

Introduction to Neuro Linguistic Programming

Your brain, thoughts, and behavior are at the core of everything that you do every day, even if you aren't aware of it. In order to truly achieve the results that you want to achieve, you must master the art of bringing your unconscious thoughts to the surface, so that you can have real choice over how you interact with and respond to the world. Neuro linguistic programming can give you the tools to do just that. In training, you will learn the basics of neuro linguistic programming. We will give you the tools to manage your thoughts, and thereby manage yourself.

What Will Students Learn?

- ✓ Define neuro linguistic programming (NLP) and its key terms
- ✓ Describe the key presuppositions of NLP
- ✓ Describe the five key senses as seen by NLP
- ✓ States of mind/modes of thinking using predicates & visual cues
- ✓ Develop and refine response strategies for any situation
- ✓ Use enriched language to engage your audience
- ✓ Interpret body language based on NLP principles
- ✓ Ask clean, precise questions to get the information you need
- ✓ Use hypnotic language and positive commands to get results

What Topics are Covered?

- ✓ What is Neuro Linguistic Programming?
- ✓ The NLP Presuppositions
- ✓ The Senses According to NLP
- ✓ Using Enriched Language
- ✓ Interpreting Body Language
- ✓ Asking Clean Questions
- ✓ The Power of Hypnotic Language
- ✓ Putting it All Together

What's Included?

- ✓ Instruction by an expert facilitator
- ✓ Small, interactive classes
- ✓ Specialized manual and course materials
- ✓ certificate of completion

Pre-Registration Information

Yes! I would like to attend **Introduction to Neuro Linguistic Programming!**
Sign me up for the following session:

- 310 Oak Avenue, NBS Building 3rd floor Randburg. 3RD September 2018
- Accreditation : SETA : 12255
Bankseta : Bank-Corne180502

- All Training are from 9:00 a.m. until 3:30 p.m.
- Cost: Per person. Kindly contact the call centre
- Timeframe : 1 day



www.cornerstonehr.co.za

Address: 310 Oak Avenue, NBS Building 3rd Floor Randburg. Tel: 011 038 6367/ 011 038 6630
www.cornerstonehr.co.za Email: stephane@cornerstonehr.co.za

Banking Details

Account Name : Cornerstone Supreme
Account Number : 62653109283
Bank : FNB
Branch Code : 620