

NLP – A One Day Taster of What is Possible...

What is this Course?

A one-day NLP training programme that has been specifically designed to offer a stimulating and involving introduction to NLP (Neuro-Linguistic Programming) for people who want to know more about how these powerful tools and approaches can benefit them both personally and professionally.

What Will This NLP Course Do For You?

- You'll get to experience and find out about NLP and how it relates to you in your organisation
- and in your life - the changes you want and the skills you need.
- You'll begin to appreciate just how practical and results-focused NLP is as you experience for yourself new breakthrough ways of thinking and behaving in previously limiting situations.
- You'll have a fun, lively day of learning and achievement - with lots of insights and new approaches to take away and use back at work or home.

What Will It Cover?

- There will be a mix of experiential activities , and introduction to key NLP models of change and an opportunity for your curiosity to be satisfied
- You'll learn some tools and processes that relate to goal-setting, relationships, behavioural flexibility, 'reframing' and emotional self-management and more.

Who Are We? The course is developed and run by Making Change Work Ltd and led by coach and trainer, Piers Thurston, who is a licensed Trainer of NLP from the Society of NLP. MCW are a behaviour change consultancy using NLP every day to enable organisations to realize their potential

What is NLP?
You might have come across NLP in many areas, and that's because it is the **study of human performance** - it enables us to understand, model and develop more effective ways of behaving. Often it is used to develop areas such as communication, confidence, motivation and decision making.

What Do Other People Think?
"Now I just want to want to know more! A real insight into what is possible"
"Really impressed in the delivery of the course, I would have loved it if it could have been even longer...."
"Piers is a really good trainer and very engaging"

We run this workshop either as an open course or as a tailored in-house course for your organisation



Changing Behaviour to Realise Potential