



## NLP Skills for Work and Life

Neuro-Linguistic Programming, or NLP, is often regarded as 'a tool-kit for the mind'. It can be used to improve all areas of your life. You will do things better with the skills and knowledge that you get from NLP. The result is a life that is richer, more content and more abundant.

The NLP Skills for Work and Life training is designed to introduce you to the art and science of Neuro-Linguistic Programming and to give you an opportunity to gain new knowledge and skills to improve the quality of your personal and professional life.

The workshop will cover the following key elements:

- ✓ What is Neuro-Linguistic Programming (NLP)
- ✓ The history of NLP and the latest developments
- ✓ Conscious and unconscious minds
- ✓ Representational systems
- ✓ Eye accessing cues
- ✓ Building and maintaining rapport
- ✓ Non-verbal communications
- ✓ Calibration and its role in improving communication
- ✓ Understanding different thinking and learning styles
- ✓ Managing your state
- ✓ Using NLP in your everyday life.

It will equip you with core knowledge and skills needed to: improved self-knowledge and awareness; deal with stress and anxiety; communicate better; use NLP patterns to improve the quality of your performance; create a positive outlook; change unwanted habits/behaviours. You will learn to think about improving and developing rather than 'fixing problems'; learn to look for newer and more creative approaches to life's challenges rather than just trying to fix what is not working.

**Trainer:** Zoryna O'Donnell, MBA, MSc, FInstLM, GQHP - an experienced trainer, coach and mentor. She is a Master Practitioner and Trainer of NLP and a registered hypnotherapist. Zoryna was trained, mentored and certified as NLP Trainer by John Grinder, Carmen Bostic St Clair and Michael Carroll.

**Breakthrough Skills Programme™ for Women Discounted Fee - £60+VAT per person.**

Standard Fee: £199+VAT per person for open access workshops.

**Contact us for information about the dates and venues and to book your place:**

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