

Neuro-Linguistic Programming Refresher Workshop



Objective -

Neuro-linguistic Programming is a psychological approach that involves analysing strategies used by successful individuals and applying them to reach a personal goal. The objective of this programme is to provide refresher training to individuals who have been previously certified NLP practitioners.

Title of the Workshop -

Neuro-Linguistic Programming (NLP) Refresher Workshop

Target audience -

- Previously certified NLP Practitioners
- Individuals above the age of 20 years

Modalities -

KEY TAKEAWAYS:

- Refresher training on NLP and its workings
- Accessing a resourceful state of mind in real time
- Communication Styles & Modalities
- Added insights regarding the mind and its behavioural games
- Applications of NLP in work and life (Neurological levels & perceptual positions)

CONTENT OUTLINE:

1. NLP history and why it works
2. Understand how our unconscious mind functions
3. Learn to work with mind and body to get results
4. Introduction to Transformation Lab
5. Refresher training:
 - Power of imagination
 - Power of dissociation
 - Perceptual positions
 - Persuasive communication techniques
 - Anchoring
 - Neuroplasticity
6. Application of NLP:
 - Stress management through NLP techniques
 - Intuitive creativity and potential harnessing through NLP techniques
 - Self-Hypnosis (if possible)

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Program Dates -

- 29th October 2020 (Thursday) -05:00 - 08:00 PM
- 30th October 2020 (Friday) - 05:00 - 08:00 PM
- 31th October 2020 (Saturday) - 05:00 - 08:00 PM
- 01st November 2020 (Sunday)- 05:00 - 08:00 PM

Fees -

- For Christites: Rs. 3,000*
- For Externals: Rs. 3,750*

*Tax included

Expert's Profile –

Ms. Punam Bhardwaj

She is a dedicated coach and NLP trainer, helping individuals and businesses unlock their potential and accomplish their goals. In her journey of 560 hours (and counting) of coaching, she has coached mostly on Organisational leadership development, Interpersonal relationships, Work-Life balance, Health and wellness, Career goals, etc. Punam has worked as a consultant, trainer, coach and head of program in Wipro, Bajaj Allianz Life Insurance, WNS and Convergys. She has worked with a wide range of clients including organizations in the space of AI, BPS, BFSI, small and medium business owners and non-corporate individuals. Her work also includes working with Nonprofits, young leaders and women in leadership.