



Who should attend
Suitable for all employees

Duration
2 Days

Fundamentals of NLP

Purpose of the workshop

Some people appear more gifted than others. NLP, one of the fastest growing developments in applied psychology, describes in simple terms what they do differently, and enables individuals to learn these patterns of excellence. This approach gives the practical skills used by outstanding communicators and forms the basis of creating excellent results through improved confidence, self-esteem and assertiveness in the communication process. The NLP Power to Change Workshop is an interactive 2-day workshop that introduces the principles and masters the practical application of basic NLP principles. It will also show how these techniques can be used to improve communications in a business environment.

Outcomes

- History of NLP
- Presuppositions of NLP
- How the brain works and our unconscious mind
- Our personal maps of the world
- Enhancing your communication skills
- Sensory acuity
- Eye accessing cues
- Our representational system
- How to build rapport and minimise conflict
- Building and developing relationships
- Introduction to sub modalities
- Sensory language
- Recognising and using language patterns
- Understanding how you view time
- Setting well formed outcomes
- Chunking up and down
- Action planning – what next

