


**Enhance Your Personal Effectiveness - Using leading edge NLP teachings and methodologies, used by many successful people and businesses world-wide, you can improve the way you operate in just one day.**

In Association with	
Duration	1 day – Interactive Course
Location	Midlands
Dates	
Investment	£295+VAT *with 100% money back guarantee
Certification	Certificate of Attendance

### Course Overview

Ever wondered how some people appear to sail through life unphased by the pressures of work or the responsibilities and challenges of every day life? How some people appear to be successful at everything they do or are just liked by everyone they meet? Have you ever wished that you could do the same? If so, then this 1 Day training course is for you. We will share with you the mindset of successful people, techniques that will enable you to communicate even more effectively with everyone around you to build the relationships that you want. You'll learn how to interact with other people to improve cooperation, reduce conflict, maximise everyone's productivity and achieve increased personal effectiveness. We will show you how you can be the best you can be when you need to be.

### Who should attend?

This 1 Day training course is for anyone looking to improve their ability to deal with everyday situations in a much more effective and empowered way, whether that be in their professional or personal lives.

### Top 5 Learning Points:

- Understand how we make sense of the world around us and how we give meaning to our experiences.
- How to build and maintain Rapport easily and effortlessly.
- How to be confident when you want to be.
- How to gain a better understanding of difficult situations.
- Understand how you are perceived by others.

### **Training Course content:**

- The background of NLP (Neuro Linguistic Programming)
- How we communicate (verbally and non-verbally) to others and to ourselves.
- The Principles of NLP
- How to build Rapport to build trust and understanding
- How to set goals for success
- Effective Conflict Management
- How to generate Personal Power when you want it.

### **Why train with us?**

Unique Minds are providers of high quality Personal Development and Business Training for people like you. Like you, we are highly results driven and our aim is to deliver the performance improvements that will make you and/or your business even more effective and will get you the improved results that you are looking for.

All Training Programmes delivered by Unique Minds are based on the tools and techniques of Neuro Linguistic Programming (NLP) and provide individuals with 'Life Skills' that will empower them to bring about positive change in their lives whether that be inside or outside the workplace. NLP techniques are extremely flexible and can be applied in many different ways and in all aspects of life. The results will speak for themselves. At Unique Minds we believe that NLP based coaching and training is true investment in people as it recognises and celebrates people as individuals and enables them to become even more responsible for their behaviours, their results, their lives.

\*We're so confident that you will be pleased with the results that you get from attending this training course that we offer a 100% refund to anyone who is not.

### **Looking for in-house delivery?**

If you require this training course delivered in-house, please contact us to discuss. All of our training courses can be tailored to suit your needs.

### **Contact details:**

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***“Be the Catalyst for Positive Change”***