NLP Tools for Real Life

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 a grasp on NLP's basic principles, you might be interested in learning about some tools that can help you do more with NLP. This one-day workshop will give you some hands-on experience with important NLP techniques, including anchoring, establishing congruency, developing rapport, creating outcomes, interpreting and presenting information efficiently, and even some self-hypnosis techniques.

To get the most out of this workshop, participants should first complete *An Introduction to Neuro Linguistic Programming*.

Introduction and Course Overview
You will spend the first part of the day getting to know participants and discussing what will take place during the workshop. Students will also have an opportunity to identify their personal learning objectives.

Developing Rapport
Traditionally, rapport has been defined as a sense of mutual understanding, respect, and friendliness. NLP takes rapport one step further by defining it as the unconscious relationship between two people. This session will give participants some techniques for establishing and deepening rapport.

Getting in Tune with Yourself
Being congruent or self-aligned means walking the walk and talking the talk. This session will help participants identify what inner alignment means for them and how to achieve that state.

Creating Comprehensive Outcomes
A lot of traditional management literature focuses on goal setting. NLP frames goals a little differently, phrasing them as outcomes. This session will give participants a framework for creating outcomes and an opportunity to set some outcomes for themselves.

Creating a Desired State with Anchoring
Anchoring can help you summon up a state of mind at will. This session will teach participants how to create a basic anchor, as well as how to chain and collapse anchors.

Chunking Information

Psychologist George Miller proposed that we can hold 7±2 pieces of information in our short term memory. In this session, participants will learn how to use this formula to present and interpret information more effectively.

Workshop Wrap-Up

At the end of the day, students will have an opportunity to ask questions and fill out an action plan.