



Introduction to NLP

Simple techniques to improve your life

Learning with a difference...

Benefits

- Improve your enjoyment of life while improving your communications
- Use your newly learnt techniques immediately
- Gain real experience practicing NLP on the course

Pre-Requisites

There are no pre-requisites for attending the Introduction to NLP course.

Course content

- What is NLP, and what are the benefits of NLP
- Self/Thought awareness and relaxing to learn
- Positive Thinking
- Mind states
- Setting goals & aligning your physiology with where you want to be
- Using NLP to establish rapport
- Real persuasion
- Communicating verbally and non-verbally
- Language—make it work for you
- Deliberate calming techniques
- Values, beliefs and choices

Course overview

NLP (Neuro-linguistic Programming) can benefit you and those around you in all aspects of your life, at home, at work, when meeting new people, learning to be happy and at ease with yourself.

This course shows you how to gain an understanding and appreciation of NLP and how can you apply NLP, with some simple techniques that you will be able to use immediately.

Throughout the course you will have ample opportunity to practise NLP techniques in various exercises. You will also receive courseware covering all the topics and exercises.

Duration

1 day
9:30 - 4:30

Refreshments are provided on arrival, mid morning and mid afternoon.
A buffet style lunch is also provided.

Book Now

Call our Sales team on
01295 253253

Experience our tried and tested training methods; have fun while you learn and most importantly - apply what you have learnt in the workplace immediately after you have completed your training!

Other courses we offer

- NLP for Trainers
- HR for non-HR Managers
- Finance for non-Finance Managers
- Practical Project Management

What our customers say about our courses

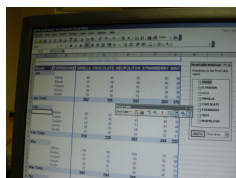
"I'm looking forward to using what I have learnt, tomorrow!"

"Very knowledgeable training and an abundance of patience"

"Fantastic course, thank you so much"



People Productivity &
Specialist IT Training



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