

Effective Meetings and Communication Skills with Neuro Linguistic Programming – 3 Days

How many meetings have you gone to where you have come away feeling that nothing was achieved or that you didn't feel as though you were able to get your point across?

Course Objectives

By introducing delegates to elements of Neuro-Linguistic Programming (NLP) the course will equip delegates with the strategies, processes and various tools they need to enable them to develop rapport with those people that they don't find so easy to connect with in order for them to communicate effectively, so ensuring productive and practical meetings every time.

At the end of the course delegates will:

- Understand the nature of the communication model
- Understand how to consciously develop and maintain rapport effectively
- Experience “holographic” communication
- Discover the hidden depths of language
- Identify the skills needed for effective meetings
- Breakdown barriers to communication
- Confidently and effectively communicate with individuals and groups
- Appreciate differences and diffuse potential conflict
- Understand different ways to prepare for meetings
- Be able to influence the meeting to keep it productive