

GETTING THE EDGE IN BUSINESS WITH NLP

"The greatest discovery you'll ever make, is the potential of your own mind." - Jose Silva

Duration: Half Day (including breaks)

Participants: 15-20 max

Context

NLP (Neuro-Linguistic Programming) is a study of human excellence - when, how and why do people excel as human beings - and how can we model that for ourselves? NLP allows us to decode the way we (and others) think, speak and act thereby significantly improving our understanding of ourselves and those around us. NLP then provides us with specific tools and models to change the coding if we wish to do so and feel it would be more beneficial to our lives.

Course Overview

Getting The Edge In Business With NLP is essentially an introduction to NLP. This half day workshop will give participants a basic understanding of NLP and a chance to work with some core NLP tools. In so doing they will experience for themselves the major benefits NLP can bring to communication, relationships and influencing skills amongst many others.

Course Benefits

By the end of Getting The Edge In Business With NLP, you will be able to:-

- Understand the core premises of NLP and how it can be used
- Develop well-formed outcomes to ensure you achieve your goals
- Learn how to build and maintain rapport through body language
- Recognise your own and other peoples' thinking patterns
- Appreciate why communicating effectively can be so challenging and how you can improve
- Utilise some core NLP tools to increase your behavioural flexibility and adaptability

Additional Information

Getting The Edge In Business With NLP can be combined with our other workshop - NLP – The Key To High Performance States – to create a full day programme. We can also create bespoke 2/3 day programmes to give participants a deeper understanding of this vast field and a fuller appreciation of its transformative powers.

Participants will leave the workshop with a personal weight loss plan that fits into their lifestyle perfectly.