

# NLP for Trainers

The Introduction to NLP is an interactive workshop designed to provide Trainers with some tools and underlying principles of Neuro-Linguistic Programming. The workshop will explore how these tools can be used for personal transformation and professional excellence.

You will learn how to enhance your effectiveness as a Trainer as well as your ability to access "peak performance" states.

You will learn about how you unconsciously and often unintentionally influence your thoughts, feelings and behaviors and those of others. By becoming aware of these "patterns of influence" you will have choices you never dreamed possible.

NLP focuses on solutions, not problems.

## Skills and techniques you will be learning include:

- Transforming the way you think using "submodalities"
- Identifying and changing limiting beliefs
- Presupposition Identification and Utilisation
- Developing greater rapport skills
- Learning how to take a "step back" from unpleasant states
- Learning how to access resourceful states
- Identifying verbal and non verbal patterns of influence
- Eye Accessing Cues, Flexibility of Behavior, Future pacing
- Reframe events and increase options
- Create meaningful and enlightening metaphors to help you audience understand your content
- Create empowering beliefs that work

Date: Thursday 14<sup>th</sup> & Friday 15<sup>th</sup> of June 2012

Time: 9:00AM – 4:30PM

Venue: Learning Options – 3<sup>rd</sup> Floor, Endeavour House

2 – 10 Captain Cook Crescent, Manuka, ACT

Cost: \$880.00

Registration: To register your attendance contact Exhale Consulting Group.

Email: [info@exhalecoaching.com.au](mailto:info@exhalecoaching.com.au) Tel: 0431 006 747

*"The map is not the territory. There is a huge difference between the world as it is and the world as we experience it."*