



Free Evening session: An Introduction to Neuro-Linguistic Programming (NLP)

This course gives an insight into what NLP is and how it can be used within many different fields such as business, sport and coaching. You will also have an opportunity to network with other delegates and uncover how NLP can support you on your journey.

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 language has an impact on thinking and behaviour
- How to use your skills to build rapport
- How NLP can be applied in lots of different fields and where and how is it currently used
- Take part in live demonstrations

The session will run for 2-3 hour with an opportunity to network with fellow delegates afterwards.

Price: Free

The Locations:

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

Seaton Holme
Hall Walks
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