

# Neuro-linguistic programming

Course Code: 1643

“Getting your head above the crowd.”

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Understanding NLP-Using key tools to enhance personal and team performance

NLP (Neuro Linguistic Programming) is a set of concepts which illuminates how we individually view and make sense of the world around us.

Based on the premise that we have thoughts, that produce feelings, which in turn create behaviours-how can we ensure that our thoughts are positive when all studies of individual mind chatter show these to be overwhelmingly negative?

After all, as thinking human beings we have a choice and NLP enables us to harness positivity and reframe our view of the world in order to be at our best.

This one day course will cover

- Understanding the key principles of NLP
- Using key tools to enhance our individual performance-Anchoring, Reframing and Circle of Excellence
- Using key tools to release positivity and creative thinking in our teams-The Disney Creative Strategy
- Using Key tools to resolve conflict-Perceptual Positions

We'll also look at compelling case studies where NLP has been used in Education, Sport and the Performing Arts to enhance individual and team performance.

"Billy Rae is a highly experienced, motivated and skilled Leadership Coach and Trainer.

A former Public Sector Chief Executive, Billy now works across Public and private Sectors to enable individuals and teams to reach their full potential.

Billy works with a diverse range of clients ranging from Children's Services, Adult Social Care and Public Health to the Construction Industry and Care providers.

In addition to his coaching qualifications, Billy is also a certified NLP practitioner."

**Course Code:**

1643

**Tutor:**

Billy Rae

**Date:**

13.07.2017

**Time:**

09.30 - 15.30

**Cost:**

£115.00 pp

**Venue:**

**13.07.2017**

Holiday Inn

Abbotts Lane

Eight Ash Green

**Cost: £115.00 per person**

For further details please contact:

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