

Online Half day | Price: £95 + VAT

MINDSET: INTRODUCTION TO NLP - LEARNING HOW PEOPLE TICK (VIRTUAL)

For this session you will need:

- ✓ a laptop / PC with audio and video capability
- ✓ a good, strong internet connection
- ✓ a quiet space (headphones or earphones are good but not essential)



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 session 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

Timings

This virtual session runs from 09:30am - 13:00pm, with breaks included.

This course will be run on the Zoom video conferencing platform.

If you've never used Zoom - or any other video conferencing platform - before don't worry, it's quite straightforward!

Before the session, we'll send you instructions to help you get started. The key thing is to ensure that your video and audio settings are working, which you can test before the session.

All you'll need is a laptop/PC with audio and video capability, a good internet connection and somewhere quiet to sit and share a 'virtual learning space' with us for 3.5 hours.

Book your place

To book this virtual course, click 'Booking Details' below, enter the delegate details and follow the prompts through to the payment page.

Alternatively, email us at info@crisp-cpd.com or call 01392 409 198 with more details and we'll book you on.

Bring this course 'In-House'

If you're interested in running this course exclusively for your team, drop us an email at info@crisp-cpd.com or call us on 01392 409 198 and let's start a conversation. We'd be delighted to help you.

Other virtual courses you might be interested in:

- [Thinking Differently](#)
- [Appraisal Conversations](#)
- [Managing Virtual Teams](#)
- [Managing People Through Change](#)
- [Mindfulness and Resilience](#)
- [Planning for Post Lockdown - Reintegrating the Team](#)
- [Choosing your State and Energy](#)
- [Delivering Customer Excellence](#)

COURSES

11th August 2020

The Crisp 'Virtual Classroom'

This course is also available in house.