



Management And Leadership

NLP Techniques for Peak Performance

Course Introduction

This training course will help you become more confident, persuasive and influential within the workplace by improving your verbal and non-verbal communications using Neuro-Linguistic Programming (NLP) methods and patterns.

You will learn to use NLP in order to cultivate productive behaviour, develop positive business relationships and successful teams.

Target Audience

This course is particularly beneficial to supervisors and managers who wish to improve their success through others.

Learning Objectives

By the end of this course, participants will be able to:

- Employ the core NLP skills and techniques to build a cohesive team spirit.
- Establish instant rapport with everyone you interact with.
- Learn to create motivational outcomes and overcome barriers to success.
- Discover how to build and maintain your self-confidence in challenging situations.
- Equip yourself with techniques to create greater creativity and new ways to solve conflict and problems.

Course Outline

• 01 Day One

Understanding NLP - 'The Science of Human Excellence'

- Learn what NLP is and how the tools and techniques can be employed
- Competency modelling - understand how top performers function and replicate their behaviour and thinking patterns
- Understand the foundation stones of NLP and the four core skills

Creating Rapport and Relationships

- Assess your own and your colleagues' language patterns
- Use a variety of language patterns to motivate and influence
- Create instant rapport – the three key techniques of 'mirroring'
- Master the skills that will let you build cooperative working relationships

Learning to Appreciate Personal Differences

- How to use 'following' and 'leading' skills to influence others
- Explore multiple descriptions of the world to give you more choice
- Discover how to appreciate your colleagues' points of view
- Learn to lead people to shared solutions
- Create greater Behavioural choice and options when dealing with others

• 02 Day Two

Power in the Spoken Word

- Understand your language patterns and learn new ways to communicate
- Successfully re-organise your thinking by changing your language
- Learn to use precision questioning to elicit detailed information
- Employ language to empower others and learn how to use words to accelerate achievement

Create the Habit of Focusing on Motivational Outcomes

- Develop the habit of outcome thinking for dynamic results
- Creative goal setting
- Learn the steps to agreeing motivational outcomes for yourself and others
- Accelerate your team's success and sense of achievement

• 03 Day Three

Build Confidence and Develop Positive Behaviors

- Create your own state of excellence in threatening situations
- Learn to change restrictive and unhelpful thoughts, habits and feelings into positive and empowering ones
- Discover exciting and fast ways to change your thinking patterns
- Core techniques for gaining and maintaining confidence and peak performance

A Framework for Leadership

- How do top performers achieve so much?
- Uncover the power in non-verbal communication to enhance confidence in others
- Positive leadership thinking and outcome thinking
- Model excellence – replicate the behaviour of success

Techniques to Achieve Excellent Results with Individuals and Teams

- Creating creativity
- Practical ways to deal with challenging workplace conflict and problems
- Tools for problem exploration and resolution
- Establishing and maintaining engagement and motivation

Confirmed Sessions

FROM	TO	DURATION	FEES	LOCATION
May 5, 2025	May 7, 2025	3 days	3950.00 \$	Spain - Barcelona

FROM	TO	DURATION	FEEs	LOCATION
Sept. 29, 2025	Oct. 1, 2025	3 days	3250.00 \$	UAE - Dubai
Dec. 29, 2025	Dec. 31, 2025	3 days	3250.00 \$	UAE - Dubai