

AN INTRODUCTION TO NLP

Neuro Linguistic Programming (NLP) is an extremely powerful communication tool that can help you to monitor your thinking and adapt your behaviour in order to achieve outstanding results.

Using NLP tools and techniques can help you improve your communication and people management skills, build self confidence and assertiveness, coach new and existing staff, improve customer service, and increase productivity.

Do I need any experience?

No. This workshop is a basic introduction to the subject.

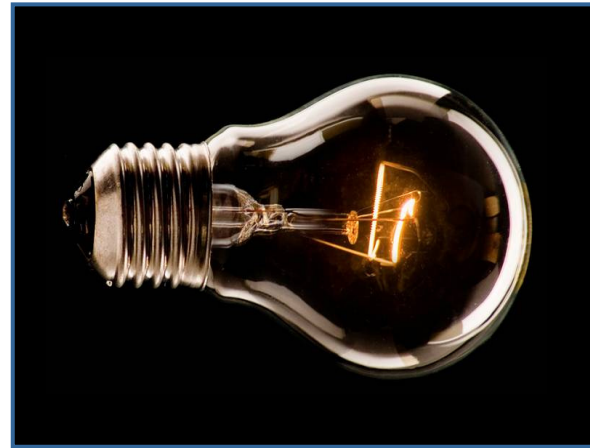
What if I can't fit it in?

The Business Solutions @ Northbrook team understand how hectic life can be sometimes; it's for this reason that we're happy to customise this workshop for individual employers and ensure flexible delivery, either on your premises or at Northbrook College (A company costing will be provided once your training needs are finalised).

What will I gain from this course?

This introductory workshop will cover basic NLP techniques and allow you to make a difference at work and in your life, directly benefiting you and your organisation.

You will gain practical skills which you will be able to use immediately as well as an insight into further study and training.



What will I learn on this course?

On this one day workshop you will learn:

- > How to use NLP to help you coach both individuals and teams.
- > The importance of making the transition from management to leadership.
- > How to create and maintain a shared vision.
- > How to improve staff morale and retention.
- > The benefits of changing the way you communicate creating rapport and building empathy.

What are the specific details?

Price	£85.00
Duration	3 hours

For the latest course information including dates, please visit our website and select 'Our Training' from the top right of the page:

www.northbrook.ac.uk/BusinessSolutions

How do I enrol or get further information?

For further information, or enrolment, please contact the Business Solutions @ Northbrook team on:

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