

# Beat the Energy Vampire with NLP

½ Day

Do you know someone negative who drains your energy? That's an energy vampire! Learn how to handle these people without taking their negativity on board. Manage your thoughts and feelings using Neuro Linguistic Programming. Then find out how get energy vampires to change their approach. This is a fun introduction to tools for positive thinking.

## What you'll learn to do in this course

You'll come out of this session with powerful tools for overcoming negative thinking patterns. We'll bring theory to life and tell you how to succeed. A range of practical tips will be presented to you. You'll talk through examples and enjoy practical exercises. At the end of the course, you should be able to:

- Recognise behaviours that drain your energy
- Substitute energy-boosting behaviours
- Avoid language that lowers your mood
- Change thoughts that deplete your energy

## Topics you'll cover

- What is an energy vampire?
- Warding off vampires with NLP
- The vampire in action
- What you can learn from monkeys
- Removing your inner vampire

“  
think  
learn?  
succeed

“Smart training for clever people”

What others have said  
about the course...

“Uplifting and interesting.”

“Good practical session giving me  
something practical to take away with  
me.”

“A good introduction to NLP and  
potential resulting opportunities.”



**Book your training NOW**

Call Eleanor Shakiba on 0433 126 841

Download course information at  
[www.thinklearnsucceed.com.au](http://www.thinklearnsucceed.com.au)