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# INTRODUCTION TO NLP

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CHOOSE2B

# Introduction to NLP

## PROGRAMME

We're delighted to be offering this special 1-day Introduction to NLP Programme. It's been designed to help you develop powerful communication, rapport building, and leadership skills.

NLP, or the Study of Excellence, is now widely used in business, leadership, law, medicine, therapy, sales & marketing, as well as in professional and personal development.

So, what is NLP? It's been described as a form of applied psychology that encourages an attitude of curiosity, a focus on excellence, outcomes, flexibility, rapport, awareness and action. Yet NLP is such an experiential subject, that the best way to answer the question is simply to experience it.

### What can you expect to achieve?

By the end of this enriching programme you'll be able to:

- Build confidence, trust and natural connections through rapport
- Respond resourcefully and creatively to events and changes in your work and personal life
- Understand and appreciate how you and others decipher everyday experiences
- Communicate in ways that enhance understanding and influence
- Set compelling goals for yourself that will ensure you achieve the results you really want for yourself and your business
- Develop a sensitivity to others and understand situations from different points of view and be able to make more informed decisions

The investment for this programme is £275 plus vat.

For further information, please contact Lisa Brice at [lisa@lisabrice.co.uk](mailto:lisa@lisabrice.co.uk).

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### What delegates say about our NLP Programmes:

✓ “An outstanding course – the best I have experienced in more than 35 years of adult life! Lots of learning, lots of laughter, some tears but altogether a real “Experience of Excellence”.” - **CT, Business Consultant and Executive Coach**

✓ “A life changing, mind-expanding fantastic journey of discovery.” - **PA, HR Director**

✓ “I just feel both privileged and grateful that I was part of such a genuine and fantastic group. The whole experience really did feel like a personal journey and I am a very lucky and privileged woman – truly inspired.” - **JW, HR Manager**

✓ “The practitioner course was a just magical experience and I am truly not just saying this, but you are the best facilitator I have ever experienced – a role model of being NLP, thoughtful, appropriate, challenging and inspiring.” - **RA, Business Manager**

✓ “Just wanted to thank you for making it a year to remember – NLP has so changed my way of thinking for the better!” - **SM, Talent Manager**

✓ “I am loving having access to new strategies – you are an inspiration!” - **JRB, Head Teacher**

✓ “A game changer; well-designed, well-executed and well-lead! If you crave learning and growth, and want to make learning an integral part of your personality - do this programme.” - **MK, Business Consultant**

✓ “Be NLP, use it every day to get excellence out of yourself and others – it will change your thinking and possibly your approach to life!” - **BB, Business Manager and Coach**

✓ “A course that is worth every penny and every minute spent. Be prepared for amazing learning that will stay with you forever!” - **CT, Zumba Teacher**

✓ “The learning is something you will wish you had years ago. The questions you ask yourself daily about situations, your interactions with people, and how to approach life differently to achieve a different outcome are all answered in this programme.” - **SP, CEO Social Media**

✓ “You did an amazing job. It was refreshing to see how you combined your rich experience, with a real passion for trying to help people develop - very inspiring.” - **RE, Clinic & Wellness Director - Clinical Lead ESP Physiotherapist**

✓ “Inspiring learning experience, beautifully facilitated by people who embody and live out the essence of NLP.” - **CR, CEO Media Production**