

Neurolinguistic Programming - An Introduction

Length of course: 1 day

Is this the right course for me?

This course is suitable for anyone who is interested in understanding better how you think in everyday life and in using thought processes to greater effect.

Pre-Course Requirements

No previous knowledge of NLP is necessary for learners who want to attend this course

What will I learn about?

On completion of this interactive workshop, participants will be able to:

- Assess the effect on how different people perceive the world differently
- Differentiate their approaches to different people, customers, colleagues etc.
- Apply rapport building techniques using all senses to the maximum
- Use self management techniques to be able to shift into a desirable state of mind

How will I learn?

This is a highly interactive workshop which explores the world of NLP, gives you a good insight and fast working techniques in order to get the best out of your performance.

Will I gain a qualification?

You will not gain a formal qualification but you may receive a Certificate of Attendance and Achievement from your tutor.

What can I do next?

Neurolinguistic Programming - Improvers

Other course information can be found on www.careersadvice.direct.gov.uk or with a NEXT STEP advisor.

What do I need to bring to classes?

Note pad and pen.

Can I talk to someone about my course before I start?

It is usually possible to put you directly in touch with the tutor if a member of the skillscentre:mk team cannot answer your query.