

# Introduction to Neuro Linguistic Programming (NLP)



*making a positive difference to people and organisational performance*

**Duration:** 1 Day

**Overview:** NLP is the study of how mind, body, and language interact. This course explores how NLP techniques can be used in working life to increase behavioural choice, and how to further develop these skills.

Topics covered include recognising various communication styles, improving goal setting strategies and how our own beliefs can limit us in achieving goals (outcomes). The skills learned can be put to use immediately.

**Designed for:** All employees (managers and staff members) who want to achieve greater success by developing their communication skills with their team at work, their clients, and also in their personal life. NLP is used to build teams, to recognise talents in yourself and others, confidence building, and planning for success.

**Objectives:** By the end of this course you will

- Understand how NLP began, and evolved.
- Identify your own personal style, and understand how to identify the style of others.
- Understand the importance of body language.
- Learn how to create rapport, both in business and personal life.
- The importance of the language we use in creating our future, by studying the words we use and our own limiting beliefs.
- Setting well formed outcomes, and a simple test to use to check our outcomes are well formed.

**Method:** This course will use a structured series of lively and interesting exercises and practical skills activities to gradually develop understanding, confidence and capability in a supporting environment.

This course can be run exclusively and tailored to suit your company's specific learning requirements and organisational needs. Costs are dependent on number of days required and bespoke content

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