

## **Course Overview: Neuro-Linguistic Programming at Workplace**

This course will help corporate individuals enhance their professional relationships, boost productivity, and handle challenging situations effectively.

**Duration : 8 Hours**

### **Enhancing Workplace Effectiveness through NLP and Mindfulness**

#### **Introduction**

- Welcome and Course Overview
- Understanding the Importance of NLP and Mindfulness in the Workplace

#### **Session 1: NLP Fundamentals**

- Introduction to NLP and Its Applications
- The Power of Language: Words that Influence
- Building Rapport and Effective Communication Techniques
- Activity: "Mirror and Match" - Practicing Rapport Building
- Recommended Video: "NLP Introduction and Basics" (YouTube)

#### **Session 2: Mindfulness and Stress Reduction**

- Introduction to Mindfulness and Its Benefits
- Mindful Breathing and Stress Reduction Techniques
- Mindful Presence: Staying Focused and Calm
- Activity: "Mindful Breathing Exercise"

#### **Session 3: Neuro-Leadership**

- Understanding the Brain's Role in Leadership
- Creating Neuro-Pathways for Success
- Neuro-Leadership Strategies and Case Studies
- Activity: "Creating Your Success Neuro-Pathway"
- Recommended Video: "Neuro-Leadership: Leading with the Brain in Mind" (TED Talk)

## **Session 4: Applying NLP and Mindfulness at Work**

- Conflict Resolution with NLP Techniques
- Enhancing Creativity and Problem-Solving
- Mindful Decision-Making
- Activity: "Conflict Resolution Simulation"
- Recommended Video: "Using NLP at Work" (YouTube)

### **Key Takeaways**

**By participating in this course, attendees will gain essential skills in communication, stress management, leadership, conflict resolution, and decision-making. They will achieve a more harmonious work environment, increased productivity, and personal growth, making them valuable assets to their organizations. This course is designed to empower individuals with the tools needed to thrive in today's complex and competitive workplace.**