

An Introduction to NLP

In this experiential seminar you will discover enjoyable ways of changing yourself, and learn powerful skills for developing your personal and professional effectiveness.

The approach is intensive, interactive and fun.

The application areas of NLP can be used to improve:

- Emotional Intelligence
- Communication Skills
- Self Mastery
- Personal Development
- Your wellbeing

With these skills you will learn how to:

- Think about your goals in ways that make them easier to achieve
- Have your emotional resources fully available in challenging situations
- Learn the skills of Emotional Intelligence
- Change limiting beliefs to more empowering ones
- Develop the art of asking key questions
- Learn to learn any new skills with modeling
- Continually improve your performance
- Create new options
- Develop awareness of the main building blocks of thought and experience
- Use body language to establish and maintain good working relationships
- Read the minimal cues that let you know how others are thinking
- Shift viewpoints between your own, another's and an observer's until you find the winning move
- Develop the skills of top Communicators.

The basic skills of NLP are introduced and applied in the context of your life.

This seminar has been developed and refined over twenty years.

Thousands of participants have enjoyed the benefits.

It is not necessary to read any books beforehand, although many people choose to do so.

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