#### NLP - the Art and Science of Personal and Communication Excellence



"Mind expanding tools to change ideals, perceptions, habits. The course has changed my life already and the choice of self change is infinite."

Ann Penny, Scheme Manager

#### What To Expect

This four-day course over two modules provides a thorough foundation in NLP skills and techniques for use in personal growth and development and for enhancing the quality of your communication.

Previous participants are using these skills in areas such as coaching, management, social work, training, counselling, sales, teaching, parenting and consulting, as well as for enhancing their personal lives. It is run according to INLPTA (the International NLP Trainers Association) standards .

#### "NLP has 'opened my eyes' to the vast opportunities I have within me and around me to grow and enhance my life".

Dawn Hopkinson, Head of Inclusive Learning, Derby Adult Ed.

#### Trainer

**Frank Daniels** is a Certified NLP Trainer (INLPTA registered). He trained with both NLP co-founders. In addition to giving public seminars he has taught NLP in-house for various organisations and public services (such as the Police and Social Services) and businesses (such as Rank Xerox). He is



also a trained Coach, registered UKCP (NLP) Psychotherapist and Ericksonian Hypnotherapist with a private practice. He has a wealth of experience having been training NLP since 1990, and is known for his integrity, humour and expertise. **Module 1** consists of the fda NLP Core Skills Seminar - please see separate flier for details.

#### Module 2 includes:

- Taking on the traits of the most successful people the NLP Keys to Success
- How to deal with negative self-talk and 'make friends' with your 'Inner Critic'
- How to understand the reactions of others better through fine tuning your senses
- O How to give feedback positively and constructively
- O Performance coaching skills
- The Mind-Body connection be able to choose your emotions
- O Avoiding words that create limiting mindsets
- How to turn problems into outcomes that are valuable and tangible
- How to be more flexible in your thinking move between the big picture and the practical details (a key element of outcome setting and negotiation)
- Make goals more compelling and manage time better - discover how you and others structure time and how to use and change timelines
- How to solve problems and creatively generate new options

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For details contact: Frank Daniels Associates Tel: 01773 857678 Email: info@FrankDanielsAssociates.co.uk



"I was very cynical about this on day one but now I really believe that I can use some simple techniques to really change my life experience for the better." Sue Statter, Management Consultant

"Enjoyed especially: Frank's presentation, sense of humour and his explanation and anecdotes; ... Atmosphere of respect/honour of clients/course participants stories/details/questions."

Tim Jennings, Family Therapist

## Why Frank Daniels Associates

You'll benefit from:

 Reliability and experience - we are one of Britain's longest established NLP providers having been training NLP since 1990. We are a member of INLPTA - the International NLP Trainers Association, and a founder member of The Professional Guild of NLP

- Small group size (maximum 20) for personal attention and coaching
- Respect and integrity not only in the training, but also in how you learn to use NLP
- Emphasis on practical application and tangible, lasting results
- Superb value-for-money
- Money-back guarantee

"I have enjoyed the 'common sense' approach of NLP. I will be able to use ... the techniques both professionally and personally."

Margaret Freeman, Customer Services Manager.

"This was my third piece of NLP training, and it was my best yet. I liked the quiet use of humour [and] the level of support from all the assistants." Mark Allenby, Social Services

Mark Allenby, Social Servi

#### "Very enjoyable. Loads of experiential exercises -Love it." Vauna Urmson, Therapist

### Logistics

Entry Requirements: None (however, you need to attend Module 1 before Module 2)

Venue: Crich, Derbyshire

Next Dates:

#### Money-Back Guarantee of Satisfaction

If you were to be dissatisfied with the course, let us know within 30 days of attending and we will refund all moneys paid in full.

"Very interactive, thorough course, covered a lot of useful ground, very enjoyable and genuinely useful. Can't fault content, support materials or style of delivery. Frank makes learning easy!"

Anne Biddle, Sales Performance Coach, GlaxoSmithKline

# "Frank Daniels and his trainers were wonderful and the presentation amazing".

Andy Smith, Civil Servant & Reiki Master

#### Certification

On completing this course you will be granted an INLPTA Diploma in NLP. INLPTA is an organisation established on five continents seeking to maintain the standards of training in NLP. As an INLPTA organisation we are bound by their code of ethics and quality control. The NLP Diploma Course forms the first 4 days of the 6-day NLP Coaching Diploma Course (1 more module completes it) and the first 4 days of our full (21 day) NLP Practitioner Course.

"A very powerful experience ... left me with a heightened sense of awareness and a "buzz" that lasted for days! I can't wait to continue with the Practitioner course." Janice Graham, Education Project Director



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