



OR Training & Personal Development Ltd

*Live It OR Lead It*  
*An Introduction To NLP*



10th & 11th March 2018

Your Delegate Pack





## **Welcome to the Live It OR Lead It Programme!**

In this delegate pack, you will find all you need to know before you begin the course and some helpful advice about what the course will include.

**Course Dates:** Saturday 10th & Sunday 11th March 2018

**Course Times:** 9:00am – 5:00pm

**Venue:** Ivanhoe Hotel and Inn, 556 Saintfield Road Belfast, BT8 8EU



Click [here](#) for a map

### **Course Overview:**

Live It OR Lead It is a 2 day introductory seminar open to anyone interested in becoming more effective both personally and professionally and finding out about NLP and its real life applications. In this fully experiential 2 day seminar, you will learn 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 your 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!



## **Why do this course?**

Have you ever wondered how, some days, everything just works? Those days when everything seems to click into place and you know that you're making progress... you're making a difference.

And then there are the other days, when the World seems out to get you and you have too much *stuff* to deal with and you can see nothing but obstacles in your path.

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

Wouldn't it be great to have a choice?

If you would like to learn some real skills for becoming more effective in your life, both personally and professionally, then this is the course for you.

## **What will you learn?**

During this 2 day 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 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 the skills of top Communicators



### **How will the course be delivered?**

Live It OR Lead It will be delivered by Michael Dunlop who is a (twice) certified NLP Trainer and Master Practitioner and the NI Ambassador for the Association for Neuro-Linguistic Programming (ANLP), the Association for NLP Professionals. In addition to his coaching and professional consultancy work, Michael is also a Visiting Lecturer at Ulster University.

On successful completion of the course, you will receive a certificate and a Course Guide that will contain notes, lessons and practical tips and techniques to apply your learning to everyday life.

### **What do I need to do and know before beginning the course?**

There is no mandatory reading or preparation required for beginning the course. You may have some prior knowledge of NLP but if not, this is not an issue.

### **What if I can't attend one of the seminars?**

There will be an opportunity for you to attend further sessions, either at the next course or through other training available.

### **Is the course certified?**

Yes, when the course is completed you will receive a certificate from Michael Dunlop, a certified NLP Trainer. In addition, this course will also entitle you to credits towards the 1<sup>st</sup> stage of the OR Advanced NLP Practitioner Programme if you decide to take your NLP journey further.

### **Where can I find out more information about OR Training & Personal Development and the services of the company?**

You can find out more by visiting us at: <https://www.liveitorleadit.com/>



**Can I receive a receipt for my £250 payment as this may count towards my professional CPD hours or for my employer who will be paying for the course?**

Yes, an electronic receipt will be issued for the course once payment has been received. If you would like to receive a receipt by post, just let us know.

**Will there be refreshments at the seminars?**

Yes, refreshments will be provided for you each day.

**Where are the best places to park for the venue?**

Car parking is freely available at The Ivanhoe Inn.

**Who should I contact if I have any further questions or enquires?**

If you have any further enquiries or questions please call Michael Dunlop on 07833230136 or email [michael@liveitorleadit.com](mailto:michael@liveitorleadit.com)

***Enjoy the course!***