

NLP training (Neuro Linguistic Programming training) - 1 day

NLP is an ever-growing collection of information, insights and mental techniques that can enable you to improve how you think, behave and feel - and assist others do the same.

The main focus of this NLP training course is:

- How language works and therefore how it can be used most effectively, both to communicate with yourself and others.

Neuro refers to how the mind and body interact with each other.

Linguistic refers to the words people use that gives insight into their thinking and feeling.

Programming refers, thinking and behavioural patterns or 'programmes' which people use in their daily lives to limit themselves or be successful.

Introduction to NLP Training Course Objectives:-

On completion of this NLP training course you will be able to:

- Build deep levels of rapport with others quickly and easily
- Communicate far more effectively and precisely
- Use language elegantly and efficiently in all your communication
- Use the art of non-verbal communication
- Attract and hold someone's attention
- Elicit others co-operation
- Develop both conscious and unconscious rapport with others
- Read people more accurately

Introduction to NLP Training Course (Neuro Linguistic Programming) Content

Topics for Exploration:

What is NLP

What is NLP and how can it help you

Building Rapport

Meet people in their world to communicate with exquisite skill

I see what YOU mean

Discover the difference ways in which we all experience the world

This NLP course is designed for:

Professionals and private individuals who want to increase their personal effectiveness through improved interpersonal skills and reliable tools for peak performance.

In this programme you will be taking part in a highly effective personal and professional development experience.

You will be learning in a practical, hands-on manner through short lectures, practical exercises and discussions and through applying what you learn in your own life between the training sessions

Noticing other people's behaviour

Learn to tune into other people's body language and verbal cues

Definitions of NLP:

- An owner's manual for the human mind!
- The study of human excellence
- The study of what works in human psychology and communication
- An attitude characterized by a sense of curiosity and adventure and a desire to learn the skills to be able to find out what kinds of communication influences somebody and the kinds of things worth knowing; to look at life as a rare and unprecedented opportunity to learn [Richard Bandler]
- A methodology based on the overall presupposition that all behaviour has a structure, and that structure can be modelled, learned, taught and changed (re-programmed). [Richard Bandler]