

# APPLY THE POWER OF (NLP) NEURO LINGUISTIC PROGRAMMING TECHNIQUES AT WORK (ONLINE) (ZOOM)

Neuro Linguistic Programming (NLP) techniques are powerful discipline that enables people to unlock the structures of human communication and human excellence. By doing so, people can think, act, communicate and manage themselves and others more professionally and personally.

This 3 hours on-line intensive NLP techniques training covers the fundamental principles and techniques used by NLP practitioners. It will help participants to quickly understand and apply the NLP techniques occasionally at workplace as well as in their personal life

Clarify information which are deleted, distorted or generalized by asking the right questioning using the Meta Model ( Questioning Techniques )

Understand the term 'NLP' and benefits of using it

Apply the Reframing technique to change your feelings and beliefs towards an event or situation.



## Course Objectives

Interpret the NLP Communication Model that lies within you

Acquire ten great ideas to view things differently (Presuppositions)

Change limiting beliefs to empowering beliefs



**Trainer:**  
**Francis Claudius**

- More than 25 years of training experience
- A professional trainer, facilitator and an in-house training consultant and currently, he is an Associate Trainer and also an Assessor for the Employability Skills (ES), Work Skills Qualifications (WSQ) Training Programmes Executive Development & Growth for Excellence (EDGE).
- Has received a Bronze Certificate for being the Best Presenter and holds a Competent Toastmaster and Competent Leader Award from Toastmasters International
- He is a good trainer who delivers training in a clear, concise and systematic manner. He believes in continuous learning and keeps updated with new knowledge, skills and experiences.

### Course Outline

1. What is NLP (Neuro Linguistic Programming)
2. Benefits of using NLP techniques
3. NLP Communication Model
4. Ten Great Ideas to see things differently (Presuppositions)
5. Limiting Beliefs to Empowering Beliefs
6. Reframing Mind
7. Deletion, Distortion and Generalization (Meta Model)

**15 JULY 2020**

**9 AM TO 12 NOON (3 HOURS)**

**\$192.00 (INCLUSIVE 7% GST)**