

## NLP for Personal Effectiveness

**Duration:** One day

NLP (neuro-linguistic programming) is a very effective methodology for personal development. NLP tools and techniques are used in most leading training and coaching programmes. This workshop provides delegates with an introduction to NLP and some of its key principles and models. Delegates will learn some powerful tools for establishing and maintaining great relationships, and for influencing other people successfully. It leads on to further courses offering accreditation at Diploma and Practitioner levels.



### Why Attend?

- To understand what the field of NLP can offer you
- To learn some new approaches for improving relationships
- To learn how to communicate more effectively

### Who Should Attend?

- Anyone who is interested in increasing their personal effectiveness
- Anyone who would like to improve their relationships with other people
- Anyone who would like to know more about NLP

### Topics Covered

- History and origins of NLP
- Key principles and models of NLP
- Understanding what motivates people
- How to use body language
- Establishing and maintaining great relationships
- Communicating effectively

### By the End of the Course Delegates will

- have had an introduction to NLP
- have learned some practical techniques for improving their relationships with others
- know how to communicate more effectively with other people.