



Introduction to NLP

delivered by:



This workshop will introduce delegates to key NLP concepts and provide opportunities for them to develop new skills for managing themselves and their interactions with others, even more effectively than they do now. It is a highly participative and interactive day moving from concepts to practical application. There will be lots of opportunities to practice the different techniques and integrate this learning into each individual's preferred approaches. The day offers challenge and stretch and will be supportive and encouraging.

Outcomes:

- Increased self awareness and personal development
- Greater awareness of others and our impact on others
- More choices from greater flexibility

The workshop will cover:

- Outcome thinking and developing well formed outcomes
- Developing our sensory acuity – noticing what we notice
- Understanding how we experience the world
- Building rapport and influencing with others
- Exploring helpful and useful presuppositions

Course details:

- An explanation of what NLP is and how it has developed
- The different ways that people take in information about the world
- The different ways that people make sense of information about the world
- Ways of adapting our preferred styles to increase our flexibility and choices
- Tools to take away and use at work and at home
- Opportunities to practice and apply new learning

Maximum number of delegates: 8

Comments From Past Delegate

“I came away with a basic understanding of NLP and some good models to use in both my professional and personal life”

Andrea Taplin MRC, Recruitment & Training Advisor

Cost: Members - 2 units, £300 +VAT
Non-members - £450 +VAT

To register please email our Training Co-ordinator on registrations@thelearningcollaboration.com