

## DISCOVER NLP *with Judith Lowe*

### **What is so special about this course?**

This one-day programme has been specially designed to offer a stimulating and involving introduction to NLP for people who want to know more about how these powerful tools and approaches can benefit them both personally and professionally.

### **What will this course do for you?**

You will get to experience and find out about NLP and how it relates to you in your life - the changes you want and the skills you need.

You will discover why NLP is becoming the must-have skill set for professionals across many kinds of organisations and businesses.

You will begin to appreciate just how practical and results-focused NLP is as you experience for yourself new, breakthrough ways of thinking and behaving in stuck or previously limiting situations.

You will have a fun, lively day of learning and achievement . with lots of insights and new approaches to take away and use back at work or home.

### **What will this course cover?**

There will be a mix of experiential activities, demonstrations, an introduction to key NLP models of change and an opportunity for some discussion and questions.

You will learn something about NLP history, modelling and coaching, the powerful NLP presuppositions and attitudes for learning and change . and the importance of using your NLP with integrity and sensitivity.

You will learn some tools and processes that relate to goal-setting, personal values, relationships, behavioural flexibility, reframing and emotional self-management and more

**Dates:** 18 February 2010 or 5 May 2010 with Judith Lowe

**Price:** £100 plus VAT (£115)

*To book your place, visit [www.ppdlearning.co.uk](http://www.ppdlearning.co.uk) or call 0870 7744 321 for information*