

## NLP TOOLS FOR REAL LIFE

*"Learn practical NLP techniques to enhance personal effectiveness and communication."*

### Schedule

Date	Venue	Fees (Online)
30 Jul 2026	Online	USD 450 per delegate

► **Available delivery methods:** Face-to-Face & Online Training

### Introduction

Neuro-Linguistic Programming (NLP) offers powerful tools and techniques for improving personal development and communication. This 1-day online workshop introduces participants to key NLP concepts and practical tools they can use to enhance their professional and personal lives. The course focuses on improving self-awareness, communication, and decision-making skills.

By learning NLP techniques, participants can reprogram limiting beliefs, break old patterns, and adopt behaviors that will help them achieve their goals more effectively.

### Objectives

By the end of this course, participants will be able to:

- Understand the core principles of NLP and how it can benefit personal growth.
- Apply NLP tools to improve communication and relationships.
- Use techniques for overcoming limiting beliefs and achieving goals.
- Develop self-awareness to enhance emotional intelligence.
- Utilize NLP strategies for better decision-making and problem-solving.

## Why Attend

- Gain a deeper understanding of how your mind works and how it affects your behavior.
- Learn practical tools that can immediately be applied to your personal and professional life.
- Improve your communication skills and influence others more effectively.
- Break through limiting beliefs and unlock your potential.
- Enhance your emotional intelligence and self-awareness.

## Target Audience

This program is designed for:

- Individuals seeking to improve their personal effectiveness and communication.
- Professionals looking to enhance their leadership and coaching skills.
- Entrepreneurs, managers, and salespeople who want to influence others more effectively.
- Anyone interested in personal development and self-growth.

## Individual Benefits

Key competencies that will be developed include:

- Improved communication and interpersonal skills.
- Enhanced emotional intelligence and self-awareness.
- Ability to reprogram limiting beliefs and adopt empowering behaviors.
- Greater confidence in decision-making and problem-solving.
- Practical tools for managing stress, anxiety, and negative emotions.

## Organizational Benefits

Upon completing the training course, participants will demonstrate:

- Improved communication and collaboration within teams.
- Enhanced leadership and motivational skills.
- Increased adaptability and resilience in the workplace.
- Greater employee satisfaction and engagement.
- More effective problem-solving and conflict resolution.

## Instructional Methodology

The course follows a blended learning approach combining theory with practice:

- Strategy Briefings - Understanding the principles of NLP and its applications.
- Case Studies - Learning from real-life examples of successful NLP applications.
- Workshops - Practical exercises to apply NLP techniques to real-life scenarios.
- Peer Exchange - Sharing experiences and insights with fellow participants.
- Tools - NLP exercises and frameworks for personal and professional development

## Course Outline

**Training Hours:** 9:00 AM – 4:00 PM **Format:** 3 Learning Modules | Breaks: 11:00 & 2:00

### Day 1: NLP Tools for Real Life

- Module 1: Introduction to NLP (09:00 – 11:00)
  - What is NLP and how it works.
  - Key principles and concepts of NLP.
  - How NLP can enhance personal development and communication.
- Module 2: NLP Techniques for Personal Growth (11:15 – 1:15)
  - Overcoming limiting beliefs with NLP.
  - Techniques for goal setting and achieving success.
  - Building self-confidence and breaking old habits.
- Module 3: Applying NLP in Daily Life (2:00 – 4:00)
  - Using NLP to improve communication and influence others.
  - Techniques for stress management and emotional control.
  - Practical NLP tools for better decision-making and problem-solving.

## Certification

Participants will receive a Certificate of Completion in NLP Tools for Real Life, validating their ability to apply NLP techniques for personal and professional development.

## Why Choose MAWA Events

- **Global Expertise:** More than 17 years of experience in professional training and consulting.
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### In-House / Customized Training

Interested in running this course for your team?

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