



Winning Ways - Communication, Motivation & Personal Effectiveness

Ever wondered how you could take control of your life through your behaviours and how you could positively influence the people and situations around you.

We believe that unlocking this 'hidden' capability is more powerful if you unlock it yourself – our tools & techniques will enable you to do so. They will enable you to become 'your best self', a confident, motivated winner with greatly enhanced personal effectiveness!

Programme Overview

NLP (Neuro Linguistic Programming) gives us the tools and techniques that enable us to realise what our best self looks and feels like. These tools and techniques can be employed both as a useful, practical and everyday guide and as emotional support.

Effective communication is essential for an effective life; not just the communication we engage in with others, but just as importantly the way in which we relate to ourselves. When we start to appreciate our own distinctive way of being then we are better equipped to appreciate others more fully. Our NLP programmes (you can start off by completing the 'NLP Diploma' which in total runs over four elapsed days) will guide you in self-developing through understanding and enhancing the unique way you use your senses. For any of us, this can be used to create success in our lives and in building fulfilling relationships with others through much greater self-awareness.

When dealing with people,
remember you are not dealing
with creatures of logic, but
creatures of emotion

Dale Carnegie

Communication

In today's world many of us talk about good communication and how we can achieve this consistently. NLP skills will equip you to communicate more effectively and even more confidently. Our emphasis is on developing further the authentic nature of those relationships that are most important to you in your life and in particular in your business life. Learning to increase your sensory range will give you access to high quality information about yourself and those around you. You will understand all the elements of rapport and how to use specific and general language patterns of persuasion and influence.

Motivation

We will show you practical ways to change reactions, feelings and behaviours in order to create real motivational energy. Connect this with the NLP processes to define and test your goals and discover what real empowerment feels like.

With enhanced communication and motivational skills in place you will understand how to do this naturally and you will create positive changes in your self-belief and behaviours. Not only does NLP teach you this, it is also an empowering and on-going process. Each technique and learning builds on top of the last and prepares you for a continuum throughout your life.

Personal Effectiveness

Focusing on individual self-development you will enhance your abilities to work with outcomes for precisely what you yourself want to achieve in life. By first learning to identify patterns of unresourceful behaviour that are limiting your performance you will then become skilled at the use of powerful NLP techniques that tap into your most resourceful elements ,whilst creating change in yourself and others.

Knowing what you do well, what you can rely on, what qualities you have are essential to maintaining your personal effectiveness.

Being able to identify what makes you fell aligned, motivated and energised will also reinforce and build your confidence, so that when those blips come along (and they will), you can deal with them effectively.

When you exercise your freedom to express yourself at the lowest level, you ultimately condemn yourself to live at that level

Zig Ziglar

Motivation is the art of getting people to do what you want them to do because they want to do it

Dwight D. Eisenhower