



# clarity

INSPIRING PERFORMANCE

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Who should attend  
Suitable for all employees

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Duration  
1 Day

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## Introduction to NLP

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### *Purpose of the workshop*

Neuro Linguistic Programming (NLP) is one of the fastest growing developments in applied psychology and describes in simple terms what gifted people 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 Introduction to NLP workshop is designed to help both organisations and individuals to understand some of the main concepts of NLP. The workshop will show you how to use a range of NLP techniques to develop both your personal and professional life by using a range of powerful, practical and effective life changing skills.

### *Outcomes*

- History of NLP
- The art of communication
- How important the use of correct language is
- How to generate rapport
- Understand how we send and receive information
- How to read people accurately
- How to enhance your personal relationships
- How NLP can be used in business
- How to create, compelling and motivating goals
- How to create a positive state whenever you want to

