

NLP – THE KEY TO HIGH PERFORMANCE STATES

“I know but one freedom and that is the freedom of the mind.” – Antoine de Saint-Exupery

Duration: Half Day (including breaks)

Participants: 15-20 max

Suitable For:

NLP – The Key To High Performance States is for anyone who has completed our Getting The Edge in Business With NLP workshop or who has a working knowledge of the basics of NLP.

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 also provides us with tools to change the coding if we wish to do so and feel it would be more beneficial to our lives.

Course Overview

NLP – The Key To High Performance States explores how NLP can be used to access any state. If you want to feel centred and calm, confident and assertive or authoritative and statesmanlike, there are numerous NLP tools that can help you access these states in an instant. This half day workshop is highly experiential allowing you to experience for yourself how easy it is to access different states and how much it can transform your business performance.

Course Benefits

By the end of NLP – The Key To High Performance States, you will be able to:-

- Utilise a number of NLP tools to help you access key performance states
- Recognise the signs that indicate whether you will perform to the best of your ability or not
- Deepen your understanding of your own and other peoples' thinking patterns
- Confidently use a number of NLP tools to change these thinking patterns if appropriate
- Experience total emotional freedom so that your emotions no longer dictate your day
- Have complete confidence in yourself accessing any high performance state at any time

Additional Information

NLP – The Key To High Performance States can run consecutively with our other NLP workshop - Getting The Edge In Business With NLP to create a full day's programme.