



ARIVU
Empower • Innovate • Perform

NLP at Work (2-days)

Neuro-linguistic programming (NLP) is the study of human excellence and helps us to become better at whatever we want to achieve. By applying the principles of NLP you can model yourself on techniques of talented people in order to replicate their success.

This course will introduce and give you an insight into some of the powerful NLP tools and techniques you can employ to develop business relationships and successful teams, change unproductive behaviours and become even more confident, persuasive and influential within the workplace.

All of our courses are by our best Master NLP Practitioners and Trainers. They are also NLP Coaches and regularly coach senior managers and executives around the world.

By the end of this course you will be able to:

- Employ the core NLP skills and techniques to build a cohesive team spirit.
- Establish instant rapport with everyone you interact with.
- Learn to create motivational outcomes and overcome barriers to success.
- Discover how to build and maintain your self-confidence in challenging situations.
- Equip yourself with techniques to create greater creativity and new ways to solve conflict and problems.

What will I learn?

- Understand what it takes to use NLP as a tool for change.
- Become the 'go to' person and utilise NLP practices to impact and influence others.
- Learn how to use rapport as a tool for developing trust with your peers.
- Plan and achieve outcomes for you, the team and manage the results.
- Communicate with others in a way that creates relationships which are fulfilling and lasting

What will it cover?

Change Your Language Patterns for Enhanced Performance

- Enhance your ability to lead others
- Create clarity of thought in yourself and others

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**Innovative & Impactful Coaching & Consulting Services
To Transform Your Business**



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- Discover hidden beliefs in others that promote or hinder personal development
- Practise a logical approach to questioning for greater personal effectiveness

Gauge Motivation through the Art of Specific Questioning

- Learn new ways to question and listen
- Uncover unconscious motivators in yourself and others
- Put the right people in the right role
- Discover a new way to build rapport

Remove Barriers to Progress

- Overcome objections and blocks to improvements
- Keep conversations positive
- Discover how to make interventions that undermine negativity

Problem Solving Made Easy

- Use the idea of time lines to track problems in the office
- Use a problem-solving model in a number of situations
- Build the four techniques into one powerful model

Action Planning

- Create an action plan to take back to work

Further courses to consider:

- Business NLP Practitioner – 10-day programme
- Influencing and Persuading Skills - With an Introduction to Negotiation
- Negotiation Skills Workshop for Managers

What others have said about these courses:

“This course is a pragmatic thoughtful approach to NLP. We were encouraged to use those techniques that we felt most comfortable with and understand the science and art behind each technique so that they can be used in any context. It certainly has improved my observational skills and given me a greater focus in my interactions with people.”

- Pankaj Joshi, Park Royal Workforce

To find out more about this course or to enquire about prices, training dates and locations, please contact us on **0871 237 6767 or email us at info@arivu.co.uk**

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