



## NLP CANADA TRAINING INC.

# Introduction to NLP & Ericksonian Hypnosis

Have you ever surprised yourself? It is hard to know exactly what is driving our own choices; it can be even harder to know how other people are making decisions. This one day course will introduce you to the interaction of different systems that drives human choices. You will gain a basic understanding of how hypnosis and NLP work. More than this, you will become more aware of how knowing what you want changes the results you get.

Introductions can dip below the surface to provide real value. This introduction provides you with practical tools that you will be able to use to produce a state of relaxed focus in yourself or other people. This state is identified with peak performance in a wide range of activities - and it feels great!

You will also learn the basics of how people move naturally from one state to another, and gain some tools for changing states in yourself or influencing change in others.

These tools work without requiring that people divulge personal information. You'll be able to make real-time changes to create more choice in your life while doing the exercises. That's why this course has been called 'life changing.'

The course includes:

- ▶ an introduction to the interaction of neurology, language & physiology
- ▶ using storytelling to create rapport and influence change
- ▶ trance as a state of relaxed focus
- ▶ using sensory information to deepen focus
- ▶ exercises to change attitudes by changing sensory perception
- ▶ anchoring and changing anchors
- ▶ calibration of states in other people
- ▶ how to induce confusion to speed learning
- ▶ creating new possibilities through movement and imagination

### Why take this course?

- ▶ You want to know more about how your brain actually works
- ▶ You need more tools for managing yourself so that you can manage other people and situations better
- ▶ You are really curious about the role that unconscious processes play in your life
- ▶ You are ready to spend a few hours working on a particular goal, concern or issue

### Principles of NLP & Hypnosis

- ▶ neurology, language & physiology combine in achievement
- ▶ identify benefits and positive intentions
- ▶ effectively combine sensory perception with abstract thinking
- ▶ discover creativity and strengths through re-imagining the past
- ▶ work through a content-free process to support change without compromising privacy

