



Inspirational Solutions In your hands consultancy

Inspirational Communication

So how is this different to other communication courses?

This communication course is underpinned by Neuro-Linguistic Programming (NLP). NLP is one of the fastest growing solutions to those who want to improve their personal life/development, business or professional life. NLP is at the cutting edge of business and co-operate consultancy, which has been tried and tested globally with inspirational success. As a master practitioner in NLP I intend to bring these techniques in to common practise in the NHS and improve the communication which in turn will improve the working lives of all NHS staff.

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.
- Core Dimension 1 of the KSF covered in an exciting and inspiring way.
- The ability to inspire and motivate others
- Understanding of rapport and how to use it build rapport with anybody.
- To understand your role and impact on others and why they are different.

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.
- Giving and receiving feedback
- To be able to feel how you want to feel not how you're made.

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 health care professionals; from physio's through nurses to consultants and many more.

What other people have said.

'What an inspirational course, why don't they teach this at school, college, uni?'

'I could have done with doing this course 10 years ago!'

'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.'

Who is Donna Blinston?

Donna Blinston is a Master Practitioner in NLP alongside her nursing where she currently works as a staff nurse in an Intensive Care Unit. Previously was the ward sister of a gastroenterology ward of which she worked on from qualifying.

Donna is extremely passionate about nursing and improving people's quality of life. Her goal and aim in life is to bring NLP into health care. By teaching the tools and techniques of NLP it will enable people to reach their full potential, get what they want out of their work and enjoy their work. This in turn will improve the patients NHS experience, and support them through their illnesses.

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For further information or to book your place on the next course please contact us today

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