

TURBO CHARGE YOUR CAREER WITH NLP



- Can you imagine being able to have much greater influence over the outcomes of your professional and personal life?
- Would you like to be able to communicate your ideas and needs more effectively so that people really listened to you?
- What would your life be like if you could let go of deeply held fears or limiting beliefs that impact your confidence?

This is the power and the promise of Neuro Linguistic Programming (NLP). This field of applied psychology has grown enormously since it was established in the 1970's. NLP principles and techniques are used to effect change in a wide number of areas which include health, personal development, business, education and sport.

Inspiring Potential now brings you the possibility of applying powerful NLP learnings in the context of your working life. Our NLP Business Practitioner Programme is fully accredited by the American Board of NLP (ABNLP), and all participants who complete the programme will obtain certification from this governing body.

What is NLP?

Some people call it the manual of the brain. NLP helps people to understand their mind, how it works, and how it affects their behaviour. It is a way of thinking based on curiosity, exploration, flexibility and fun. It has great benefits in business and personal development as it provides us with the tools and techniques to model human excellence in the areas of communicating, influencing, goal setting, managing change and understanding the use of effective language. NLP helps you get the results you want.



Course Format, Location and Dates

The 10 day course will be delivered in 3 separate modules each lasting 3 or 4 days. Participants will have the opportunity to apply their learnings in their place of work between each of the modules. Please see enclosed material for start dates and course locations or visit our website : www.inspiring-potential.co.uk

Course Objective:

To help individuals apply powerful NLP principles and techniques in the context of their professional lives.

Who should attend?

This course is aimed at individuals who:

- Are committed to learning more about themselves
- Are seeking to have more control over their emotions and behaviours
- Wish to remove the obstacles that are holding them back from a more successful life
- Would like to improve the way they impact others at work
- Want to be able to communicate more effectively
- Dream of becoming more self-confident

What does the course cover?

This course will cover a comprehensive set of NLP principles and techniques which include the following:

- History of NLP
- Communication Model
- Presuppositions – core principles underpinning NLP
- Logical Levels – Our psychological hierarchy of levels of internal processes
- Well formed outcomes
- Perceptual Positions – how to experience a situation from someone else's viewpoint
- Anchoring – calling up a desired state at will e.g. confidence
- Strategies – getting things done effectively and consistently
- Meta Model – how to use language with more precision
- Representational Systems – preferences for visual, auditory and kinaesthetic information

Marielena Sabatier - COURSE TRAINER

Marielena is an experienced Executive Coach and trainer whose primary focus is leadership development. She has over 13 years of experience working in the corporate world. Her experience as a Commercial Finance Director enables her to relate to the communication issues that senior executives encounter today.

She is an NLP Trainer, Master NLP Practitioner, and Executive Coach. She also has an MBA, has a degree in hypnotherapy and is qualified in the MBTI. She is bilingual (Spanish and English) and has also worked internationally most of her career, which enables her to understand easily the cultural differences faced by global companies today.



Noel Clerkin - COURSE TRAINER

Noel is an experienced coach whose solid corporate background enables him to closely empathise with the issues facing his executive coaching clients. Previously, Noel spent 12 years in commercial roles in Banking, Financial Information Services and Technology. As well as travelling extensively in these roles he was also based in Paris, Dublin, London and New York.

Noel has trained in Coaching, Neuro Linguistic Programming (to Master Practitioner level), Hypnosis and Myers Briggs. He uses a combination of approaches to bring clarity and progress into the lives of his clients. His style is humorous, practical and results oriented.



About Inspiring Potential:

Inspiring Potential comprises a team of coaches and trainers who have all had frontline corporate experience prior to working in the personal development industry. The company offers coaching and training in the areas of Organisational Change; Executive Development; Team Dynamics and Stress Management. For more information please visit:

www.inspiring-potential.co.uk

Tel: **0845 355 1159** or email: info@inspiring-potential.co.uk

