



Inside Performance™

Enhancing performance for Sport...Business...Life

Marketing Executives

Business Coaches

Directors

PR Executives

Finance Managers

Project Management

Managers

Sales Teams

Sales Managers

SMEs

Business owners

Life Coaches

Trainers

Armed Forces

NGBs

CEOs

Police Officers

HR Professionals

Teachers

Business Coaches



The Inside Performance™ NLP Performance Practitioner

ABNLP Accredited



What is the NLP Performance Practitioner course?

It's a 7 day programme about delivering results and driving performance to help you maximise your results in both business and life.

Because NLP is about how we think, feel and act, it's the perfect training to develop the key skills required to be not only effective, but also to excel.

NLP is also about how we communicate to get the best out of ourselves, the people we work with and the relationships we build. It challenges us to recognise what we do well, and change the things we don't...

Whatever your reasons for being curious about this programme, we can help you take your personal and professional performance further by delivering knowledge and practical techniques in an easy to learn, step by step manner, enhancing a whole range of skills and techniques for accelerating your success.

So if you're ready for different thinking and approaches to get ahead, then the question is not 'Can I afford it', the question is 'Can I afford not to?'

"The course content and delivery allowed me to exceed all my goals – and learn many additional skills and insights. Louise's style is fun and professional. Delighted to have this knowledge in place for the rest of my life."
Ashley Whittaker, Consultant

This course is fully approved by the ABNLP, and as such your qualification will be recognised the world round in **Sport...Business...Life.**



5 top reasons for taking an NLP Practitioner with Inside Performance™

- 1 What we've learnt from Sport can help you build your business** – This course teaches you how to mentally train and perform in your role just as an elite athlete would, adopting the principles, focus and effectiveness to achieve the goals you set in the area you want
- 2 Providing the tools to drive the ideas** – This course is packed with the latest, cutting edge mind technologies designed to take your performance further than ever before, and gives you a wide range of tools and techniques that are applicable in all walks of life
- 3 Stand out from the crowd** – Gain that competitive edge with accredited CPD that will inspire your personal life and accelerate your professional career
- 4 Delivering Excellence in Communication** – the most commonly cited problem is communication. Learn how changing your communication leads to stronger relationships, better negotiation skills and increases in performance all round
- 5 Create the life you want** – and identify what you want and how you're going to get it...

Who is this course for?

Basically, anyone wanting to learn more about how our thinking, feeling and actions affect our behaviour and essentially, what we can do about it! We have people from a variety of different backgrounds and requirements, all excited about what NLP has to offer and how it can drive performance and results.

Do I need any qualifications to attend this course?

No, you don't need any formal qualifications to attend, other than enthusiasm, an open mind and a willingness to learn!



Just some of what's included...

What is NLP?

- How to think, feel and act for a more positive and effective result

The Mindset for Success

- How to create a positive mindset and a culture of success
- Challenge negative thinking and encourage proactive behaviours

Introducing the Mind

- Understand the power of the unconscious mind to get what you want in life

NLP and Social and Emotional Intelligence/Learning (SEL)

- What is SEL and how does developing SEL through NLP create greater results in sales, management, leadership and coaching?

The Foundations of Great Communications Skills

- Build strong relationships with colleagues, clients, peers and friends
- Understand how to communicate effectively in a one-to-one and group situation
- Dealing with 'difficult' people
- Working effectively with a variety of 'personalities' and groups
- Know how to give bad news, disappoint people and still stay in everyone's good books at the same time! (great for personal relationships too!)

The Magic of Language

How we use language is fundamental to how successful we are in life. If you can't communicate successfully then it doesn't matter how much knowledge you have! During the training you will learn how to use a variety of easy to learn language techniques for more effectiveness in the areas important to you

- Become an expert in asking the right questions
- Build your business relationships
- Negotiate easily and learn the art of persuasive language to get your ideas across
- Deliver powerful and motivational talks and presentations
- Move between detail and big picture thinking for flexibility

- Learn powerful conversation techniques to change people's thinking

Outcomes and Goal Setting

- Learn how to set specific goals that you will achieve
- Develop focus and direction about what you want to achieve

Sub-Modalities and Anchoring – How to run your body and brain!

- The 'programming language' used to change unwanted behaviours, habits and feelings
- Great for eliminating negative self talk and fears about 'being good enough'
- Working with beliefs and how to change them
- Learn how to elicit positive states for meetings, presentations and pitches

Strategies – the internal programmes of behaviours we produce

- How do we decide to buy something or use a particular product?
- How are we attracted to something or someone?
- How do our strategies influence how we perform?
- ...and what can we do about it!

Dealing with inner conflict

- Re-discover the freedom to move forward without feeling 'something' is holding you back



Plus the additional benefits an Inside Performance™ course brings...

- Great networking and knowledge sharing opportunities**, with people from different backgrounds and experiences
- Personal attention from your trainers throughout**, as you would expect!
- Friendly and relaxed** learning environment with lots of 'doing', experiencing and essentially, a big dose of fun along the way too!
- Courses designed with you in mind** – our 7 day intensive option for individuals who like learning all in one go
- Large emphasis on Coaching and Mentoring skills throughout**



Our Venues

We've invested in a small but select number of premium venues, which reflect the values and beliefs we hold about delivering a premium programme for you.

So you can guarantee that where ever you take one of our courses, you'll be situated in a fantastic environment that supports your learning experience.

Included on the NLP Performance Practitioner programme...

- Pre-learning available prior to the course so you can hit the ground running and is a useful resource for, during and after the programme
- Accreditation certificate as an NLP Practitioner
- Optional extra of completing the Emotional Intelligence Inventory (EQi) which provides an overview of your Emotional Intelligence (EI) profile. Because NLP focuses on many of the competencies that are incorporated within EI, this has proved to be an invaluable addition as it allows individuals to focus their personal development from the course on the areas of EI competencies that need the 'most attention'
- Refreshments throughout the day
- Lunch each day
- Full use of the grounds and leisure facilities
- Reduced price for overnight accommodation

Who will be training on this programme?



Your main trainer will be Louise Deeley, a Certified ABNLP Trainer of NLP and TLT™, a British Psychological Society Chartered Psychologist and a successful Performance Coach, Clinical Hypnotherapist and BASES Accredited Sport Psychologist.

At Inside Performance™ we only use experienced and recognised trainers for our programmes, matching expertise to requirements. This means you are learning and experiencing NLP and performance psychology from trainers who incorporate the attitudes, methods and behaviours of NLP in their own lives as a priority, ensuring integrity, ethics and a belief based on personal experiences in the results that NLP can bring.

How do I book?

Simply give us a call on

020 8398 2127 or drop us an email at hello@inside-performance.com and we'll help you with any questions you may have and make all the necessary arrangements for you. Alternatively, you can book through our secure booking service on-line at www.inside-performance.com/products.php using credit cards or paypal.

Inside Performance Consulting Limited
25 High Street
Thames Ditton
Surrey
KT7 0SD

020 8398 2127
info@inside-performance.com
www.inside-performance.com

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