



Consulting and Training | Reach New Heights

Course Name

NLP Techniques for Peak Performance

Sector Name

Management And Leadership

Document Type

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NLP Techniques for Peak Performance

Course Introduction

This training course will help you become more confident, persuasive and influential within the workplace by improving your verbal and non-verbal communications using Neuro-Linguistic Programming (NLP) methods and patterns.

You will learn to use NLP in order to cultivate productive behaviour, develop positive business relationships and successful teams.

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Target Audience

This course is particularly beneficial to supervisors and managers who wish to improve their success through others.

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NLP Techniques for Peak Performance

Learning Objectives

- ✓ Employ the core NLP skills and techniques to build a cohesive team spirit.
- ✓ Establish instant rapport with everyone you interact with.
- ✓ Learn to create motivational outcomes and overcome barriers to success.
- ✓ Discover how to build and maintain your self-confidence in challenging situations.
- ✓ Equip yourself with techniques to create greater creativity and new ways to solve conflict and problems.

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NLP Techniques for Peak Performance

Course Outline

✓ 01 Day One

Understanding NLP - 'The Science of Human Excellence'

- ✓ Learn what NLP is and how the tools and techniques can be employed
- ✓ Competency modelling - understand how top performers function and replicate their behaviour and thinking patterns
- ✓ Understand the foundation stones of NLP and the four core skills

Creating Rapport and Relationships

- ✓ Assess your own and your colleagues' language patterns
- ✓ Use a variety of language patterns to motivate and influence
- ✓ Create instant rapport - the three key techniques of 'mirroring'
- ✓ Master the skills that will let you build cooperative working relationships

Learning to Appreciate Personal Differences

- ✓ How to use 'following' and 'leading' skills to influence others
- ✓ Explore multiple descriptions of the world to give you more choice
- ✓ Discover how to appreciate your colleagues' points of view
- ✓ Learn to lead people to shared solutions
- ✓ Create greater Behavioural choice and options when dealing with others

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Course Outline

✓ 02 Day Two

Power in the Spoken Word

- ✓ Understand your language patterns and learn new ways to communicate
- ✓ Successfully reorganise your thinking by changing your language
- ✓ Learn to use precision questioning to elicit detailed information
- ✓ Employ language to empower others and learn how to use words to accelerate achievement

Create the Habit of Focusing on Motivational Outcomes

- ✓ Develop the habit of outcome thinking for dynamic results
- ✓ Creative goal setting
- ✓ Learn the steps to agreeing on motivational outcomes for yourself and others
- ✓ Accelerate your team's success and sense of achievement

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Course Outline

✓ **03 Day Three**

Build Confidence and Develop Positive Behaviors

- ✓ Create your own state of excellence in threatening situations
- ✓ Learn to change restrictive and unhelpful thoughts, habits, and feelings into positive and empowering ones
- ✓ Discover exciting and fast ways to change your thinking patterns
- ✓ Core techniques for gaining and maintaining confidence and peak performance

A Framework for Leadership

- ✓ How do top performers achieve so much?
- ✓ Uncover the power in non-verbal communication to enhance confidence in others
- ✓ Positive leadership thinking and outcome thinking
- ✓ Model excellence - replicate the behaviour of success

Techniques to Achieve Excellent Results with Individuals and Teams

- ✓ Creating creativity
- ✓ Practical ways to deal with challenging workplace conflict and problems
- ✓ Tools for problem exploration and resolution
- ✓ Establishing and maintaining engagement and motivation

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Confirmed Sessions

FROM	TO	DURATION	FEES	LOCATION
April 4, 2027	April 6, 2027	3 days	3250.00 \$	Qatar , Doha
Sept. 28, 2026	Sept. 30, 2026	3 days	3250.00 \$	UAE , Dubai
May 24, 2027	May 26, 2027	3 days	3950.00 \$	Spain , Barcelona
Jan. 4, 2027	Jan. 6, 2027	3 days	3250.00 \$	UAE , Dubai

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