

Neuro Linguistic Programming Introduction

One Day Course

Course introduction

NLP has also been defined as the manual for the brain. Once we become familiar with how our brain works and how we actually act, we can discover what to do to change negative patterns of behaviour. The course is a mixture of information and practical tools and techniques to embed learning and further knowledge of the subject - the emphasis for the day is on the practical application of the techniques. The content covered is of benefit in both work and personal life so can be applied to many situations and is useful for delegates from a variety of backgrounds.

Course Aims

The purpose of the course is to help you understand both yourself and others more easily and to be able to immediately put into practice the methodologies, tools and techniques learnt, helping you to make positive changes in your life. These tools and techniques may be used in a variety of situations - improve your negotiation skills, increase your awareness of self and team, improve communications within relationships, both personal and work based.

Course outline

Course content

What is NLP

- Understanding both yourself and others
- Presuppositions of NLP
- Act if it's true and you will get the results you want

Communication Tools

- Be understood by anyone

Sensory Acuity/Eye Accessing Cues

- Read people like a book by observing and watching human behaviour.

Representational Systems

- Understand how you take in the world around you and how this affects your communication

Rapport Building

- Be a great influencer and make people like you

Managing Your State

- Create a 'Positive Mental Attitude'

Strategies

How to get different results by doing things differently

What will I learn

- Change the way you think, feel and behave
- Build your own personal confidence
- Understand others and communicate with them more effectively
- Achieve personal and professional goals
- Change old beliefs and behaviours that limit and hold you back
- Make more choices in life and become more creative

Follow on courses: NLP level 1

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