

NEURO-LINGUISTIC PROGRAMMING FOR PEAK PERFORMANCE.

“Life is 10% what happens to you,
and 90% how you react to it”

Charles Swindoll

“Good feelings, good decisions, bad
feelings, bad decisions”

Richard Bandler



NLP FOR PEAK PERFORMANCE

At Solution Focused we know that an individual's thinking will directly influence the way they feel and dictate the choice of actions they take, which in turn, impacts on the speed, quality and consistency of results.

Neuro-Linguistic Programming (NLP) was first developed in California during the 1970's by Richard Bandler and John Grinder, who became obsessed with what makes the difference between good and

excellent people. Their studies led to the creation of tools and techniques, which have since been enhanced and built upon by others.

Solution Focused has designed NLP for Peak Performance, to demonstrate some of the powerful techniques we can all use, to improve the way we think, feel and behave, to give us the best possible results.

OUR UNIQUE APPROACH

We provide clients with powerful yet straightforward tools, which enables individuals, teams and organisations to significantly increase their likelihood of achieving the results they want or need.

This approach aims to help us understand and change thinking, engaging powerful emotions in order to adopt new and improved solution focused actions and behaviours.

All our material has been tried and tested and is delivered in a fun, down to earth pragmatic and solution focused way.

We focus on Solutions, rather than Problems!



NEURO-LINGUISTIC PROGRAMMING

Solution Focused Thinking

Understand how our thinking directly impacts our behaviours and the results we generate.

What is NLP?

Understand what NLP is, including its history, principles and how it can be used to enable SF thinking

The NLP Communication Model

Understand why we all interpret the world differently and how that interpretation influences our thinking, behaviour and results.

NLP techniques

Learn how to practice and apply a number of powerful techniques to make us more effective in life and in the workplace.

WHO SHOULD ATTEND

Anyone who wants / needs to
increase emotional intelligence and
learn powerful techniques to improve
both personal and organisational
performance.

INVESTMENT

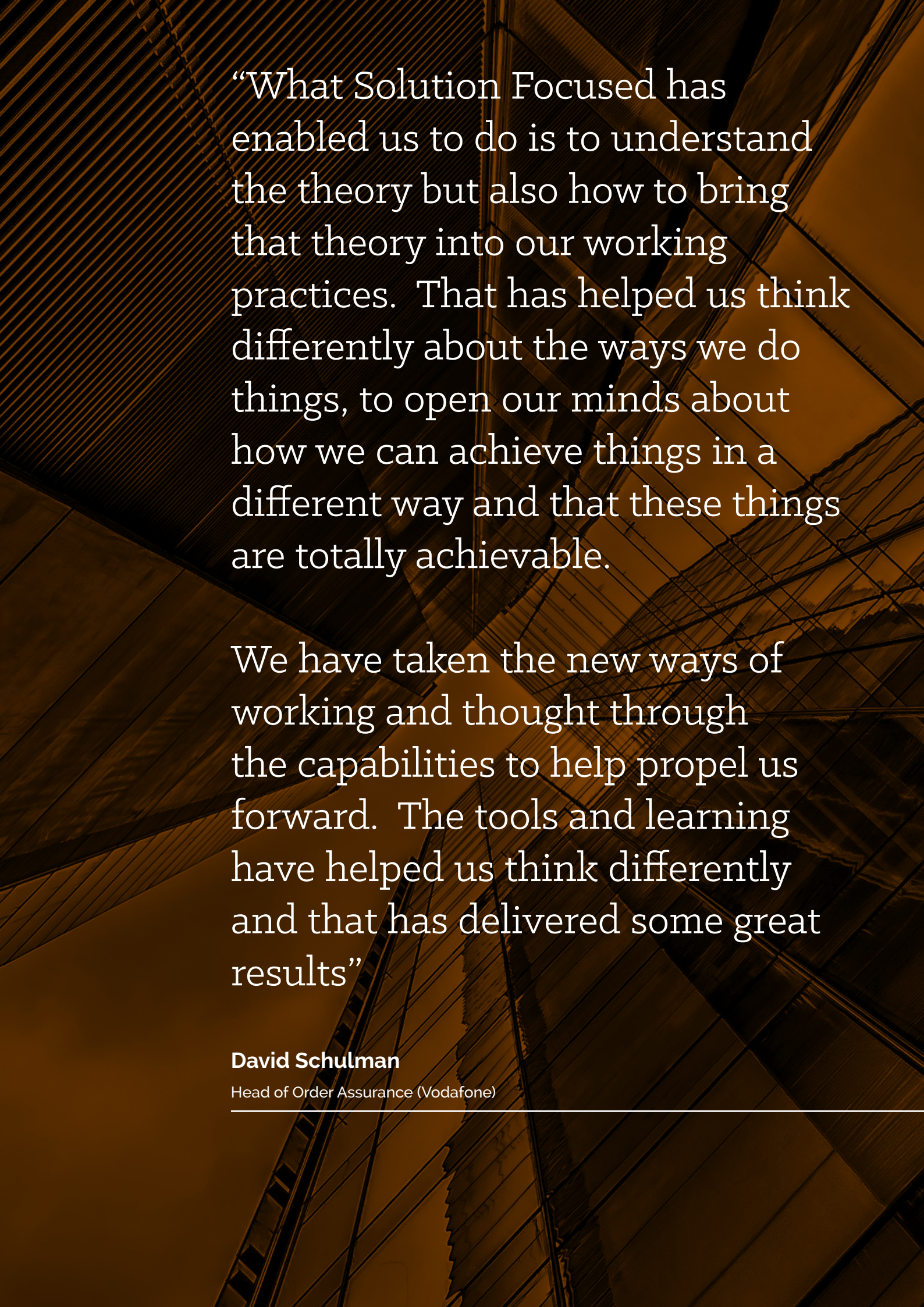
- Motivation for learning
- Motivation for applying your new
knowledge and techniques
- Contact us for your personal
bespoke programme

ACTION

Call the Solution Focused team on
0203 1499 756

Email us on
info@solution-focused.co.uk

Visit our website
www.solution-focused.co.uk



“What Solution Focused has enabled us to do is to understand the theory but also how to bring that theory into our working practices. That has helped us think differently about the ways we do things, to open our minds about how we can achieve things in a different way and that these things are totally achievable.

We have taken the new ways of working and thought through the capabilities to help propel us forward. The tools and learning have helped us think differently and that has delivered some great results”

David Schulman

Head of Order Assurance (Vodafone)

CONTACT

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