



## Inspirational Solutions In your hands consultancy

# Inspirational Communication

### So how is this different to other communication courses?

This communication course is underpinned by (NLP) Neuro-Linguistic Programming. NLP is one of the fastest growing solutions to those who want to improve their personal life/development, own business or professional career. NLP is at the cutting edge of business and co-operate consultancy, which has been tried and tested globally with inspirational success.

NLP is an established set of principles for developing personal performance, based on understanding and influencing our thoughts and view of the world. NLP is simply the study of how our mind, language and behaviour relate to each other, and has been around for over 30 years.

### So what is the meaning of communication?

The meaning of communication to another individual is the response it elicits in them, regardless of your intention. Everybody is 100% responsible for their communication; people respond to what they think you have said. If your communication is poor then they may not fully understand/grasp what you have said. There is no such thing as bad listeners just inflexible communicators, by taking responsibility for your communication and changing the way you communicate to different people then you will get more of what you want and less of what you don't want.

### What will be covered?

- A brief history of NLP
- The principles of NLP
- The communication model.
- Rapport, what it is and how to really use it.
- Sensory acuity.
- Giving and receiving feedback

### Who is the course for?

The course is for anyone who wants to improve themselves and learn new skills. This course is of particular value for team leaders or professionals looking to improve in this area of expertise.

### What will you get out of the course?

- An increased self awareness that will make you even more effective in your communication
- The ability to get what you need from who you communicate to
- The ability to inspire and motivate others.
- Understanding of rapport and how to use it to build rapport with colleagues & clients.
- To understand your role and impact on others and why they are different.

### What other people have said.

'What an inspirational course, why don't they teach this at school?' Alan Shore, Manchester

'I could have done with doing this course 10 years ago!', Mandy Strudbruck, Chester

'The training was clear and easy to understand'

'I have gained so many insights into myself can't wait to start putting them into practise.' Richard Charlton, Sussex

'I never Knew that there was so many levels to communication', Karen Dean-Blackpool

### Who is Donna Blinston?

Donna Blinston is a Master Practitioner in NLP and founder of Inspirational Solutions Donna is extremely passionate about improving people's quality of life. By teaching the tools and techniques of NLP it will enable people to reach their full potential, get what they want out of their career and enjoy their work.

We run bespoke corporate NLP programs that have doubled sales conversion rates and helped corporate L&D professionals to increase training retention and achieve dramatic changes in the impact of their training design and delivery.

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For further information or to book your place on the next course  
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