



# NLP Liverpool

## Courses, workshop titles & duration.

NLP Liverpool offers the following training courses and workshops, all of which can be delivered at your premises or external venues and can be adjusted to your exact requirements. If you can't see exactly what you're looking for, bespoke training and 1:1 coaching is our speciality. We'll put together a training programme to meet your needs.

We are happy to train you and your people when you want, so early morning coaching, lunchtime, twilight or weekend sessions are easily arranged.

With the exception of our certified NLP courses, all workshops can be delivered live online and have scaleable content to suit time constraints.

The longer and more specialised courses for more senior managers are towards the end of the list on pages 5 – 6.

To discuss your requirements or book your training, telephone 0151 931 5184 or email [julie@nlp-liverpool.com](mailto:julie@nlp-liverpool.com)

### Duration Key

**0.1** – a 1-hour “Lunchtime” session, with “tell” style presentation. Can be combined with other sessions in a “pick and mix” so you choose what you want to learn.

**0.5** – half-day interactive workshop (morning, afternoon or twilight/evening session)

**1 day** – total running time is around 6 - 7 hours and can be split into two conveniently timed sessions.

**1 – 2 days** – depending on the number of attendees.

**7 days** – total training time, can be delivered in 1 intensive block or split for convenience.

**10 days** – usually two blocks of 5 days, or 5 blocks of two days.

**Bespoke** – dependent on customer requirements.

Workshop Title	Duration
“Speak Up” – The Art & Science of Positive Business Communication. A 1-hour stand-alone presentation, or 3 – 4 hour interactive workshop.	0.1 - 0.5 day
<b>Active Listening</b> – When you're at the party, be at the party! Simple techniques to improve listening and recall of information.	0.1 - 0.5 day



<b>Confidence Workshops</b> – For interviews, sales, presentations, performances etc. learn simple and effective techniques to give you the confidence you need, when you need it.	0.1 - 0.5 day
<b>Dealing with Difficult People</b> – Strategies and techniques to deal with difficult people.	0.1 - 0.5 day
<b>Dealing with Imposter Syndrome</b> – Strategies and techniques for dealing with imposter syndrome.	0.1 - 0.5 day
<b>Dealing with Negativity</b> – Strategies and techniques to deal with negativity.	0.1 - 0.5 day
<b>Dealing with Overwhelm</b> – Strategies and techniques for handling overwhelm.	0.1 - 0.5 day
<b>Dealing with Stress</b> – Recognising stress and techniques to eliminate it.	0.1 - 0.5 day
<b>Eliminating Procrastination</b> – Strategies for getting on with it.	0.1 - 0.5 day
<b>The Eyes Have It – Eye Accessing Cues Introduction.</b> Introduction to eye accessing cues, how to interpret and understand them. Especially useful for interviewers and face-to-face meetings.	0.1 - 0.5 day
<b>Installing &amp; Using Powerful Anchors</b> – Accessing the right resources when you need them.	0.1 - 0.5 day
<b>Mindfulness &amp; Finding Calm</b> – An introduction to mindfulness and strategies for finding calm.	0.1 - 0.5 day
<b>NLP for Marketing &amp; Communication Taster</b> – Language patterns and techniques.	0.1 - 0.5 day
<b>Patterns for change</b> – Introducing swish patterns for coaching.	0.1 - 0.5 day
<b>Reframing</b> – It's really not as bad as you think. Strategies and techniques to put things into perspective.	0.1 - 0.5 day



<b>Resilience</b> – I get knocked down, but I get up again. Strategies and techniques for building resilience.	0.1 - 0.5 day
<b>Silencing The Worrier Within</b> – Techniques for controlling the unhelpful inner dialogue.	0.1 - 0.5 day
<b>The Power of Metaphors &amp; Stories</b> – Using stories for training, sales and coaching.	0.1 - 0.5 day
<b>Work-Life Balance</b> – What makes a good balance? Techniques for restoring it.	0.1 - 0.5 day
<b>Workplace Wellness</b> – Practical Techniques to reduce stress at work.	0.1 - 0.5 day
<b>Your Skills Bank</b> – Recognising your skills and achievements for c.v. and career development.	0.1 - 0.5 day
<b>An Introduction to NLP</b> – So, what is NLP all about?	0.1 - 1 day
<b>Decisions, Decisions, Decisions</b> – Decision-making strategies.	0.1 - 1 day
<b>Goal Setting with the GROAN Model</b> – A masterclass on goal setting for business and personal development.	0.1 - 1 day
<b>Great Question</b> – The art and science of the META Model. Questioning techniques that find answers and create change. Perfect for managers, coaches and salespeople.	0.1 - 1 day
<b>I Speak Your Language</b> – Understanding and utilising representational systems for effective communication.	0.1 - 1 day
<b>It's About Time</b> – Understanding and utilising timelines for business and personal change.	0.1 - 1 day
<b>Mind Your Language</b> – Directed language and patterns of persuasion.	0.1 - 1 day
<b>NLP for Networking</b> – Techniques for making a great first impression and being memorable. Perfect for shy or reluctant networkers and anyone manning a stand at a business event.	0.1 - 1 day



<b>NLP for Parents</b> – Specific NLP techniques for parenting and communicating with children.	0.1 - 1 day
<b>NLP in Business</b> – Introductory session focussing on the application of NLP in a business context. Scaleable content to suit requirements.	0.1 - 1 day
<b>Propulsion Systems</b> – A Powerful Process For Change. Introduction to and utilisation of propulsion systems.	0.1 - 1 day
<b>Assertiveness</b> – Standing Your Ground. Strategies and techniques for assertiveness.	0.1 - 1 day
<b>The Language of Influence</b> – The art and science of persuasive language for business and sales.	0.1 - 1 day
<b>Unlocking Your Potential</b> – Techniques to unleash the power within and achieve your true potential.	0.1 - 1 day
<b>Advanced Persuasive Language Skills</b> – Advanced techniques for influencing and persuasion. For sales, managers, leaders and negotiators.	0.5 - 1 day
<b>Advanced Rapport Skills</b> – How to get instant rapport. For use with clients, customers, co-workers, friends and family.	0.5 - 1 day
<b>Changing Personal History Masterclass</b> – NLP masterclass for the "Change Personal History" technique.	0.5 - 1 day
<b>Creative Skills Workshops</b> – Techniques to release your creative side. Ideal for marketeers, trainers and creatives.	0.5 - 1 day
<b>Eye Accessing Cues &amp; Strategies Masterclass</b> – Understanding how people think, identifying and understanding the strategies they use, and how to use this to your advantage.	0.5 - 1 day
<b>Milton Model Masterclass</b> – NLP hypnotic language masterclass.	0.5 - 1 day
<b>NLP for Graduates &amp; School Leavers.</b> Skills to help you start your journey.	0.5 - 1 day
<b>NLP for Young Adults</b> – What they don't teach you at school.	0.5 - 1 day



<b>Peak Performance Workshops</b> – Motivational workshops with various topics to help improve individual and team performance.	0.5 - 1 day
<b>What Really Matters</b> – The Life Compass/Wheel of Life. Coaching technique masterclass to identify imbalance and areas to work on.	0.5 - 1 day
<b>Facilitation Skills</b> – Effective meeting management.	1 day
<b>Negotiation Skills</b> – Techniques and skills for negotiations of all types.	1 day
<b>NLP for HR Professionals</b> – Specific NLP techniques for HR professionals, with particular emphasis on written & verbal communication and interview techniques.	1 day
<b>NLP for Legal Professionals</b> – Specific NLP techniques for Legal professionals, with particular emphasis on legal sales and customer service. (Twilight sessions available.)	1 day
<b>NLP for Marketing &amp; Communication Full-day workshop</b> – Language patterns and techniques.	1 day
<b>NLP for Project Managers</b> – Specific NLP techniques for project managers to successfully manage expectations, improve performance, and deliver to time and budget.	1 day
<b>Sales Manager Workshops</b> – Coaching and mentoring skills for the sales manager.	1 day
<b>Sales Skills</b> – Basic sales skills, understanding the customer and their needs, presenting the product, handling objections and gaining commitment.	1 day
<b>Telesales Skills</b> – Sales skills focussed on telephone use and telesales.	1 day
<b>NLP for Leaders – Leadership Skills Workshop</b> – Incl Leadership Models, Outcomes, Priorities, Team Communication, Customers, Stakeholders, Barriers, Resources, SWOT, Difficult Decisions	1 - 2 day & Bespoke/1:1



<p><b>Presentation Skills</b> – Presentation skills and confidence building for those new to presenting and public speaking.</p>	<p>1 - 2 day &amp; Bespoke/1:1</p>
<p><b>Advanced Presentation &amp; Platform Skills</b> – Advanced NLP techniques (anchors, language patterns, effective use of media and energy) for confident presenters to take their skills to the highest level.</p>	<p>1 - 2 day &amp; Bespoke/1:1</p>
<p><b>Advanced Sales Skills</b> – Advanced NLP techniques to build powerful propulsion systems in the sales environment, the use of persuasive language patterns to gain commitment and close the sale.</p>	<p>1 - 2 day &amp; Bespoke/1:1</p>
<p><b>Certified NLP Practitioner / Business Practitioner Course.</b> Flagship, gold standard fully certified NLP Practitioner course.</p>	<p>7 day</p>
<p><b>Certified NLP Master Practitioner Course.</b> Fully certified NLP Master Practitioner Course. Taking your NLP skills to the next level.</p>	<p>10 day</p>
<p><b>Bespoke Training</b> – Training designed to fit your specific requirements, with your people and your industry in mind.</p>	<p>Bespoke</p>
<p><b>Initial Training Courses</b> – Induction training for your new recruits, designed to meet your working practices, protocols and procedures.</p>	<p>Bespoke</p>
<p><b>Motivational Speeches &amp; Workshops</b></p>	<p>Bespoke</p>
<p><b>Mystery Shopper</b> – Full report and feedback on the experience your customers get when buying/using your service, including areas of excellence and areas for improvement.</p>	<p>Bespoke</p>
<p><b>Team Building Workshops</b> – Varied topics and activities to build your team's cooperation and spirit.</p>	<p>Bespoke</p>