

NLP training to transform your performance

List of events; summaries below

Certified trainings:		
<p>NLP Modular Training</p> <p>Learn the content of NLP at your own pace</p> <p>1-day modules</p>	<p>NLP Practitioner Training</p> <p>Certified NLP Practitioner accelerated training</p> <p>7 days</p>	<p>NLP Master Practitioner</p> <p>Certified NLP Master accelerated training</p> <p>14 days</p>
NLP mentoring and personal evolution:		
<p>Personal Evolution</p> <p>Breakthrough to peak performance</p> <p>8hrs one-to-one</p>	<p>Keys to Personal Power</p> <p>Transform your performance and success</p> <p>2 days (workshop)</p>	<p>Executive NLP Mentoring</p> <p>Problem solving and NLP coaching by phone</p> <p>By arrangement</p>
Focused short trainings:		
<p>The science of selling</p> <p>Powerful NLP sales techniques</p> <p>1 day</p>	<p>Advanced selling and persuasion</p> <p>Advanced NLP techniques</p> <p>1 day</p>	<p>Instant rapport</p> <p>Making contact with confidence and impact</p> <p>½ day</p>
<p>Successful negotiation</p> <p>A structured approach to getting your outcome</p> <p>½ day</p>	<p>Goal setting that really works</p> <p>The keys to setting goals that turn success into reality</p> <p>½ day</p>	<p>Powerful communication</p> <p>Techniques that get results</p> <p>1 day</p>
<p>Procrastination to motivation</p> <p>Techniques to get moving on delayed tasks!</p> <p>½ day</p>	<p>Presenting with impact</p> <p>How to enjoy presenting with charisma and impact</p> <p>1 day</p>	<p>Effective feedback</p> <p>Feedback to get results and change behaviour!</p> <p>½ day</p>
<p>Combat stress</p> <p>The science of stress-busting</p> <p>1 day</p>	<p>What makes us work?</p> <p>How to get the best out of colleagues, staff or clients</p> <p>1 day</p>	<p>The science of effective change at work</p> <p>Making change work</p> <p>1 day</p>
<p>Weight control / quit smoking</p> <p>Separate NLP & self-hypnosis workshops to help beat common problems</p> <p>½ day each</p>	<p>How to have confidence</p> <p>Discover how confidence works and how to get it!</p> <p>½ day</p>	<p>The secrets of motivation, happiness & fulfilment</p> <p>Discover the 'how to' of motivation, happiness and fulfilment</p> <p>½ day</p>

All trainings suitable for any level of work experience or seniority.

Enquire about in-house and bespoke trainings!

Trainings in more detail

Certification trainings in NLP:

NLP Modular Training	NLP Practitioner Training	NLP Master Practitioner
<p>Select from twelve modules covering the full body of knowledge and techniques of NLP at the first level of expertise (Practitioner). Continue to full certification! <i>1-day modules</i></p>	<p>Learn the full content of NLP and Time Line Therapy™ at the first level of certification (Practitioner). Includes pre-study pack to support accelerated training. <i>7 days</i></p>	<p>Learn how to use the techniques and approach of NLP at the highest level, Master Practitioner. <i>14 days</i></p>

Certification trainings in Hypnosis:

Introduction to NLP and Hypnosis	Foundation Training in Hypnosis with NLP	Practitioner Training in Clinical Hypnosis
<p>A fun yet inspiring introduction to NLP and Hypnosis, and their applications in business, relationships, sport, career and life in general! <i>Repeated on four occasions during autumn and winter in conjunction with local colleges in St Albans. Eight evenings.</i></p>	<p>Discover the role of Hypnosis for therapeutic purposes and for treating clinical problems Learn the valuable attitude and methodology of NLP. How to induce and deepen hypnotic trance for the purposes of delivering suggestion. <i>Requires prior knowledge of Hypnosis. Previous NLP training not a problem! 8 days</i></p>	<p>The course is designed for you to learn how to use Hypnosis within a therapeutic framework, for treating primarily clinical problems. It requires complementary to your understanding of NLP and Time Line Therapy™ techniques. The aim is that you will be able to work safely, ethically and legally with the public, who may be at their most 'vulnerable' or delicate. <i>Requires previous study at Foundation level. 8½ days</i></p>

NLP mentoring and personal evolution:

Personal Evolution	Keys to Personal Power	Executive NLP Mentoring
<p>Breakthrough to peak performance. One to one consultancy to take your performance to a whole new level of capability. <i>8hrs one-to-one</i></p>	<p>Transform your performance and success in this life-changing workshop. Eliminate all past bad feelings, and remove fears, doubts and anxieties. Set goals in the future with certainty. <i>2 days (workshop)</i></p>	<p>Problem solving and NLP coaching by phone. Periodic support by telephone following on from one to one consultancy, to ensure continued success. <i>By arrangement</i></p>

Focused short trainings:

The science of selling

The NLP 5-step sales process. How to set an appropriate mental state and overcome fears, anxieties and inappropriate self-talk. How to recognise a person's preferred 'representational system' and utilize it to drive your message home. Use of 'frames' to loosen resistance and how to counter the four key objections to a sale.

For anyone involved in persuading others about their ideas, products or services.

1 day

Advanced selling and persuasion

Discover how use a person's decision-making process to make your proposal irresistible. How to generate 'sleight of mouth' to counter objections. How to use 'values' to motivate people to buy your proposition.

For anyone involved in persuading others about their ideas, products or services.

1 day

Create instant rapport

How to make contact with confidence and impact. Discover how, in less than a minute, you can create suggestibility to your message. Learn how to recognise a person's preferred representational system to 'speak their language'.

For anyone who requires to get through to people quickly and get their message across!

½ day

Successful negotiation

A structured approach to consistently get your best outcome in mediation or negotiation. Clear steps to planning, opening, negotiation exchanges and closing. 21 tactical tips for keeping control and handling objections.

For anyone who needs to resolve conflict or disagreement and get the best outcome.

½ day

Goal setting that really works

Would you be willing to drive your car, looking only through the rear view mirror? To get anywhere, you'd better focus on where you are going. If you think goal setting never works, well as with most things we do, there's a wrong way and a right way to go about it. With these steps, turning your wants into reality is unavoidable.

For anyone who wants to get anywhere in life, no matter what their experience

½ day

Powerful communication

Sometimes we just can't seem to get through to some people. We all try to persuade others to do things, whether it's to buy our ideas, our products or our services. Discover how to communicate in ways that produce the behaviour you want from people. A science of communication that focuses on results!

For anyone who wants others to do what they ask!

1 day

Procrastination to motivation

Powerful techniques to get moving on those tasks that we put off! How to use a motivational 'pump'. Powerful 'universal' motivating experiences to instantly get moving. Anchoring to defeat procrastination once and for all!

For anyone who wants to get on with those less desirable tasks

½ day

Presenting with impact

Techniques for presenting with charisma and impact. Achieving 'buy in' to your message. Creating group rapport. Use of controlled and meaningful gestures. Universal language. Controlling your state and managing the audience's state. Powerful use of the stage.

For you if you want to communicate your message to groups

1 day

Effective feedback

There is no failure, only lessons to be learnt. How to cause behaviour to change through effective and timely use of structured feedback. Focusing on your outcome. The true meaning of communication.

For anyone who is serious about changing behaviour in others

½ day

Combat stress

Discover how stress works and how to combat it. Tools to detect stress. Dealing with negative emotions. Taking control and taking action. What's Identify and challenge negative thinking. Powerful techniques for reducing symptoms.

For anyone who wants to keep in control

1 day

Focused short trainings:

What makes us work?

The key personality traits in people and how to rapidly assess them. How to use this with colleagues, partners, clients or others, for highly effective communication, motivation, hiring the right staff, assigning job roles and more.

For anyone involved in consultancy, managing client accounts or personnel, or hiring staff
1 day

Lead effective change at work

The strategy and criteria for leading successful change. Based around 'the teamwork challenge' exercise. Agreeing the purpose and direction - the indicators of success: business, customers and 'us' - the staff. Building and maintaining momentum.

A workshop for those leading and influencing change in working practices, at all levels
1 day

How to have confidence

What is confidence and how to get it when you need it. Combat inappropriate mental states and negative thinking. Neutralise past bad experiences.

For anyone wanting continued confidence
½ day

Please enquire about delivering training for you in-house – to save you time and money!

Help stop smoking / control your weight with self-hypnosis

A structured approach using self-hypnosis and NLP to help you quit smoking or to help you make the necessary changes to your eating patterns and exercise regime by the end of this workshop. Any future re-attendance is free!

For anyone who wants help to control their weight or to stop smoking.
Two separate ½ day events

The secrets of motivation, happiness & fulfilment

How does motivation work? How do I achieve lasting happiness and fulfilling goals? What makes things go wrong? Discover the answers in this short yet inspiring workshop.

½ day