

# Gearing You For Growth

Bursaries | **Business Skills** | Coaching and Mentoring | Computer Skills | E-Learning | Learnerships | Skills Development | Virtual Training

## Introduction To Neuro Linguistic

### Course Overview

Your brain, thoughts, and behaviour are at the core of everything that you do every day, even if you are not 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 this one-day introductory course, you will learn the basics of neuro linguistic programming. This course will give you the tools to manage your thoughts, and thereby manage yourself.

### Prerequisite

There are no prerequisites.

### Target

Any person interested in further developing themselves.

### Duration

- 1 Day



## Course Outline

### What is Neuro Linguistic Programming?

Delegates will define neuro linguistic programming and determine how it can help them in their day-to-day lives. Delegates will learn about the history of NLP (including an explanation of why its credibility was damaged in the 1990's) and review some key NLP terms.

### The NLP Presuppositions

Next, delegates will explore 11 of NLP's guiding principles..

### The Senses According to NLP

This session will explore our sensory systems as represented by the VAKOG acronym. Delegates will also learn about sensory predicates – words that indicate what sensory system a person is using.

### Using Enriched Language

Powerful speakers all have one thing in common: they use language that appeals to all of our senses. This session will teach delegates how to do just that.

### Interpreting Body Language

Traditionally, body language has been used to help the listener interpret messages being sent. However, NLP uses body language to help sensitize us to the speaker's state. This session will give delegates some key behaviours of common states. Delegates will also have a chance to practice these skills in a role play.

### Asking Clean Questions

NLP also provides a different approach to asking questions. NLP uses question forms that are more typically seen in therapy, called clean questioning. Delegates will learn some different clean question frameworks in this session and have a chance to practice them.

### The Power of Hypnotic Language

Next, delegates will learn how to embed commands in a message and how to influence a positive outcome.

### Putting it All Together

This session will give delegates a chance to bring everything that they have learned together, and role play a situation that recently happened in their lives.