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Neuro Linguistic Programming - Real Life Tools

Description

Neuro linguistic programming (NLP for short) is all about bringing your unconscious thoughts to the surface so that you can have real choice over how you interact with and respond to the world. Once you have completed "Introduction to Neuro Linguistic Programming," take this course and learn how you can do more with NLP.

Objectives

This course will teach you about anchoring, establishing congruency, developing rapport, creating outcomes, interpreting and presenting information efficiently, and self-hypnosis.

Outline

How to Use This Guide

Session One: Course Overview

Session Two: What is Neuro Linguistic Programming?

1. Defining Neuro Linguistic Programming
2. A Brief History
3. Understanding Common NLP Terms

Session Three: The NLP Presuppositions

Session Four: The Senses According to NLP

1. Making Sense of Our Senses
2. Senses and Language
3. Eye Accessing Cues

Session Five: Using Enriched Language

Session Six: Interpreting Body Language

Session Seven: Asking Clean Questions

1. The NLP Style of Questioning
2. Sample NLP Question Frameworks

Session Eight: The Power of Hypnotic Language

1. Embedding Positive or Negative Commands
2. Influencing Outcomes

Session Nine: Putting it All Together

Recommended Reading List
Post-Course Assessment
Pre- and Post-Assessment Answer Keys
Personal Action Plan