

NLP in the Workplace

Maximum Participants: 16

Duration: Two Days

Timings: 09:30 – 16:30



Mike Phillips Training

Releasing potential through learning and development

Suitable for

Anyone interested in improving their communication skills and taking them to a higher level – the course is particularly helpful for those who line-manage others (staff or volunteers).

Aim

To introduce the principles and techniques of Neuro-Linguistic Programming (NLP) - the study of human excellence. You will be able to use NLP to improve workplace communication, change unhelpful behaviours and build confidence for individuals and teams.

Learning Outcomes

By the end of the course, you will be able to:

- Describe NLP and how the tools and techniques might be used
- Be aware of the power of words and how to use language to empower others
- Determine your personal preferred communication style and opportunities for using NLP principles to improve personal communication
- Identify personal ways of thinking that may be helpful or unhelpful
- Explain how the NLP technique of reframing can help to enable change
- Practice body language techniques to build confidence in self and others

You will also leave the course with:

- A sense of achievement
- A toolkit of techniques and practical ideas for releasing your potential
- A Personal Action Plan to take your learning further

Training Style

All courses are interactive, using diverse participatory, 'brain-friendly' training methods including: exercises; games/quizzes; handouts and workbook; small/large group discussion; skills practice and trainer input.

All courses are accompanied by a **Welcome Pack** (including some essential pre-course activities to prepare for learning) and a **'Bonus Pack'** after the training with additional tools, and follow-up activities to support transfer of learning to the workplace. (*email required)

Other Courses to consider (Visit my website for details of these and other courses)

- ➔ Interpersonal Communication Skills
- ➔ Leadership Skills to Empower and Inspire (2 Days)
- ➔ Managing Change
- ➔ Mentoring Skills
- ➔ Negotiation Skills
- ➔ Presentations – Advanced Skills (2 Days)
- ➔ Resolving Differences and Conflict
- ➔ Supervision and Support – The Next Level (2 Days)
- ➔ Teambuilding – Getting Everyone to Pull in the Same Direction

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"Training was very professional. Big subject...I could have stayed for a week..."

I found Mike's style very much to my liking...Very refreshing approach.

I learned more today generally than I have for some time. Thank you."

Course Participant
SSAFA Forces Help

"I was pleased that the trainer outlined the advantages and disadvantages of NLP.

I was fairly skeptical about NLP before today but have seen that there are specific tools that I could really benefit from using in my workplace."

Course Participant
Alzheimer's Society

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