

Workshops 1 day | Price: £219 + VAT

MINDSET: INTRODUCTION TO NLP

Overview

Neuro-Linguistic Programming (NLP) is most easily understood as the study of human behaviour, and the key to human excellence.

NLP is an excellent range of skills that support effective communication and our understanding of how we can influence others.

Understanding NLP and having the ability to use its skills, tools and techniques can have a positive and lasting impact on your life.

Who is it for?

This course is for everyone. It offers skills for life. It is an engaging delve into the skills of NLP which can support you in all aspects of your work and home life. The practical and simple tools presented support positive psychology and show you how to be in control of you, your life and your goals. A fun, experiential day with an NLP Master Practitioner, NLP Trainer and Coach.

What will you learn?

Have you ever wondered about all of that stuff going on in your head and how that supports you in achieving things (*or not!*)?

We'll look at how improved awareness of self and enhanced emotional intelligence will support;

- effective communication
- improved relationships
- an appreciation of differences
- a calmer and more helpful response in challenging situations

Understanding NLP is like having a manual for your mind; broadening choice, empowering you to choose helpful responses and beginning to make positive changes in your life.

Course Content

- A brief history and background of NLP
- What is NLP?
- The Pillars of NLP
- Pre-suppositions and the difference they can make
- Reality – it's all made up
- Enhancing your communication with others using NLP skills
- Developing well-formed goals and tools to support achievement
- Increasing choice – staying in control
- Reframing – the power of positive thinking
- Generating new behaviours for better results

Other courses coming up that you might be interested in:

- [Introduction to People Management](#)
- [Assertiveness, Self-Confidence and Communication](#)
- [Introduction to Emotional Intelligence](#)
- [Assertiveness, Self-Confidence and Communication](#)

BENEFITS OF THE COURSE

By the end of this course you will...

...understand how to use NLP tools and techniques for a positive and lasting impact upon both your home and work life.

**Get 15% off your Open Course training with our Learning Passport.
Find out more [Learning Passport](#)**

COURSES

24th June 2020
Compton House, Exeter

18th November 2020
Compton House, Exeter

This course is also available in house.