

YOU...[®]

bethebestyoucan

Personal & Professional Development



Introduction to NLP

Discover how you can communicate effectively—Book Your Place Today!

Course aim...

To give you an understanding of Neuro-Linguistic Programming, and an insight into its many uses.

At the end of the workshop you will...

- ⇒ Know the background and history of NLP
- ⇒ Understand how NLP can help you think differently
- ⇒ Be able to use NLP to boost your self-confidence

Course content...

- ⇒ Where it all began
- ⇒ Who uses NLP?
- ⇒ How does it work?
- ⇒ What it can be used for
- ⇒ The next steps...



Duration: 1 day

Includes:

- ⇒ All workshop materials
- ⇒ Refreshments

Course times: 9:30 am to 4:30 pm

For course dates please see our calendar on our website and to book in-house courses call or email our team today.

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Free Phone
0800 612 2878

NHSTA
NHS Trusts Association

GHsc
VALIDATED PRACTITIONER
General Hypnotherapy Standards Council



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