

“Discover NLP” Training program (English Material)

Course Length: 8 Hours @ 2 days

NLP is a set of techniques for handling communication and change. Throughout the years, NLP developed tools, techniques and attitude which facilitate the achievement of our personal and professional objectives.

As Richard Bandler, one of the founders of NLP, explains:

- NLP is an **attitude** characterized by eagerness to learn how differences in communication can influence a person
- NLP is a **methodology** based on the basic assumption that there is a structure in each behaviour and that we can model, learn or change this structure
- NLP evolved into a **technology** that makes it possible to organize information in such a way as to achieve results that appeared unreachable in the past.

NLP is often compared to a toolbox making it possible to develop “how-to-do” and “how-to-be”. This initiation to NLP will allow you to access your resources and develop them. You will acquire practical and concrete tools which will help you in your private and professional life.

This workshop is designed for persons eager to enhance their private resources in order to improve their relations and achieve their goals.

Targeted Audience (who can attend)

Any person wishing to discover the NLP techniques.

Objectives and Contents

- To understand the assumptions of NLP
- To establish a relation built on confidence in communication
- To develop your individual resources and personal skills
- To enrich your vision of the world
- To learn how to define an objective and how to reach it
- To react with flexibility
- To understand your individual operating mode
- To deactivate or neutralize limiting states

How it will be achieved?

- Assumptions of NLP
- Using the tools of NLP to enhance communication: how to establish interaction
- The Méta-model

- Introduction to the various systems for representing reality: VAKOG
- “Associated/Dissociated” States
- Techniques of anchoring
- A well-defined objective