

# **NLP Introductory Workshop**

**Neuro Linguistic Programming (NLP) is the new technology of change, achievement & excellence.**

As you are reading this, I suspect you are curious about personal development, creating change personal, in business, performance or education. How can you make the process, although not necessarily easy, as easy as possible? Now NLP isn't for everyone. But these powerful techniques might just be for you, if you are committed to either your own or others' personal & professional development. Just suppose you knew what makes both yourself and other people tick, that would be invaluable, wouldn't it.

## **Why explore NLP**

Some people think change has to be hard, difficult or just downright impossible. Other times people feel change is bad or negative rather than the natural way of things; like a stream flowing downhill, impossible to stop. There are others who think change happens & they have no place, part or choice in the matter.

NLP – Neuro Linguistic Programming is all about change. It explains how you use your brain for change, so you can create the changes you want not what you don't want. It helps you discover how you use your whole mind efficiently – sometimes, and at other times perhaps not so efficiently. Aren't you just a bit interested in knowing how to let go of the blocks to success so you can accelerate your progress.

## **What you will learn**

Uncovering NLP is a bit like exploring a user's manual for the brain. NLP describes how you process information & provides the tools to modify them. By understanding how you process information you can begin to create change through making adjustments.

The goal of this workshop is to offer a taster menu of some of the NLP Processes. A very brief introduction to some of the theory and an opportunity to experiment with some of the tools.

- **NLP Overview**
- **Presuppositions**
- **The NLP Communication Model**
- **How the Mind Processes Information**
- **4 Pillars of NLP**
- **Neurological Levels**
- **GEO Goal Setting Model**
- **New Behaviour Generator**

## **How is the workshop structured?**

This NLP workshop has a logical yet flexible structure. The information is delivered through presentations & demonstration. Then you get the opportunity to play with the tools and techniques yourself to discover how you find them. Afterwards there is a question & answer session where you have the opportunity to hear about the others' experiences and share your discoveries. Throughout the workshop you discover the power of NLP by practicing.

## **So, what if you attend the workshop?**

Just suppose you could create the results that you dream about, even amazing results, if that is of value to you, come explore and experience the power of the NLP tools and techniques. See what you think.

## **Who is delivering the training?**



**Julie Silfverberg**  
Business Owner  
Trainer of NLP,  
Time Line™ & Coach

Julie Silfverberg has been coaching, training and working with NLP for the last 15 years. This has enabled her to successfully own & run her businesses located both in Ireland and abroad. She has coached and trained in a range of settings from start up sole traders to blue chip companies and with individuals from creating happiness to working with CEOs. She finds it exciting to enable others develop their skills and then notice how they use the skills to influence other people – just like dropping a stone into water, the ripples and reverberations go on and on.

**Don't wait another minute, take action and call Julie on 087 614 2980 or you might prefer to email [julie@successpartners.ie](mailto:julie@successpartners.ie)**