



"I'd like to be a world class communicator."

Certificate in Introductory Neuro-linguistic Programming (NLP) Skills (1 day)

Overview: The Certificate in Introductory NLP covers the most useful fundamentals of NLP for personal and business use. The emphasis is on practical skills that you can go out and start using straight away.

The Course: NLP – Neuro Linguistic Programming is the practice of understanding how people organise their thinking, feeling, language and behaviour to produce the results they do.

The Certificate in Introductory Neuro-linguistic Programming (NLP) Skills is a two day duration course and on completion all delegates receive a Certificate in Introductory Neuro-linguistic Programming (NLP) Skills Certification accredited by GoodSense Training.

Course objectives:

Delegates will leave the course with the NLP practical skills that will give them:

- > Improved awareness of the impact of communication
- > Improved 'people-reading' skills
- > Increased rapport and communication skills
- > Practical tools to help manage their emotional state
- > More clarity and freedom from distraction
- > Effective ways to positively influence people
- > Representational systems - noticing the different ways that people think
- > Sensory language - how to make your communication clearer and more engaging
- > How to "anchor" resourceful states to deal with challenging situations
- > Dealing with the "inner critic"
- > Submodalities - how "the medium" really is "the message"
- > How to bring out positive emotional states in other people
- > The "Circle of Excellence" process - how to access your inner power when you need it most.

The course covers the following aspects of NLP:

- > What is NLP?
- > Principles of effective self-management
- > Myths and realities about rapport and how to achieve it

Further information:

This Certificate can be customised to match your requirements. To find out more about our courses or to discuss a bespoke course please call us on **0113 258 0035** or email **info@good-sense.co.uk**

Suitability:

Everyone looking to improve their communication skills to a more advanced level.