

Introduction to NLP in the Workplace

INTRODUCTION

NLP (Neuro Linguistic Programming) is one of the biggest success stories in recent years. It is used to improve communication, decision-making, team building, coaching and personal success. It models how high-achievers obtain outstanding results through their thinking and behaviour patterns. It increases our choices in how we think, feel and act.

COURSE OBJECTIVES

By the end of the course, delegates will have:

- **Understood** the principles and benefits of NLP
- **Reviewed** the use of NLP to enhance business and personal success
- **Reviewed** and practised the skills of communication
- **Developed** a new approach to goal setting that makes desired change more motivational and compelling

COURSE CONTENTS

What is NLP, the basic principles

How to set goals to get more of what you need

How to improve relationships by building and maintaining rapport

How to use language to relate easily and confidently to all types of people

How to access resourceful states for dealing with challenging situations

Personal Development Action Plan

COURSE DURATION: 1 Day Course

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