

NLP Essentials for Business

Introduction

NLP is often described as a set of tools that shows you how to run your mind, and this certainly is one of its benefits. We live in a world of amazing technological innovations, yet many of us know very little about how we, as human beings work.

- **Neuro:** the nervous system including the brain and the five senses, through which we experience the world
- **Linguistic** refers to the verbal & non-verbal languages with which we communicate
- **Programming:** the ability to organise our neurological and communication systems to achieve desired results

This 2 day introduction to NLP will give you a solid understanding of the power of NLP for use in business, as well as touching on the benefits in your personal life.

Who Should Attend

Anyone wanting to learn skills and improve the way they interact with others in a work context.

Skills learnt can be used immediately in a business or organisational setting.

Course Objectives

The course will offer you a chance to discover the usefulness of NLP tools and ideas so that you can apply them to your life, and work to experience the following results:-

- Greater connection with those around you
- Understand how you think and how you do things
- Be more influential in difficult situations
- Build solid and meaningful relationships
- Relieve yourself of stress by considering events in different ways
- Increased awareness of the world around you

Content Summary

- The background and underlying principles of NLP – ‘the mindset for success’
- How to motivate yourself and others
- How to set achievable goals
- How to influence more effectively
- How to build rapport with anyone
- How to gain greater understanding of someone else’s position, for example in negotiation, sales or in relationships generally
- How to feel how you want to feel at any time

How to book

Call the office on **023 9225 5232**

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