



Inspirational Solutions In your hands consultancy

Inspirational Leadership

So how is this different to other leadership courses?

This leadership 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 leadership styles which in turn will improve the working lives of all NHS staff. I am really excited to announce these 1,2 or 3 day leadership courses, developed specifically for health care professionals who want to make even more of a difference to their patients.

Within this course I will teach a range of personal and leadership development tools to assist people who are in or entering into a leadership position. The course will give you the tools to understand yourself and how you behave, which in turn allows you to develop the qualities of a great leader.

What will you get out of the course?

- Understand Leadership and how it relates to clinical practise
- Gain insight into your own leadership style.
- Core Dimension 3 of the KSF covered in an exciting and inspiring way.
- Know what makes a good leader.
- The difference between managing and leading.
- Strategies leaders use to unite people behind their vision
- To understand what makes people tick and to motivate and influence them
- Confidence in your abilities as a leader.
- The ability to empower and motivate your staff to get them what they need to fulfil themselves as professional and yourself as there leader

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
- Perceptual positions- insight into how other people perceive you.
- 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 especially those who are in or entering into a leadership position.

What other people have said.

'What an inspirational course'

'I could have done with doing this course 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 along side her nursing where she currently works as a staff nurse in ICU-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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