



NLP Liverpool

Courses, workshop titles and duration.

NLP Liverpool offers the following training courses and workshops, all of which can be delivered at your premises or external venues and can be adjusted to your exact requirements. If you can't see exactly what you're looking for, bespoke training and 1:1 coaching are our speciality. We'll put together a training program to meet your needs.

We are happy to train you and your people when you want, so early morning coaching, lunchtime, twilight, or weekend sessions are easily arranged.

With the exception of our certified NLP courses, all workshops can be delivered live online and have scaleable content to suit time constraints.

The longer and more specialised courses for more senior managers are towards the end of the list on pages 5 – 6.

To discuss your requirements or book your training, telephone 0151 931 5184 or email julie@nlpiliverpool.com

Duration Key

0.1 – a 1-hour “Lunchtime” session, with a “tell” style presentation. Can be combined with other sessions in a “pick and mix” so you choose what you want to learn.

0.5 – half-day interactive workshop (morning, afternoon or twilight/evening session)

1 day – total running time is around 6 - 7 hours and can be split into two conveniently timed sessions.

1 – 2 days – depending on the number of attendees.

7 days – total training time, can be delivered in 1 intensive block or split for convenience.

10 days – usually two blocks of 5 days, or 5 blocks of two days.

Bespoke – dependent on customer requirements.

Workshop Title

Duration

“Speak Up” – The Art & Science of Positive Business Communication. A 1-hour stand-alone presentation, or 3 – 4 hour interactive workshop.

0.1 - 0.5 day

Active Listening – When you're at the party, be at the party! Simple techniques to improve listening and recall of information.

0.1 - 0.5 day



Confidence Workshops – For interviews, sales, presentations, performances etc. learn simple and effective techniques to give you the confidence you need when you need it.	0.1 - 0.5 day
Dealing with Challenging situations – Strategies and techniques to deal with challenging situations.	0.1 - 0.5 day
Dealing with Imposter Syndrome – Strategies and techniques for dealing with imposter syndrome.	0.1 - 0.5 day
Dealing with Negativity – Strategies and techniques to deal with negativity.	0.1 - 0.5 day
Dealing with Overwhelm – Strategies and techniques for handling overwhelm.	0.1 - 0.5 day
Dealing with Stress – Recognising stress and techniques to eliminate it.	0.1 - 0.5 day
Eliminating Procrastination – Strategies for getting on with it.	0.1 - 0.5 day
The Eyes Have It – Eye Accessing Cues Introduction. Introduction to eye accessing cues, how to interpret and understand them. Especially useful for interviewers and face-to-face meetings.	0.1 - 0.5 day
Installing & Using Powerful Anchors – Accessing the right resources when you need them.	0.1 - 0.5 day
Mindfulness & Finding Calm – An introduction to mindfulness and strategies for finding calm.	0.1 - 0.5 day
NLP for Marketing & Communication Taster – Language patterns and techniques.	0.1 - 0.5 day
Patterns for change – Introducing swish patterns for coaching.	0.1 - 0.5 day
Reframing – It's really not as bad as you think. Strategies and techniques to put things into perspective.	0.1 - 0.5 day
Resilience – I get knocked down, but I get up again. Strategies and techniques for building resilience.	0.1 - 0.5 day



Silencing The Worrier Within – Techniques for controlling the unhelpful inner dialogue.	0.1 - 0.5 day
The Power of Metaphors & Stories – Using stories for training, sales and coaching.	0.1 - 0.5 day
Work-Life Balance – What makes a good balance? Techniques for restoring it.	0.1 - 0.5 day
Workplace Wellness – Practical Techniques to reduce stress at work.	0.1 - 0.5 day
Your Skills Bank – Recognising your skills and achievements for CV and career development.	0.1 - 0.5 day
An Introduction to NLP – So, what is NLP all about?	0.1 - 1 day
Decisions, Decisions, Decisions – Decision-making strategies.	0.1 - 1 day
Goal Setting with the GROAN Model – A masterclass on goal setting for business and personal development.	0.1 - 1 day
Great Question – The art and science of the META Model. Questioning techniques that find answers and create change. Perfect for managers, coaches and salespeople.	0.1 - 1 day
I Speak Your Language – Understanding and utilising representational systems for effective communication.	0.1 - 1 day
It's About Time – Understanding and utilising timelines for business and personal change.	0.1 - 1 day
Mind Your Language – Directed language and patterns of persuasion.	0.1 - 1 day
NLP for Networking – Techniques for making a great first impression and being memorable. Perfect for shy or reluctant networkers and anyone manning a stand at a business event.	0.1 - 1 day
NLP for Parents – Specific NLP techniques for parenting and communicating with children.	0.1 - 1 day



NLP in Business – Introductory session focussing on the application of NLP in a business context. Scaleable content to suit requirements.	0.1 - 1 day
Propulsion Systems – A Powerful Process For Change. Introduction to and utilisation of propulsion systems.	0.1 - 1 day
Assertiveness – Standing Your Ground. Strategies and techniques for assertiveness.	0.1 - 1 day
The Language of Influence – The art and science of persuasive language for business and sales.	0.1 - 1 day
Unlocking Your Potential – Techniques to unleash the power within and achieve your true potential.	0.1 - 1 day
Advanced Persuasive Language Skills – Advanced techniques for influencing and persuasion. For sales, managers, leaders and negotiators.	0.5 - 1 day
Advanced Rapport Skills – How to get instant rapport. For use with clients, customers, co-workers, friends and family.	0.5 - 1 day
Changing Personal History Masterclass – NLP masterclass for the "Change Personal History" technique.	0.5 - 1 day
Creative Skills Workshops – Techniques to release your creative side. Ideal for marketers, trainers and creatives.	0.5 - 1 day
Eye Accessing Cues & Strategies Masterclass – Understanding how people think, identifying and understanding the strategies they use, and how to use this to your advantage.	0.5 - 1 day
Milton Model Masterclass – NLP hypnotic language masterclass.	0.5 - 1 day
NLP for Graduates and School Leavers. Skills to help you start your journey.	0.5 - 1 day
NLP for Young Adults – What they don't teach you at school.	0.5 - 1 day
Peak Performance Workshops – Motivational workshops with various topics to help improve individual and team performance.	0.5 - 1 day



What Really Matters – The Life Compass/Wheel of Life. Coaching technique masterclass to identify imbalances and areas to work on.	0.5 - 1 day
Facilitation Skills – Effective meeting management.	1 day
Negotiation Skills – Techniques and skills for negotiations of all types.	1 day
NLP for HR Professionals – Specific NLP techniques for HR professionals, with particular emphasis on written & verbal communication and interview techniques.	1 day
NLP for Legal Professionals – Specific NLP techniques for Legal professionals, with particular emphasis on legal sales and customer service. (Twilight sessions available.)	1 day
NLP for Marketing & Communication Full-day workshop – Language patterns and techniques.	1 day
NLP for Project Managers – Specific NLP techniques for project managers to successfully manage expectations, improve performance, and deliver on time and budget.	1 day
NLP for Managers – NLP techniques for all managers to bring out the best in themselves and the people they work with. The workshop teaches strategies for achieving excellence at every level. Areas covered include personal effectiveness, leadership, planning and achieving goals, problem-solving, decision-making, creativity, and communication, as well as presentation and platform skills.	1 day
Sales Manager Workshops – Coaching and mentoring skills for the sales manager.	1 day
Sales Skills – Basic sales skills, understanding the customer and their needs, presenting the product, handling objections and gaining commitment.	1 day
Telesales Skills – Sales skills focussed on telephone use and telesales.	1 day



NLP for Leaders – Leadership Skills Workshop – Incl Leadership Models, Outcomes, Priorities, Team Communication, Customers, Stakeholders, Barriers, Resources, SWOT, Difficult Decisions	1 - 2 day & Bespoke/1:1
Presentation Skills – Presentation skills and confidence building for those new to presenting and public speaking.	1 - 2 day & Bespoke/1:1
Advanced Presentation & Platform Skills – Advanced NLP techniques (anchors, language patterns, effective use of media and energy) for confident presenters to take their skills to the highest level.	1 - 2 day & Bespoke/1:1
Advanced Sales Skills – Advanced NLP techniques to build powerful propulsion systems in the sales environment, the use of persuasive language patterns to gain commitment and close the sale.	1 - 2 day & Bespoke/1:1
Certified NLP Practitioner / Business Practitioner Course. Flagship, gold standard fully certified NLP Practitioner course.	7 day
Certified NLP Master Practitioner Course. Fully certified NLP Master Practitioner Course. Taking your NLP skills to the next level.	10 day
Bespoke Training – Training designed to fit your specific requirements, with your people and your industry in mind.	Bespoke
Initial Training Courses – Induction training for your new recruits, designed to meet your working practices, protocols and procedures.	Bespoke
Motivational Speeches & Workshops	Bespoke
Mystery Shopper – Full report and feedback on the experience your customers get when buying/using your service, including areas of excellence and areas for improvement.	Bespoke
Team Building Workshops – Varied topics and activities to build your team's cooperation and spirit.	Bespoke