

Duration 1 day

Course Description

You really need to experience Neuro-Linguistic Programming for yourself to fully appreciate the astonishing opportunities it offers you. Our one day Introduction to NLP is the perfect way to do this. It will give you a radically different way of understanding how your mind works.

By the end of the day you will have seen enough, heard enough and experienced enough to realise that you could be on the brink of truly profound change.

We run the day as a stimulating mix of presentations, demonstrations and practical exercises to give you a full appreciation of what NLP is and the opportunities it offers you.

Workshop Benefits

- Understand how different people think and why that's important
- Increase your observation skills and learn to people read for better rapport and communication
- Enhance your communication skills
Understand what motivates people
- How to build working relationships quickly
- The keys to Persuasion and Influence
- Understand and use personal values that really motivate

Subject Areas

- What is NLP?
- The unconscious mind
- Running your own brain
- Building rapport
- The power to influence people
- How to transform your life