



Beginning with Neuro-Linguistic Programming (NLP) – 3 day programme

This course gives an insight into what NLP is and how it can be used within many different fields. You will learn practical skills on how to effectively build and maintain rapport and how to read and use body language to have more personal impact. Become a better communicator by having a deeper understanding of language both verbal and non verbal. You will gain insight into increasing states such as motivation and confidence and develop coaching skills which can be used with yourself and others.

During the session we will cover:

- What is Neuro-Linguistic Programming and how it was developed
- How you encode information store it and retrieve it when needed
- How it can be useful in different fields and where and how it is used today
- How to use your skills to build rapport and communicate with others, with group sessions to practice
- Body language and how to develop your acuity to become more aware of others and how to use your body language effectively to maximise your impact.
- The importance of language when communicating face to face and via the telephone or email
- How language affects thought and behaviour
- Introduction to coaching for performance with practice
- Motivation
- Increasing Confidence
- How we use our representational systems to create our reality and communicate with the world
- Take part in live demonstrations

The session will run from 9:30 until 5:00 each day. Refreshments and a light lunch are provided each day.

Price: £495

The Locations:

Beamish Hall Country House Hotel
Beamish
Stanley
County Durham
DH9 0YB

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