

The Positive Approach: The User's Guide to the Brain

What's in it for you?

This course is designed to help you understand the positive art and science behind Neuro-Linguistic Programming (NLP). Described as 'the user's guide to your brain', it deals with how you see the world, how you communicate with others, and how to build your self-confidence. 'One can have no smaller or greater mastery than the mastery of oneself' said Leonardo Da Vinci, so what are you waiting for?

What you will get out of it

By attending the course you will:

- Find out what Neuro-Linguistic Programming is.
- Understand some of the pitfalls of thinking the way you do.
- Know how to build your confidence by mastering your thoughts, feelings and behaviour, and take personal control over your situation.
- Find ways of looking at events positively and achieving positive outcomes more often.
- Focus on solving problems for yourself and others.
- Improve your communication by building rapport with others and influencing them in a positive way.

Key Themes

- The history and basics of NLP.
- Why we do what we do.
- Choosing the way we see the world through reframing.
- Building rapport by knowing what to notice in others.
- Using visualisation.
- Positive approach to problems.
- Setting goals for personal change.

What's Involved

You will be fascinated to find out how confident and positive people think, and to realise how easy it is to copy! You will understand why you think the way you do and be clear about changes you decide to make. Individually, in small groups and in larger discussion you can't fail to learn more about how you tick, and as a result, know more about how best to communicate with those around you. The lively session will be taken by a Qualified Master Practitioner of NLP and supported by examples, stories and handouts.

"The secret of business is to know something that nobody else knows" ARISTOTLE ONASSIS