

Enhanced Interpersonal Skills and NLP (Neuro Linguistic Programming)

Designed for

Those who want an introduction to NLP and its significantly enhancing interpersonal skills

Aim

To provide the techniques that will facilitate changes in thinking and behaviour, leading to greater confidence, persuasive and influencing skills

Content

- Identifying and understanding mental maps
- Competency modelling
- Changing the thinking and behaviour of the listener through use of 'following' and 'leading' skills
- Use of 'outcome thinking' for dynamic results
- Establishing rapport; developing productive relationships
- Set up enabling rather than limiting beliefs
- Learn how to build and maintain self-confidence
- Set goals that really happen

Method and duration

A one day highly interactive course with tutor input, exercises, small and large group discussions and role play