



Aspiring4Excellence

Professional Excellence Personal Power

One Day Introduction to NLP

Working in Education today is a constant challenge. More and more children and young people display negative attitudes to learning, schools and their teachers.

NLP not only provides techniques, strategies, and solutions to the problems of teaching and learning, motivating and engaging students, it goes further. It enables teachers to develop the flexibility of response to create their own changes.

Our one day workshop will introduce the principles and techniques of NLP and their application to getting results.

This interactive workshop will introduce participants to the core principles of NLP, and how performance can be improved and results gained dramatically through self awareness and powerful communication skills.

Participants will be introduced to a range of techniques and tools and practice the use of these which they will be able to apply immediately on their return to work.

Who will the course benefit?

This course is for everyone who wants to develop a range of skills and techniques which enables them to interact with others successfully and get better results.

Programme Outline:

- NLP - core principles & presuppositions
- Effective Communication (verbal and non-verbal)
- Setting well formed outcomes
- Values & Beliefs
- NLP tools and techniques

Outcomes:

By the end of the programme, participants will have:

- Clarity of what NLP is
- Better self awareness and their impact on others
- Learned and practiced some key NLP techniques
- Identified how NLP could be applied to their teaching style to get better results