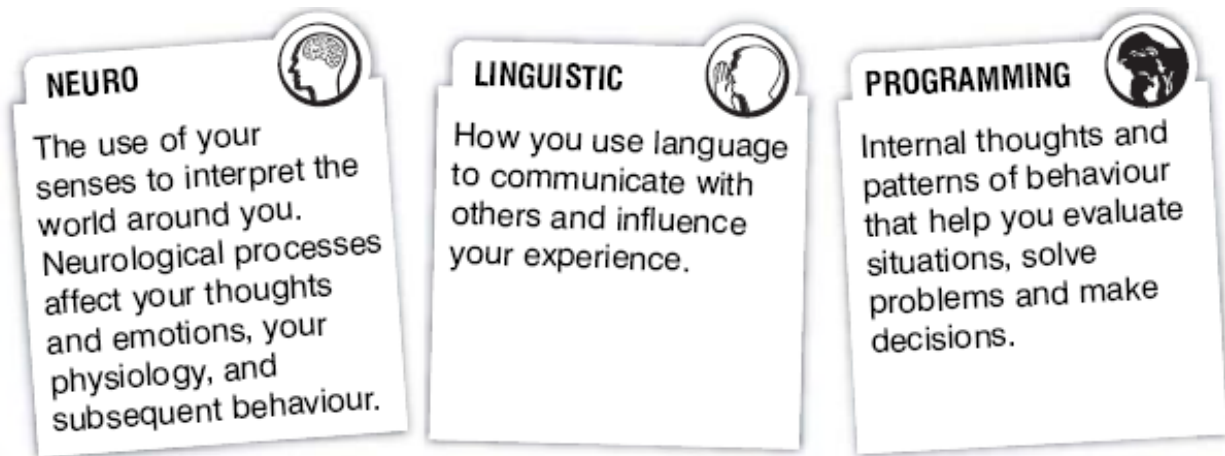


NLP WORKOUT

Would you like to master the art and science of personal and professional success?

Welcome to a workshop that introduces you to simple yet powerful techniques of personal and professional excellence with the help of Neuro Linguistic Programming.



This workshop shall let you

- ✓ identify the key behaviors to be successful in life
- ✓ learn techniques, tools and tips to be more effective
- ✓ learn strategies to motivate self, utilize internal and external resources
- ✓ formulate a personal action plan to track your progress for 21-days to gain more confidence, clarity and comfort
- ✓ & create a new YOU!

Methodology

Self-assessment Quiz, Simulations, Demonstrations, Practice Activities and Exercises, Group Work, Learning Videos, Case Studies, Modeling, Discussions and Drills

NLP Workout

Focus Areas

- Seven lies of Success
- Power of Positive Intention
- 3 Vs of Communication: Verbal, Vocal and Visual
- Neuro
 - Thinking Patterns: Engaging the 5 senses: Visual, Auditory, Kinesthetic, Olfactory and Gustatory to gain more permeability
 - 8 Filters to perceive information
 - Thinking with your body
- Linguistic
 - Enriched Communication
 - Precision Questions
 - Metaphors
 - Metamessages
- Programming
 - Modeling
 - Strategies
- Karpman drama triangle
- Strategies
 - The Magic of Rapport
 - Reframing
 - Anchoring
- Handling Resistance and Solving Problems
- The Syntax of Success
- Application of NLP at Work
- Receiving 14- 'Permissions' to live life in a more fulfilling way
- Creating a Personal Development Plan for 21 days