

## Introduction to NLP

Duration: 1 day

NLP is an ever-growing collection of information, insights and mental techniques that can enable you to improve how you think, behave and feel - and assist others do the same.

The main focus of the course is on:

- How language works and therefore how it can be used most effectively, both to communicate with yourself and others.

### Course Objectives:

On completion of the course you will be able to:

- Build deep levels of rapport with others quickly and easily
- Communicate far more effectively and precisely
- Use language elegantly and efficiently in all your communication
- Use the art of non-verbal communication
- Attract and hold someone's attention
- Elicit others co-operation
- Develop both conscious and unconscious rapport with others
- Read people more accurately

### Designed for:

Professionals and private individuals who want to increase their personal effectiveness through improved interpersonal skills and reliable tools for peak performance.

In this programme you will be taking part in a highly effective personal and professional development experience. You will be learning in a practical, hands-on manner through short lectures, practical exercises and discussions and through applying what you learn in your own life between the training sessions.

### Topics for Exploration:

#### What is NLP

What is NLP and how can it help you

#### Building Rapport

Meet people in their world to communicate with exquisite skill

#### I see what YOU mean

Discover the difference ways in which we all experience the world

#### Noticing other people's behaviour

Learn to tune into other people's body language and verbal cues