

# Build Your Motivation with NLP

2 Days

Increase your personal motivation or assist others to develop their self-confidence. Discover how to change negative thinking patterns, create positive mindsets and build a charismatic persona. Learn to apply a range of NLP techniques for thinking, talking and behaving in positive ways. This program is a great introduction to NLP. It's also suitable for anyone who has completed another NLP course and wants to take their skills to the next level.

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

You'll come out of this session with powerful tools for building motivation with NLP. 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:

- Define NLP
- Describe what confidence and motivation are for you
- Discuss NLP models of positive thinking and motivation
- Recognise thinking Meta Programs and their impact on attitudes towards success.

## Topics you'll cover

- Use influential language techniques to generate positive internal dialogue
- Review your current thinking strategies using the perceptual positions model
- Identify and reframe core beliefs which undermine confidence and motivation
- Create a confident part to motivate your unconscious behaviour
- Apply "towards" and "away from" motivation strategies to generate commitment to change
- Install NLP thinking strategies for responding resourcefully to criticism, accessing a confident state, generating a charismatic persona and developing ongoing motivation.

**Book your training NOW**

Call Eleanor Shakiba on 0433 126 841

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

“think  
learn?  
succeed”

“Smart training for clever people”

**What others have said  
about the course...**

“Very professional and good content. Thank you. I have learnt a lot of new tools and activities to take back to my team.”

“Enjoyed course and felt presenter Eleanor was engaging and interactive with group. Great team exercises/games. Felt Eleanor's experience is well suited to this program.”

“This was a course that I could take the material and relate to my circumstances rather than have to take the ideas and materials and translate into what I needed.”

