

1 day Introduction to NLP

Introduction

Experience why more and more people are using NLP to enhance their lives both professionally and personally.

Discover why NLP is becoming the 'must-have' skill set for professionals across many kinds of organisations and businesses.

Begin to appreciate just how practical and results-focused NLP is as you experience for yourself new, 'breakthrough' ways of thinking and behaving in stuck or previously limiting situations.

- **Neuro:** the nervous system including the brain and the five senses, through which we experience the world
- **Linguistic** refers to the verbal & non-verbal languages with which we communicate
- **Programming:** the ability to organise our neurological and communication systems to achieve desired results

Who Should Attend

Anyone wanting to develop themselves and their skills further to improve and make the most of their professional and personal lives.

Skills learnt can be used immediately in an organisational or personal setting.

Course Objectives

- Learn how and why you see the world as you do
- Develop skills that change the way you see the world
- Be able to influence others in your professional and personal life
- Set Positive business and personal goals

Content Summary

- The background and underlying principles of NLP
- How to set achievable goals
- How to influence more effectively
- How to build rapport with anyone
- The VHF Channels of Communication and how to tune into someone else's wavelength
- How to gain greater understanding of someone else's position, for example in negotiation, sales or in relationships generally
- How to feel how you want to feel at any time

Style

The day will be structured with a mix of theory, demonstrations and hands on by delegates.

All delegates will be given supporting material.

How to book

Call the office on **023 9225 5232**

E mail **training@thecoachingworks.co.uk**

Thecoachingworks.co.uk