



NLP Skills for Work and Life

One of the most powerful life skills you can possess is the ability to control your response to people and events around you. Such personal control is an essential cornerstone of human excellence and achievement.

Neuro-Linguistic Programming, or NLP, is often regarded as 'a tool-kit for the mind'. It can be used to improve all areas of your life. You will do things better with the skills and knowledge that you get from NLP. The result is a life that is richer, more content and more abundant.

The NLP Skills for Business and Life workshop is designed to introduce you to the art and science of Neuro-Linguistic Programming and to give you an opportunity to gain new knowledge and skills to improve the quality of your personal and professional life.

This **one-day workshop** will be delivered by Zoryna O'Donnell, a Master Practitioner of NLP and a Certifying Member of the International Trainers Academy of NLP – ITA. Zoryna was trained as an NLP Trainer by co-creator of NLP John Grinder and his partners Carmen Bostic St Clair and Michael Carroll. The workshop will cover the following key elements:

- ✓ What is Neuro-Linguistic Programming (NLP)
- ✓ The history of NLP and the latest developments
- ✓ Conscious and unconscious minds
- ✓ Representational systems
- ✓ Eye accessing cues
- ✓ Building and maintaining rapport
- ✓ Non-verbal communications
- ✓ Calibration and its role in improving communication
- ✓ Understanding different thinking and learning styles
- ✓ Managing your state
- ✓ Using NLP in your everyday life.

The workshop will equip you with core knowledge and skills needed to: improved self-knowledge and awareness; deal with stress and anxiety; communicate better; use NLP patterns to improve the quality of your performance; create a positive outlook; change unwanted habits/behaviours. You will learn to think about improving and developing rather than 'fixing problems'; learn to look for newer and more creative approaches to life's challenges rather than just trying to fix what is not working.

Breakthrough Skills Programme™ for Women Discounted Fee - £99+VAT per person.

Standard Fee: £199+VAT per person for open access workshops.

To book your place on the NLP Skills for Work and Life workshop **please contact Zoryna O'Donnell** by e-mail zoryna@gmail.com

