



# Neuro Linguistic Programming (NLP)

## NWTDT Provision of an NLP Diploma Course

**4 day Training Course, running over 2 weekends:**

**17<sup>th</sup> & 18<sup>th</sup> May and 14<sup>th</sup> & 15<sup>th</sup> June 2008**

**30 hours total contact time (excluding breaks) Days run from 9am to 6pm.**

Based at the NWTDT premises (TMC Building) in Accrington, Lancashire. Drinks, biscuits, fruit and a light lunch will be provided. A list of local B&B's etc can be provided for delegates wishing to stay in the area.

**Have you noticed that some people just seem to cope easily with life? Little upsets them, they seem able to shake off experiences that might leave you angry or embarrassed or sad for some time. How do they do that?**

The people who are most effective at the "game of life" are the ones who have a map of the world that allows them to perceive the greatest number of available choices and perspectives. NLP is a way of helping you to become aware of the wealth of choices that are available to you. Excellence and mastery come from having many choices, wisdom comes from having multiple perspectives.

Have you ever discussed a shared experience only to find that you each have a completely different recollection of what happened? Why is that?

No event has meaning in itself, we give it meaning, and different people may give the same event different meaning. NLP studies how we structure our subjective experience - how you think about your values and beliefs and how you create your emotional states: how you construct your internal world from your experience and give it meaning.

You will find out how the brain (neuro) is operating by analysing language patterns (linguistics) and non-verbal communication. The results are then used to create strategies or programmes (programming) that may be used to transfer the skills to others.

Have you ever really wanted to change your behaviour in a particular situation, but found yourself helplessly falling back into old ways of behaving? What will help you to make this change, now?

NLP techniques focus on identifying, using and changing patterns in the thought processes that influence your behaviour in order to improve the quality and effectiveness of your performance

NLP provides a way to look past your behaviour, to the more invisible forces behind those behaviours, to the structures of your thoughts. Once you understand the underlying structure, you can use these insights to find alternatives to specific behaviours.

NLP provides tools and skills for the development of states of individual excellence, but it also establishes a system of empowering beliefs about what human beings are, what communication is, and what the process of change is all about.

**NLP is a behavioural science that provides:**

- **A system of knowledge and values**
- **Processes and Procedures for applying knowledge and values**
- **Tools to aid the application of knowledge and values**

NLP is not just about competence and excellence, it is also about wisdom and vision, creating a frame of mind based on curiosity, exploration and fun.

You will probably find that you are already familiar with some NLP processes. You will intuitively recognise yet more of them. You know more than you yet realise.

References

The Encyclopedia of NLP. [www.nlpuniversitypress.com](http://www.nlpuniversitypress.com)  
NLP workbook. Joseph O'Conner. ISBN 0-00-710003-5

**Training is by Catherine Webster. Catherine is certified by the International NLP Trainers Association. If you have any questions regarding this course, please contact her at [Catherine.webster@nwt dt.com](mailto:Catherine.webster@nwt dt.com)**

**FURTHER DETAILS OVERLEAF...**

**Cost: £440 +VAT subscribers / £565 +VAT non-subscribers**

**Group size of 8**

**Working towards better futures for people**



# Booking Form

The course is run according to the International NLP Trainers Association (INLPTA) standards, and provides a thorough foundation in NLP tools and techniques for use in personal and professional growth and development. It will include:

- Creating well-formed outcomes
- Developing rapport
- Developing sensory acuity
- Increasing your flexibility of behaviour
- Changing unuseful behaviours and habits

- Giving and receiving excellent feedback
- Recognising and using language patterns
- Empowering yourself and others
- Developing your ability to influence, lead, empower and motivate
- Creating a resourceful state for yourself
- Understanding your perception of time

The Diploma will convert into an INLPTA practitioner (diploma counts as the first 30 hours) which will start to run in blocks during 2008 if there is sufficient interest.

**Please reserve me a place at the 'Neuro Linguistic Programming' event being held on 17th & 18th May / 14th & 15th June 2008 at The Globe Centre, St James Square, Accrington BB5 ORE.**

Name: \_\_\_\_\_

Organisation: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Post Code: \_\_\_\_\_

Telephone No: \_\_\_\_\_ Number of

Email Address: \_\_\_\_\_ places  
required: \_\_\_\_\_

## Payment

I enclose a cheque for £ \_\_\_\_\_  
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the address below

Name: \_\_\_\_\_

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Telephone No: \_\_\_\_\_ Order No: \_\_\_\_\_

Closing date for applications to this event is Friday 9th May 2008. Places are limited and will be allocated on a first come, first serve basis.

If your application has been successful - you will receive a confirmation letter along with a map. Please bring this with you when booking in on 17th May 2008.

**Please return booking form to:**  
**Catherine Titherington**  
**NWTDt, c/o Voice Marketing,**  
**60 Westhead Road, Croston, PR26 9RS**  
**Tel: 01254 306850**  
**Email: [events@nwt dt.com](mailto:events@nwt dt.com)**

Cancellations made less than 2 weeks prior to any event will be charged at the full rate. We reserve the right to charge £50 + VAT for any Free event where cancellations are not confirmed in advance. All bookings will be confirmed via email together with directions and start times.