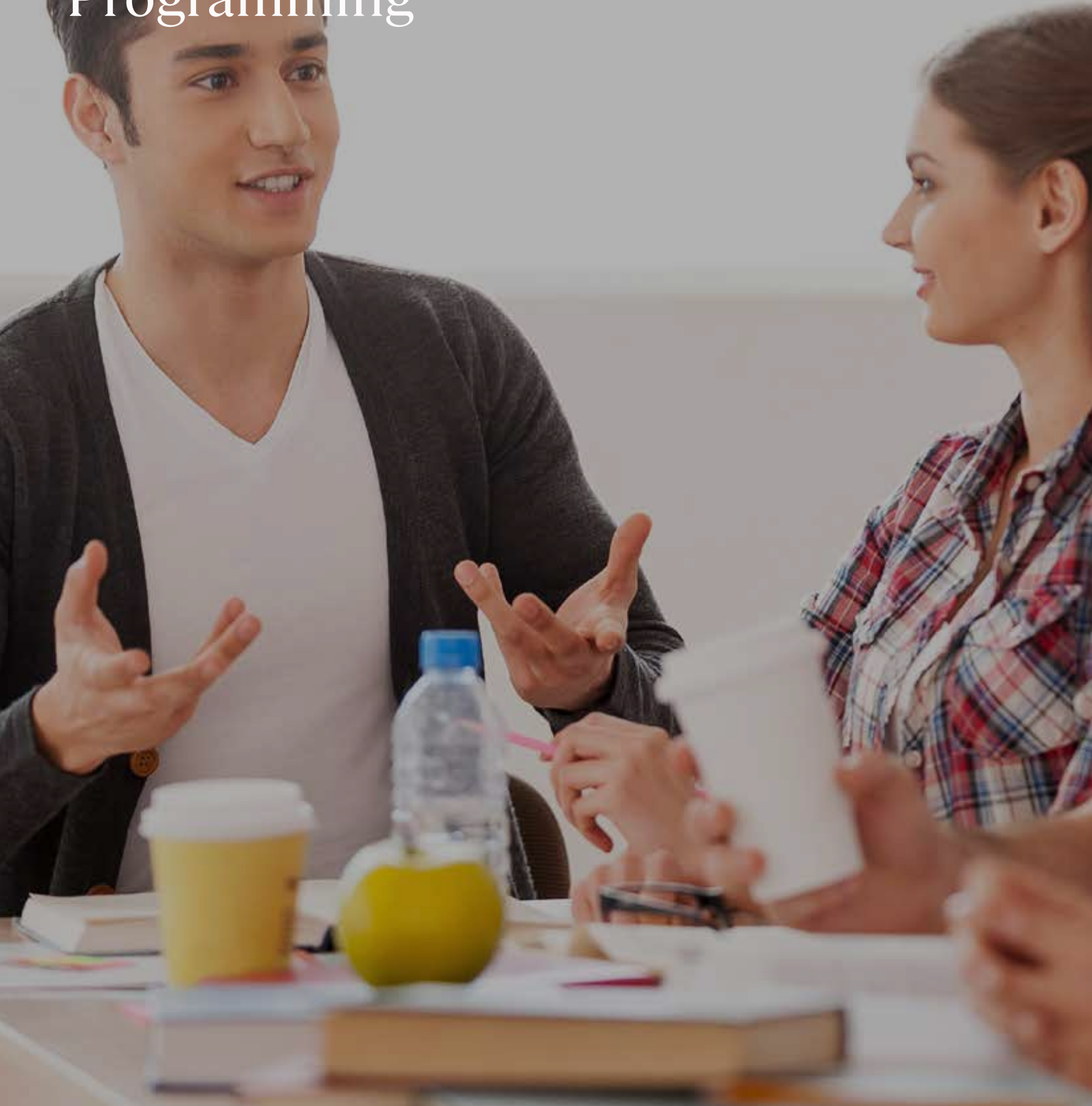# Introduction to Neuro-Linguistic Programming

This Introduction to Neuro-Linguistic Programming (NLP) training course is designed to overview some of the key ideas of NLP in a way that is understandable, practical and useful. The course uses a range of NLP exercises to help you understand how your everyday life can benefit from learning and applying NLP skills.

Once practised and mastered, these skills can be used in everything that you do in order to improve relationships, communication, compassion and the way in which you do business.

Module One: Introduction to NLP

This module looks at the foundations of NLP and explains how you can get started in practising your NLP skills. The module introduces the notions of association and dissociation and uses exercises to help you apply your skills to your everyday life.

• Practising NLP
• The foundations of NLP
• NLP modelling
• Habits
• Getting started
• Association and dissociation
• Managing your state of mind
• Noticing detail

Module Two: The NLP Presuppositions

This module explains what the NLP presuppositions are and shows how each one of them can be applied in the real world.

• The NLP presuppositions
• The presuppositions in practice

Module Three: The History of NLP

This module gives an overview of where NLP began and shows how far it is come since its beginning to the present day.

• The early years
• NLP today

Module Four: NLP, Motivation and Communication

This module looks at how NLP can be used to improve communication and motivation skills between different types of people. The module introduces the NLP communication model and looks at the different 'filters' your mind uses when processing information.

• The NLP communication model
• Communication filters
• Deletion, distortion and generalisation
• Metaprograms

Module Five: Values, Beliefs and Building Rapport

This module explains how our personal values and beliefs affect the way we interpret the world around us. The module looks at how these attitudes can be used to build rapport with other people.

• Values and motivation
• Beliefs
• Attitude, memories and decisions
• Building rapport
• The pillars of NLP

Aims of the training

By the end of this course, you will gain:

- An understanding of how NLP works.
- Improved communication skills for use in your everyday professional and personal life.
- Enhanced personal confidence where desired.