



Peak Performance with NLP

Who should attend?

Anyone looking to increase their effectiveness, confidence and motivation.

Course objectives

To enable delegates to develop and enhance their communication skills, confidence and motivation through their ability to:-

- Build rapport quickly and easily with clients and colleagues.
- Identify, observe and respond to verbal and non-verbal behaviours in others to enhance personal and business effectiveness.
- Utilise persuasive language patterns and “anchoring” to achieve results.
- Control their internal state and respond to stressful situations calmly and confidently.
- Understand their own motivations and use this knowledge to achieve more.

Duration

Full Day

Course Content

Peak Performance – modelling excellence, an introduction to NLP, a little of the history and background to this technology.

When you're at a party, be at the party! Active listening exercises – designed to enhance rapport and help delegates notice more (preparation for next exercises).

What's that you say? Understanding how we think and make sense of the world around us.

Using your brain for a change – getting control and doing things that work for you.

Motivation? You can't make me do it! – Understanding how we motivate ourselves and using this to achieve more.

Achieving Success – “It's a wonderful life” – (and how to enjoy it).