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**silicon  
beach**  
TRAINING

## NLP

**Duration:** 1 day

**Prerequisites**

There are no prerequisites for this course

The main focus of the NLP training course is on how language works and therefore how it can be used most effectively, both to communicate with yourself and others. 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.

### Objectives

After this NLP training course, delegates 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 nonverbal communication
- Attract and hold someone's attention
- Elicit others co-operation
- Develop both conscious and unconscious rapport with others
- Read people more accurately

### Course Content

#### 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

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### Related Courses

**Facilitation Skills:** 2 days

**Communication Skills:** 1 day

**Active Listening Skills:** 1 day

**Presentation Skills:** 2 days

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