

Enhancing interpersonal relationships, team-building and leadership through NLP.

What is NLP?

Neuro Linguistic Programming or NLP began in 1975. It is a simple skillful method to explore what goes on inside a person (subjective experience). It studies how the brain works, how people think, feel, learn, motivate themselves, interact with others, make choices and achieve realistic goals. Following the best, latest methods of learning, NLP is an experiential study that leads its students to change/transformation/growth through exercises. NLP's objective is to increase the behavioural choices available to us.

Course content and benefits:

- Distilling sensory data to produce changes in one's own life and in dealing with others.
- Reading internal submodalities from external cues.
- Building rapport through verbal and non-verbal behaviours.
- Gathering information through observations of verbal and visual cues to strengthen relationships.
- Facilitating goal achievement through calibration.
- Modeling of motivation, decision and performance strategies of high performers.
- Learning specific techniques to move self and others from present state to desired state.
- Learning change interventions for greater productivity, creativity and effective relationships.

This program uses processes that are efficient, fast-acting, simple and usable on a daily basis for long lasting personal and company growth.

The techniques serve as components or building blocks to create teams that are happy, self-sustaining and high-performance oriented.

Course Leader

G.L. SAMPOORNA is an applied psychologist (M.Phil) and is the founder of 'Oneiric', a center that provides psychological assistance and life skills development. Her 27 year track record in counseling, behavior therapy, meditation, psychodrama and life skills training for more than 20,000 people, ensures vast experience combined with excellent results.

She is a certified Master Practitioner of NLP, under Dick Mc Hugh. She is a certified Workshop leader of "Love your life, achieve your dreams" from Australia.