



Licensed Practitioner of Neuro-Linguistic Programming (NLP) – 7 day programme

Our ability to adapt, change and learn are crucial skill in our everyday developing world. NLP teaches techniques to make lasting changes within yourself and others, whether in your business role or personal life. The technology is becoming increasingly popular to help people communicate more effectively, create more focus and direction and eliminate things that stop you succeeding due to it's success over decades.

During the session we will cover:

- What is Neuro-Linguistic Programming and how it was developed
- How you encode information store it and retrieve it when needed
- The biology of the brain and how NLP technologies change it.
- How to develop and use your sensory acuity to become more in tune with others
- How to read and use body language successfully
- Internal representation systems and how we use these to create our reality and communicate with the world.
- How to develop compelling goals
- How to be more personally effective
- Time and the many uses of timeline
- Anchors and different ways to use them

Continued...

- Language patterns in detail (Milton model and Meta model)
- The importance of language and how it affects thought and behaviour
- How to present information in a more eloquent way
- How to banish phobias for good
- NLP models and techniques to successfully change yourself and others
- Modelling excellence
- How to extract and apply strategies of thinking and how this can be useful
- Coaching and how to develop yourself and others
- How to become more focussed, confident and motivated

The session will run from 9:30 until 5:00 each day. Refreshments and lunch are provided each day. Usually the course will run for 4 days followed by an additional 3 days 6 weeks later. Call for more information.

Price: £1495

The Locations:

Beamish Hall Country House Hotel
Beamish
Stanley
County Durham
DH9 0YB

Seaton Holme
Hall Walks
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