



## Inspirational Solutions In your hands consultancy

# Inspirational Presentations

### Overview of Course

This presentation course will not only teach you how to give inspirational presentations but also to enjoy them. Teaching you how to structure a presentation/interview to capture, engage and inspire your audience, while remaining in a calm, confident and relaxed state.

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

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

- Excellent presentation skills.
- The ability to control your emotional state, replacing anxiety and distress with confidence in your abilities and yourself.
- Increased self awareness.
- The ability to inspire and motivate others.

### 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, who are going for a job interview, or giving a presentation to whatever size audience. The tools and techniques taught can be applied to all areas of nurses from teaching of junior staff and students to ward meetings.

### What will be covered?

- A brief history & principles of NLP
- The use of metaphors.
- Content sequencing.
- Anchors- spatial, visual, physical, tonal.
- The 4-Mat content system.
- The use of humour.

### What other people have said.

‘I used to dread presentations but now I am quite looking forward to them’ Alan Shore  
Manchester

‘Really enjoyed the course it went so fast’  
Mandy Strudbruck, Chester

‘The training was clear and easy to understand’ Karen Dean, Blackpool

‘I am no longer worried about the interview as I know I can do it’ Ian Andrews, Chester

### 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 and was previously a ward sister of a gastroenterology ward which she had 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 career 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  
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