



Griffin Training

Solutions for a Modern Workforce

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Neuro-Linguistic Programming

The mind is an amazing organ that has the ability to create change both within ourselves and within others. Neuro-Linguistic Programming is one of the most sophisticated and effective means currently available to promote change. At the root of it is a focus on communication and change. The underlying premises is that everyone is born with the same basic neurology and that all our actions are controlled by our nervous system. Modern research has found that we are able to control this nervous system through specific forms of internal and external communication. This can be used to great effect when one wishes to influence the manner in which one, or those around one, responds.

This course is perfect for those who wish to gain a basic introduction to Neuro-Linguistic Programming in order to use it as a powerful business tool. On completion participants should understand the basics of Neuro-Linguistic Programming, the premises' on which it is based and the practical implications of Neuro-Linguistic Programming. Participants will be introduced to practical tools and techniques in order to begin using Neuro-Linguistic Programming immediately so as to positively influence themselves and others.

Objectives:

- To gain a solid introduction to Neuro-Linguistic Programming
- To understand the bases for Neuro-Linguistic Programming
- To gain the skills necessary to implement Neuro-Linguistic Programming in ones' daily life
- To gain Neuro-Linguistic tools and techniques to positively influence oneself and others

Content:

- Introduction to NLP
- A Brief History of NLP
- Some Basic Assumptions
- The Brain and Its Neurological Structure
- Communicative Buttons used by the Brain
- Influencing People Through NLP
- The Toolbox of NLP: Anchors, Controls, Logical Levels, Secret Programmes, etc.
- Words used to Enhance Meaning
- Hypnotising Your Audience

- Tales and Stories that Reach the Subconscious
- Asking the Right Questions
- Applications of NLP

