



One day Introduction to Neuro-Linguistic Programming (NLP)

The 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, how to read and use body language to have more personal impact. You will gain insight into increasing states such as motivation and confidence and how this can be applied in everyday life. There will be an opportunity to practice new learning with fellow delegates throughout the course.

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
- Motivation
- Increasing Confidence

The session will run from 9:30 until 5:00. There will be an opportunity to network with fellow delegates throughout the day. Refreshments and a light lunch are provided.

Price: £125

The Locations:

Beamish Hall Country House Hotel	Seaton Holme
Beamish	Hall Walks
Stanley	Easington Village
County Durham	County Durham
DH9 0YB	SR8 3BS

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