



OR Training & Personal Development Ltd

*LIVE IT OR LEAD IT*  
*INTRODUCTION TO NLP*



SEPTEMBER 2017





## Live It OR Lead It

A 2 day introductory seminar open to anyone interested in becoming more effective both personally and professionally and experiencing a practical approach to leading and coaching using NLP.

Have you ever noticed how, some days, everything just works?

Those days when things just seem to click into place and you know that you're getting things done...

You're making a difference.

And then there are the other days.

Those days when everything is an effort and you have too much *stuff* to deal with and you can see nothing but obstacles in your way.

Have you ever wondered how some people appear to find it easier to have more of the good days and can even seem to almost glide through the trials of the not so good ones?

They don't just live a life.

*They lead one.*

Wouldn't it be great to have the choice?

If you would like to learn some powerful and practical skills and methodologies for creating better results in your own life, both personally and professionally and for leading and coaching others, then this is the course for you.

In this fully experiential 2 day seminar, you will learn skills to plan the changes you want in life, set more effective goals, get on more easily with others, deal with difficult people and situations, change patterns of thought and behaviour, and produce more of the results you want.

No prior knowledge of NLP is necessary although the motivation to learn, stretch yourself and have a lot of fun in the process is absolutely essential!

The Live It OR Lead It Programme will provide you with a powerful and effective NLP coaching framework and toolkit for leading and creating change that you can apply to the areas of your life that matter most to you.

Practical skills for making a difference.



During this seminar you will learn how to:

- Have your emotional resources fully available in challenging situations
- Change limiting beliefs to more empowering ones
- Develop the art of asking key questions
- Learn any new skills with modelling
- Continually improve your own performance
- Create new options
- Develop awareness of the main building blocks of thought and experience
- Use body language to establish and maintain good working relationships
- Read the minimal cues that let you know how others are thinking
- Shift viewpoints between your own, another's and an observer's until you find the winning move
- Develop your communication and leadership skills

**Dates:** 23rd & 24th September 2017

**Times:** 9:00am - 5:00pm on both Saturday and Sunday

**Venue:** The Ivanhoe Hotel, Saintfield Road, Belfast.

**Total Payment Only:** £250

*(This includes 2 full days face to face NLP training & support, all materials, certification and refreshments).*

If you would like to learn more about the Live It OR Lead It Programme or to reserve your place on the course, you can contact us at [info@liveitorleadit.com](mailto:info@liveitorleadit.com),

call us on 07833231036

or visit our website at [www.liveitorleadit.com](http://www.liveitorleadit.com)

**Our Lead Trainer & Consultant:** Michael Dunlop is a (twice) certified NLP Trainer and Master Practitioner. In addition to his Coaching and Professional Consultancy work, Michael is also a Visiting Lecturer at the University of Ulster on 'Developing Leadership Competencies' at Masters Degree Level and has worked with some of NI's most recognisable organisations in the Public, Private and 3rd Sectors.

Michael is also the NI Ambassador for the Association of Neuro-Linguistic Programming (ANLP), the Association for NLP Professionals.

