

# NLP Communication Skills

## Overview

The NLP Communication Skills programme is specially designed for professionals who want to learn the key skills in the art of powerful communication.

The course is focused on those NLP skills which can have the biggest impact, in the shortest time, on improving communication. It provides a focused approach on exactly what you need to know to make NLP work effectively for you.

The NLP Champion course is suitable for professionals at all levels who want to learn the key skills in the art of powerful communication, specifically for the work place.

Delegates will develop their skills and confidence through experimentation and practical exercises.

## Objectives

- For each delegate to understand the subconscious rapport-building cues, and how to create, build, break and apply rapport in order to develop efficient working relationships.
- For each delegate to discover how our perceptions are moulded by our interpretation of reality and how we use our five senses to represent our model of reality.
- For delegates to understand how to utilise communications methods that will appeal to the widest audience possible.
- To learn how a series of presuppositions drives people's thinking and how they analyse situations.
- For each delegate to understand state management and how to create resourceful states for themselves through sub-modalities and anchoring.
- For each delegate learn about meta-programmes and how they can assist in identifying motivational direction, how people make choices, and determine how people evaluate situations and influence their decision-making skills.

## Content

- Understanding neuro-linguistics
- Building rapport – the key to influencing people through body language signals
- What NLP tells us about the subjective structure of experience
- Our perceptions of reality and how we experience communication
- The power of mental maps and the words we use to show how we are thinking
- Changing and control state through sub-modalities and anchoring
- The pre-suppositions that drive our behaviour
- Understanding meta-programmes and how to use them