



An Introduction to

Neuro Linguistic Programming



How to Change Behaviour in Six Easy Steps

Presented by
**Society of Neuro Linguistic Programming
Licensed Master Practitioner and Trainer**

Terry Ingham

This one-day, highly interactive, workshop will provide you with the opportunity to discover the truth about what NLP is and what it can do for you, your company and your clients. You will learn from a qualified expert; someone trained by the joint founder of NLP Dr Richard Bandler. You will quickly realise the incredible difference NLP can make to your life and the lives of others. By the end of this energising workshop, you will know the benefits NLP can bring and will have practiced NLP for yourself so will know how amazing NLP is!

Be Inspired...

To register call: **01472 311 751**
quoting NLP010

Learn how to positively influence behaviour, thinking and feelings using Neuro Linguistic Programming (NLP) as it was intended by its co-inventor Dr Richard Bandler.

The day is a perfect starting place for you if you are considering hiring an NLP coach or are thinking of using NLP in your organisation but want to know more about it first.

You will leave the workshop with a clear understanding of what NLP is, why it works and the benefits it can bring.

But don't just take our word for it look at some of our recent testimonials.

I highly recommend Terry Ingham. He is continually training and developing himself with the most up-to-date skills I have developed and is one of my internationally licensed NLP practitioners.

Richard Bandler, Co-creator of NLP

Terry is passionate about encouraging people to make the best life they can overcoming their limiting beliefs. By encouraging me with my fledgling business my goals have all been exceeded, stretching me to get out of my comfort zone.

YouPlus Coaching, Laceby, Lincolnshire

At the Age of 17, I was involved in a car accident which left me very anxious about car travel, especially on motorways. This anxiety has increased over the years and has become very problematic when faced with long car journeys. Through the coaching sessions I have had with Terry I have been able to re-programme the thought process I had developed and associated with car travel and for the first time in 20 years am now a confident relaxed traveller. Many Thanks.

Martin McMahon, Grimsby

Terry used a light, reflective state to encourage visualisation of my problem, which was a fear of heights. He helped me to use my mental state more consciously through replaying my experiences and giving me strategies I could try myself. I have since been up the Leaning Tower of Pisa which has always been one of my dreams. Thank you Terry.

Sarah Gillingham,

Director of Continuing Education & Training Franklin College

Here are the six steps you will discover throughout the day

1. NLP defined...what exactly is NLP?

Learn the latest definitions of NLP, so you understand EXACTLY what NLP is. Learn how it works and what makes NLP different from coaching. Throughout the day you will discover that NLP is much more than just a 'coaching tool' it's a complete set of strategies that can change behaviour - permanently.

2. The potential of NLP...the results you can expect

Find out why so many people are turning to NLP in order to get the most out of their lives and why NLP is so effective in changing behaviour. Discover how organisations are using NLP and hear about some of the amazing things that have been achieved using NLP.

3. Experience NLP for yourself

Until you have experienced the effects of NLP for yourself, you will never appreciate the awesome impact it can have. During this workshop, you will experience this powerful set of strategies - first-hand! You will practice many of the most useful tools of NLP including how to elicit positive states in

yourself and others and how to create positive anchors and be able to re-access those anchors at anytime.

4. Communicate effortlessly with anyone

You will learn how to create and maintain powerful rapport with anyone you meet and how to read and interpret different people's communication preferences.

5. Change the present

In this most important step, you will learn how to overcome limiting beliefs and FEAR. You will be shown strategies that allow you to conquer your fears and create unstoppable momentum to change and be able to try them for yourself.

6. Create yourself a compelling future

In this final step you will be shown how to create the future you want and how to focus on your strengths and successes. You will learn the awesome power of visualisation and how to build well formed outcomes.

Meet your Facilitator...

Terry Ingham is a Society of NLP Licensed Master Practitioner and Trainer and was trained by Dr Richard Bandler and Paul McKenna. Terry is a performance coach with nearly 30 years experience. He started his coaching career back in 1977 as a Judo Coach going on to work at International and Olympic level. Now a Corporate Coach, he applies his experience in the pursuit of superior individual and team based performance in a business and personal context and is personally dedicated to assisting his clients to realise and release their true people potential through positive pro-active behaviour change(s).



www.positive-impact-coaching.com