

NLP Practitioner

Personal excellence determines the outcomes of so many things in our lives, from how we handle personal relationships to how we perform in the workplace. Is there a field that centers on personal excellence? Yes, and that field is called Neuro-linguistic Programming, or simply, NLP. NLP is a method of exploring and modifying human thought and behavior through language. NLP is a set of techniques for modelling personal excellence in every aspect of a person's life.

Objective of the workshop:

- To help you to achieve small and big changes in the way you think, feel and learn
- To help you develop a renewed appreciation of how much control you have over your life skills
- To facilitate you to feel more empowered and confident due to their enhanced understanding of your own self

Who should attend?

Anyone who wants to achieve personal progression from a current state towards a more desirable one.

Benefits:

 Participants will be able to:

- Exercise plenty of control when it comes to tackling issues
- Feel more capable of formulating solutions for specific problems
- Apply numerous linguistic approaches that are not commonly used by the majority of the population

Workshop Focus:

- Introduction to NLP
- The Comfort Zone
- Limiting Beliefs
- Empowering Beliefs
- Roots of Confidence Issues
- Influence of Parenting
- Influence of Schools
- Combating Negative Thoughts
- Memory Control Techniques
- Breaking Down Walls of the Past. Building a Confident Vocabulary
- Intensifying Positive Memories
- Dimming Negative memories
- Actively Creating Motivation in One's Life
- Breaking Unwanted Habits

Training Methodology: Sharing of concepts, exercises, and discussion

Training Medium: Online via Skype

Duration: 8 hours - Timing, Frequency and duration of each session decided as per mutual convenience.

