



**Mindstyle™**  
*Develop. People. Faster*

Celebrating Diversity

Motivational Keynotes

Project Management  
Education

Personal & Business  
Development

Professional Speaking  
Development

MindManager meeting  
facilitation

Mindstyle Accelerated  
Education & Development

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## MINDSTYLE INSIDE - NLP

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An attitude and a methodology that leaves behind a trail of techniques!

Duration: 1\*3hr, or 4\*3hr – awareness sessions

12\*3hrs, or 3\*8hrs - behavioural development sessions

Neuro-Linguistic Programming (NLP) explores how humans think. NLP tries to develop models of how human behaviour works.

Neuro-Linguistic Programming uses these models, to develop techniques for choosing thoughts, behaviours and beliefs.

NLP methods are used by personal and business coaches, to assist individuals and teams. NLP is used as a means of personal development.

NLP is currently the most widely applied Cognitive Behavioural Model (CBM) in Personal Development, Business and Complementary Health Care.

Would you like to know how you influence all of the people you meet, all of the time?

Would you like to know how to control the way you influence all of the people you meet, all of the time?

Would you like to know how you influence all of the people you meet, all of the time?

Would you like to know how to control the way you influence all of the people you meet, all of the time?

This programme will show you how NLP can really make a difference to you, and your organisation!

### Course Overview and Content

During this fun and practical program you will learn how to enhance your communication skills with tools and techniques that will help you in every aspect of your mentoring and care work and empower you to achieve more success in all your interactions. The content includes all the elements required to understand and start using NLP to direct and facilitate your existing skills, with accuracy and effectiveness while developing new ways to work efficiently and elegantly with others. You will learn how to instantly detect the 'mindstyles' of your clients and colleagues enabling you to; influence, build relationships faster, coach, manage, lead and follow with minimum resistance and maximum results..

Learning objectives include:

- **Key beliefs** held by exceptional communicators.
- How to recognise **language patterns** and their influence on perception.
- **Maintaining** a positive and resourceful outlook and helping others do the same.
- **Managing** your emotional states deliberately and within context.
- **Discovering** and utilising the **resources** you already have.
- **"Reading"** verbal and nonverbal communications, as offered to you.
- **Establishing** and maintaining **rapport** with others.
- **Using language** to create specific experiences and maximum learning.
- **Discovering** '...at cause' and 'response versus action and reaction'.
- **Challenging** limiting beliefs and developing empowering behaviours.
- **Understanding** and de-mystifying hypnosis.
- **Using language to influence** the outcomes and direct the states of individuals and groups.
- **Choosing the meaning** of any word, phrase or statement through reframes, tonality and emphasis.

[Contact us](#) for dates or information on our other products, like the half-day Mindstyle Living in Possibility session or to talk to us about courses tailored to your particular requirements:  
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