



## **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.nextstep.org.uk](http://www.nextstep.org.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.

### **If you need to contact us:**

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