

13-16 February 2009 or 18-21 September 2009 in Manchester



About the trainer

Executive coach **Andy Smith** has been a certified trainer of NLP since 1997. Andy is the author of **Achieve Your Goals** (Dorling Kindersley 2006). Corporate clients include Sony, Mintel, the NHS, BP and the Cabinet Office..

What couldn't you achieve if you improved your awareness, could access your inner resources whenever you need them, understood better how people work...?

"The trainer was engaging, humorous, and patient!"
- Jacqueline Haskell, writer and trainer

"A very useful, interactive, practical, and enjoyable introduction to NLP"
- Barbara Strong, NHS Manager



www.practicaleq.com

You were born with an amazing brain - but they forgot to give you the owner's manual!

Congratulations - you're just about to find it.

You already have all the resources you need to change your life for the better. This workshop shows you tried and tested ways to achieve rapport with anyone, understand how other people think, feel good any time, get into resource states for any challenge, and the secrets of "running your own brain".

Is this training for you?

NLP is for everyone. If you're curious about NLP and what it can do for you, if you want to understand yourself better, or you want practical, easy to use techniques to get what you want from life more effectively, book on this workshop. The course has a maximum of 24 participants.

What's included?

This is a comprehensive introduction to NLP, covering the basics including:

- Principles and history of NLP
- Advanced relaxation techniques
- Sensory acuity
- Rapport skills - how to get on with anyone
- Representational systems - understanding how people think
- Precision questions - knowing what to ask when
- Submodalities - how to "run your own brain"
- Anchoring - access resourceful states whenever you need to

The Diploma is optional - some study and completing a short exam before the course will be required to gain the certificate. If you just want the skills and don't care about certificates, just do the course!

If you're looking for a new direction

If you're approaching a crossroads in your life, you need to know about this additional material:

- How to clarify your values
- How to set goals so they happen
- Enlisting the power of your unconscious mind to support you

Questions? Call Andy Smith or Julia Blower now on 0845 83 855 83 or email on andy@practicaleq.com

What Next?

If you want to take NLP further, you can go on to take Part II of the Practitioner training which leads to certification as an NLP Practitioner. If you want to book the whole practitioner training now (and make significant savings), call Andy on 0845 83 855 83 to enquire.

Secure Your Place Now

"Just a very quick note to let you know that I very much enjoyed the NLP course this week-end, and that it met and indeed exceeded my expectations. It was well-planned and executed in a measured, highly professional manner, which created an optimum learning environment. All facets of the course made it an excellent experience, and a very worthwhile investment of my time (and money!)"

- Jane C Barber, Business Partner Client Executive, Lenovo Technology (United Kingdom) Ltd

The workshop runs from 9.45 - 5.30 on each day. Registration is at 9.30 on the first day.

No-quibble guarantee: if by the end of this workshop you are not satisfied, we will return your payment.

How much?

The course is £425.50 (inc. VAT). Fill in this form and send it with your cheque (payable to 'Coaching Leaders') to:

Coaching Leaders, 4 Lyon Close, Yaxley, Suffolk, IP23 8BE



NLP Foundation Skills Diploma booking

I confirm that I understand that this workshop is not intended as a substitute for psychotherapy. I also understand that it is my responsibility to notify Coaching Leaders Ltd of any diagnosed psychological conditions, medication that I am taking, or special requirements that may affect other workshop participants.

Please reserve my place on the NLP Foundation Skills workshop on this date _____

Date: _____ Signature: _____

Name

Address:

Tel:

E-Mail:

Amount enclosed _____