



## 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