

**“Empowering People.  
Strengthening Systems.  
Driving transformative and  
sustainable outcomes in  
Education, Management  
and Project Management  
in crisis and development  
settings through Strategic  
Policy Development,  
rigorous implementation,  
and collaborative capacity  
building”.**

## NLP Training

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**Growth Nexus**  
Capacity Building Hub



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## SERVICES PACKAGE 9

Mastering Communication  
and Personal Change

## Service Overview

Neuro-Linguistic Programming (NLP) is a powerful methodology for understanding the structure of subjective experience and using that understanding to create personal and professional change. This service package provides a practical and experiential journey into the world of NLP, enabling participants to master the art and science of communication and personal excellence.

The package integrates key NLP concepts, including; Understanding the Mind, The Power of Language and Behavioral Flexibility: Developing the ability to adapt and respond effectively in any situation.

**The service's price will reflect the high-value, rapid-response nature of the work, adopting the user's suggested price point for market entry.**

## Ideal Client

Professionals, managers, coaches, therapists, sales and customer service teams, and individuals seeking personal development.

*Driving resilient results through strategic policy and rigorous project management.*

### How to Engage

- **Submit Request:** Send your draft training Request.
- **Confirmation:** We confirm scope and payment within 2 hours.
- **Delivery:** Practical exercises in building and maintaining rapport, Sensory acuity development plan, Practical application of the Meta-Model and Milton Model, Reframing exercises for common challenges, Personal strategy elicitation and design and Application of the Swish Pattern to a personal habit.

## The Foundations of NLP

Understanding the core principles and presuppositions of NLP covering; What is NLP? History and evolution, The NLP Presuppositions: Empowering beliefs for success, Sensory Acuity: Developing keen observational skills and Rapport: The foundation of all communication.

## The Inner World: Representational Systems and Sub-modalities

Understanding how we represent and process information internally covering; Visual, Auditory, and Kinesthetic (VAK) representational systems, Eye Accessing Cues: Understanding how others think, Sub-modalities: The building blocks of our subjective experience and Anchoring: Creating and triggering resourceful states.

## The Language of Influence: Meta-Model and Milton Model

Using language with precision and artistry covering; The Meta-Model: Asking questions to clarify and challenge limiting beliefs, The Milton Model: Using artfully vague language to influence and persuade and Reframing: Changing the meaning of a situation.

## (Optional): Advanced NLP Techniques