

NEURO-LINGUISTIC PROGRAMMING

Duration: 3 days (21h)

Date: available within 2 months

Price general public: EUR 1.725 net /pers. (no VAT)

Price in-house: on demand (4-12 pers.)

OVERVIEW

Neuro-Linguistic Programming (NLP) is an effective method to better control inner mental and emotional processes. Used as a tool for personal development, it opens a broader experience of one's own abilities: intelligence, sensitivity and learning are enhanced. Applying NLP techniques in everyday life can be beneficial for anyone's mental health and human relations.

NLP is a pragmatic sociological approach that makes a group of people (a team, a department) more capable of harmony. Personal skills enhanced through NLP have a positive impact on the professional environment.

LEARNING OBJECTIVES

- Understanding the cognitive processes of the brain and neurological pathways
- Learning about the programming of the brain since birth
- Recognising interactions between thoughts, emotions, and physiology
- Analysing the human being systematically (genes, temperament, socialisation...), the constraints and potential
- Decoding the internal language (in one's own head) and the external language (statements of others, culture, media)
- Recoding: Programming new, self-selected patterns of thoughts, feelings, and behaviours
- Practising personal change at will
- Using this ability at work and in private life

AUDIENCE & PRE-REQUISITES

- **Audience:** Municipal staff and employees of regional and national institutions.
- **Pre-requisites:** None



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PROGRAMME

- The nervous system and the neuroplasticity of the brain
- The relationship between body, emotions and thoughts
- Anchored belief systems and how to change them if desired
- Ethics of NLP
- The gates of perception
- Meaning and use of time
- Windows to the past
- Difficult imprints and impacts today: regaining control over past experiences
- Association with and dissociation from external events
- Windows to the future and Visualization
- The power of the present: expanding freedom of action
- Control over internal influences in a person: The house of personalities
- The power of language: how communication patterns influence perception, behaviour, and relationships
- Developing resourceful states: accessing inner strengths, confidence, and resilience
- Control of external influences and mastering one's reaction to events

METHODS & EVALUATION

Rich and flexible training design: theoretical input, discussions, reflection and sharing of experience, role-plays and simulations, practical exercises.

Training assessment:

- Short term impact
- Long term impact

Learning assessment :

- Self-evaluation
- Questionnaire after the training

Recognition : EUROBOGEN certification

OTHER RELATED TRAINING

- Public appearances
- Non-violent communication.
- Becoming an entrepreneur

For people with disabilities, the organization is committed to being accessible.

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