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Training

# NLP MASTERING

Set of techniques to enhance your goal-setting, thinking and communication skills.



## OVERVIEW



## PRIMARY OBJECTIVES & BENEFITS

Neuro Linguistic Programming (NLP) offers a set of psychological tools to develop yourself both professionally and personally. This course will introduce participants to Neuro Linguistic Programming offering a mix of experiential activities, demonstrations, an introduction to key NLP models of change and an opportunity for some discussion and questions.

Participants will learn about NLP history, 'modelling' and coaching, the powerful NLP 'presuppositions' and attitudes for learning and change - and the importance of using NLP with integrity and sensitivity. Attendees of the course will learn tools and processes that relate to goal-setting, personal values, relationships, behavioural flexibility, 'reframing' and emotional self-management. At the end of the course delegates will take away a proven set of techniques and tools to help them with all aspects of thinking, communication and change.

### ***This workshop will help participants to:***

1. Understand how people perceive the world and why that affects the results.
2. Learn how to create and maintain genuine rapport.
3. Learn effective ways to positively influence people.
4. Understand and utilize body language in communication.
5. Improve people reading skills and observing skills.
6. Learn how to create positive change in themselves and others.
7. Improve awareness of the impact of communication.
8. Learn how to set effective value-driven goals both personally and professionally.
9. Learn how to adapt to different thinking and learning styles, and experience different perspectives.
10. Enhance their self-confidence.
11. Create and manage their own emotional states to gain high performance.



## WHO SHOULD ATTEND?

Leaders, directors and department managers



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## Module 1 - Introduction To NLP

- What is NLP?
- How Does NLP Work?
- Benefits of NLP
- NLP Applications

## Module 2 - NLP Key Competencies

- Core Competencies of NLP
- Developing Perceptual Positions Skills
- Presuppositions of NLP
- NLP Reference Frames

## Module 3 - NLP Key Competencies (Cont.)

- Sensory Awareness and Behavioral Flexibility Training
- Representational Systems and Communication Channels
- Developing Rapport and Calibration Skills
- Establishing Well Formed Outcomes

## Module 4 - NLP Tools And Techniques

- Anchoring Skills
- Psycho-geography
- Advanced VAK & Flexibility Training
- Developing State Elicitation Skills

## Module 5 - NLP Tools And Techniques (Cont.)

- Determining and Utilizing Criteria
- Primary Meta-Program, Neurological Levels
- Identifying & Using Submodality Structures
- Time Lines

## Module 6 - NLP Language Skills

- Detecting Incongruities
- The Milton Model
- The Meta Model
- Framing

## Module 7 - Apply NLP Tools For Change

- Aligning Neurological Levels
- Six-Step Reframing & Variations
- Submodality Interventions & Inner Conflict Resolution

## Module 8 - Apply NLP Tools For Change (Cont.)

- Swish Patterns
- Fast Phobia Cure
- Identifying, Changing Limiting Beliefs
- Applying NLP for transformation

## PROGRAM HIGHLIGHT

**Duration:** 4 days

**Date:** To be Agreed with the Client Organization

**Timing:** 8:30 am to 2:30 pm daily

**Venue:** Suitable & fully equipped venue (to be provided by Customer)

**Notice required:** 10 working days

**Language:** English

**Material:** Participants will be provided with high quality handouts

**Certificates:** Certificates of Achievement shall be provided to participants upon successful completion of the training program

**Fees:** Inclusive of facilitator's fees, materials and certificates