



# Anne Laird

supporting success



Various courses are available throughout the year including introductory courses and courses on specific skills such as making presentations or management of stress.

In September I will start the next International NLP Training Association Extended Diploma and Practitioner Certification in NLP. This format allows supported application of skills learned to your everyday life. This course is an excellent foundation for those wishing to increase skill in performance, life or business coaching, sales, therapy, management, communication, marketing and for increasing sense of health, wellbeing, confidence and ability to manage stress. The course will offer both the INLPTA 30 hour diploma and the 130 hours practitioner certification. Participants who wish the diploma only can attend the first 5 days only. Diploma holders can then continue for the rest of the course to achieve the Practitioner certificate. Previous INLPTA diploma holders can join at day 6 or can join in with the new diploma students as assistants free of charge.

I can help you to:-

- learn to understand and build rapport with others
- learn to optimise communication and understanding
- learn to present information in a clear dynamic way
- learn to let go of limiting beliefs and constructively express emotion
- learn to use language skilfully to assist others and to communicate well
- learn techniques to bring about mental well being for yourself and others
- learn to listen to your body and in this way stay healthy.
- learn strategies to achieve the goals you want
- learn to model the success of others

Some feelings expressed by previous trainees:-

- "I turned the meeting round and won plaudits from both the customers and also my boss ..... and all because of NLP"
- "I gained greater understanding of behaviour"
- "I am now improving personal and working relationships"
- "I have gained inner confidence"
- "The course was lots of fun"
- "The course helped me to focus on goals and achievement"
- "I learned skills to deal with difficult situations"
- "NLP helped me to move in a new direction"

Attending the course can enhance work and home life. Some achievements include:

Weight loss, greater health, new job, better relationships, new life direction, enhanced skill in existing occupation, management skills, enhanced business opportunities and much more.

