

A NORWEGIAN NLP STUDY



by John Thompson &
Gillian Godtfresden

The BBNLP has been very active on a global scale with successful additions of large partnering companies. One of the latest countries to be welcomed is Norway. The Paradigm Academy based in Oslo. Founded by Gillian Godtfresden who represents a significant addition to the network of organisations delivering NLP trainings with BBNLP support.

TPA (The Paradigm Academy) recently commissioned a study through MMI research international, who are Norway's leading statistical surveyors.

The report focuses on the last seven years NLP trainings, and all of the delegates who were trained in that time received an independent questionnaire asking over 100 questions to collate patterns and data.

John Thompson was in Oslo recently and asked Gillian some questions about the report and also about her views on the growing number of overseas visitors training with the academy in Oslo.

TPA have plush city centre offices and their own training suite, as well as many off site venues that are spectacular, making good use of the local views and buildings. The Maritime Museum played host recently to a New Code Healing seminar with John Grinder and Carmen Bostic St. Clair, sharing how the patterns and principles of

New Code allow individuals to prevent and improve health.

Delegates on the course were treated to some impromptu drumming from John Grinder as he sat on the boardwalk drumming before the seminar with the sound echoing around the harbor, this was also a treat for the tourists and a special photo shoot.

Since leaving her native Sheffield, England 30 years ago Gillian has built the largest supplier of NLP and healing courses in Scandinavia, expanding into Sweden recently with the assistance of Dr Peter Lennig a psychiatrist specialising in addiction work.

Gillian recently answered a few questions to introduce the work TPA does in Norway to the readers of The Model Magazine.

Q
Firstly one of the findings of the MMI research report was related to the attendees of the courses with a bias of women. The report found over the last seven years 70% were women on average who trained with TPA. What do you put this down to?

A
"To be honest I don't know but I am a woman, and have been told I am a good role model as a parent and leader. The results are from the past and this figure is changing as I integrate with other trainers and introduce

guest trainers like John and Carmen. The stats could be explained in many ways but I have recognised that women want to develop both personally and professionally due to natural referrals it just happened that way.

Q
Also 73% of delegates had children did this stimulate the kids academy?

A
No not entirely, but several discussions on courses turned to topics relating to children and childhood. Firstly I should say what the kids academy is, it is mini trainings / seminars for children aged from 5-18 where the team play games and make sure they have fun but also learn key communication concepts and presuppositions from NLP. We have found that the older children coach the younger ones naturally and we encourage this.

Originally it was an idea that created itself. We had some days when Practitioners would meet with these children of all ages and the kids started to communicate among themselves. When we introduced some new code games and how to think differently by using metaphor and perceptual positions the kids loved it. So we decided to make it more formal and give the days more structure and offer tee shirts and hats so they felt like a team. It just

grew from there to where we are now still working with some world leaders in NLP to create a program that can be delivered by those trained in NLP.

We have had overwhelming interest on this project and welcome input and ideas from others.

Q
Participants were asked how they would advise a novice wanting to learn NLP?

A
The advise would be not to read about it or talk to others but to experience it on a course.



All of these ways are useful and important but the order was definite with over 60% advocating a seminar and just 5% advising reading.

The main factor in my education and integrating NLP was with the second Favourite to network and mix with others involved who are at a higher level or more experienced.

Q
How do you explain the growing number of delegates coming from the UK and overseas to train with TPA?

A
Over the last couple of years TPA has grown in its size of groups and awareness has travelled through word of mouth globally. Also people seem to want to have a full experience outside the training room. Oslo certainly has this, it is one of the best kept secrets in tourism. Norwegians are hospitable and keen on the outdoor life there is a special energy in the air.

One factor worth mentioning is that due to low cost air lines travel is cheaper than a taxi in the U.K.. Some delegates have paid 0.01p to get out and 0.03p to return. Norwegians also speak fluent English so there is no language barrier.

Accommodation is the same standard as in London or Paris and some guest houses are as little as £40.00 per night including breakfast.

Q
Coaching has now achieved popularity in all fields with executives now in some cases demanding it as part of there package, what

will the course in November with John Grinder and Carmen Bostic St. Clair have for coaches?

A
One difference will be learning new skills to bolt on to what they already know plus cutting edge skill building and models involving games, puzzles and metaphor. One skill that is essential is calibration and integrating the concept of new code NLP increases dramatically your calibration of others and more importantly yourself.

There will be three stand alone courses and a certification so coaches can be recognised as having meta new standard whilst networking with

others and sharing reports.

Q
What are things that are new coming up in Norway and TPA?

A
One new change in the law relating to hypnosis appears to be changing rapidly making hypnosis training legal in Norway as at present it is not.

This will open up great opportunity for TPA as myself working with others have courses that include certification to offer.

Hypnosis is a great art and essential for any professional to be aware of as 75% of those who train with me are from professional



backgrounds this is exciting and a great addition to TPA courses.

Q
What would you say to anyone thinking of training with TPA in Norway?

A
I would say there is always a warm welcome from myself and the team plus the environment in Oslo is truly metaphoric, so it could be mixed with a natural break which I know we all deserve from time to time.

Contact The Paradigm Academy for further information on their trainings or any of the above:

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