraindications, and apply them

Stage	You learn to	Evidence
1. Foundations	Describe the permissive approach and its history; understand how focus, states and dissociation work	A timeline of influences; practice of a first self-hypnosis exercise
2. Language and indirect influence	Use artful, indirect language patterns, ambiguity and hypnotic metaphor	Ten patterns used in conversation; a first metaphor recorded
3. Session structure and technique	Design pre-talks and permissive inductions, deepen trance, test phenomena, handle resistance and write suggestions	A pre-talk script; three inductions practised with peers; a deepening sequence
4. Practice, integration and ethics	Build the therapeutic relationship; run client practice; apply ethics, boundaries and contraindications	A recorded session; ethical case studies; reflection on your own growth

How it is taught. Each week has a taught session, a demonstration and a task to complete before the next one. Darren demonstrates inductions, language examples and full sessions; you practise with Darren and, on occasion, with other students.

Assessment. You submit two recorded sessions, one of which has Darren's feedback before the final submission; submit journaled reflections and a self-assessment; and complete a written test or an oral review with Darren. Any recorded session needs the written permission of the person in it.

Bespoke NLP Training

Quoted after a discovery call

A bespoke programme has no fixed syllabus. Darren builds it with you from the units above, around your goals and what you already know, and quotes it after the discovery call.

Step	What happens	What you have at the end
1. Discovery call	Darren asks about your goals, work and context, and answers your questions	A shared picture of what the training is for
2. Starting point	Darren finds out what you already know and can already do	A record of prior knowledge and gaps
3. Success criteria	You and Darren agree what you will be able to do by the end, and how it will be shown	Written criteria, agreed before the start
4. Sequence	Units are chosen from the DSNLP programmes and ordered to suit you	A programme plan with units, order, pace and price
5. Delivery	Weekly or twice-weekly sessions with Darren, using the same cycle as every programme	Skills practised and shown in sessions
6. Review	Progress is reviewed against the criteria and the plan adjusted	An updated plan
7. Close	You show the agreed skills and Darren confirms what has been met	Evidence against each criterion

Whether a bespoke programme leads to a certificate is agreed at step 3.

Scope, ethics and consent

These programmes teach communication and coaching skills. They do not qualify anyone as a psychotherapist, counsellor or medical practitioner. NLP is not psychotherapy, and no outcome is guaranteed.

- **Practice with others.** You practise on willing people who know what is being practised. Darren demonstrates first and never gives you more than you can handle.
- **Recording and permission.** Where a programme needs a recorded session (Master NLP Practitioner and Ericksonian Hypnosis Certification), the person recorded gives written permission first. The recording goes to the assessor only and is not published or used for marketing. The person can be known by first name or a pseudonym, can stop the recording at any time and can withdraw permission before you submit. The recording is kept for an agreed period and then deleted.
- **Hypnosis.** The hypnosis programme teaches ethics, boundaries and contraindications as units, and you complete ethical case studies before certification.
- **Certification.** Certificates are awarded through RAVINGWORLD LTD, a UK registered training provider (company number 12303398). NLP certification is subject to meeting the criteria.
- **Prices.** The prices in the DSNLP prospectus are valid until 31 December 2026.

Reviews and support

Every programme includes reviews, so progress is checked and any difficulty is raised early, not left until the end. A review is a short conversation with Darren, followed by a one-page written record that you read, agree and date.

- **When.** At the end of each month, and an exit review at the end of the programme. A first check-in after the first few sessions makes sure the pace suits you.
- **Your comments.** What is working, what is hardest, and what you want from the next month.
- **Darren's comments.** Your progress against the skills taught so far, and any change to the plan.
- **Support.** Any extra support agreed, such as a slower pace, a repeated unit or a longer gap between sessions.
- **Pace.** You set the pace for material that challenges your own thinking. Any session can be paused, and no unit is rushed.
- **Record.** The agreed review is kept on your file. With your written permission, your comments can be used as a testimonial.

Frequently asked questions

Is the training live or recorded?

Live. I teach every programme with you, one-to-one, on Google Meet, once or twice a week, at times that work for your time zone. When there are enough students to form a group, I organise group sessions too, and those vary. While you're on a programme, you can join any of the scheduled masterclasses.

How long does NLP Certification take?

Six months, in two parts of three. You master a few new skills each month, and all fourteen core skills are in place only at the end of month six. From then on you can call yourself a certified NLP Practitioner, as long as you've met the criteria.

Which introduction should I start with?

Introduction to NLP is for your own development and moving toward a goal of your own. Introduction to Coaching Skills is for people who want to coach others, and it adds a structure for running a session, a coaching log and a feedback form. Both cover the same core skills, and both lead into the final three months.

Can I take an introduction on its own?

Yes. Either one stands by itself, and you don't have to continue to the final three months.

What does it cost?

NLP Certification is \$1,500 and covers both parts. Introduction to NLP and Introduction to Coaching Skills are each \$750 on their own. Each part is paid before it starts. The prices in the DSNLP prospectus are valid until 31 December 2026.

Is there an online programme?

Introduction to NLP includes the online programme, which holds the materials for each unit. The online programme for Introduction to Coaching Skills is still in development.

What happens in a session?

I show you, you practise, you get feedback and write a short reflection, then you practise again. You build the noticing skills as we go, because I model them in every session and point them out when they come up.

What do I need to bring?

Willingness to practise on real people and to reflect in writing. You don't need any prior training.

Is this therapy?

No. These programmes teach communication and coaching skills. They don't qualify you as a psychotherapist, counsellor or medical practitioner, and I can't guarantee any outcome.

Who issues the certificate?

RAVINGWORLD LTD, a UK registered training provider (company number 12303398), once you've met the criteria.

What if I want to go further than Practitioner?

Master NLP Practitioner, taught one-to-one with me, and Ericksonian Hypnosis Certification are each \$2,000. Bespoke NLP Training is quoted after a discovery call. Book a 15-minute discovery call and we'll pick the right one together.

What if the material challenges me?

Some units ask you to look at your own thinking. I bring them in gradually, you set the pace, and we can pause any session. The monthly review is where you tell me what's hard, and we adjust the plan together.

Still unsure? Book a 15-minute discovery call at www.ravingworld.co.uk and we'll find the right programme together.