



Inspirational Solutions In your hands consultancy

Introduction to NLP; for Healthcare Professionals

Neuro-Linguistic Programming (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.

NLP is the way forward in healthcare; it provides Excellent communication, leadership, management, presentation and facilitation skills, enabling strategic change, creativity and problem solving as well as the effective learning and development for all staff members.

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 inspire and motivate others
- Understanding of rapport and how to use it to build rapport with colleagues & patients.
- To understand your role and impact on others
- To be able to manage your state regardless of whatever situation you are in.
- How to make Effective achievable goals
- Easy and effective problem solving techniques that can be utilised in all areas of your profession.
- Effective patient and carer relationships that promote and motivate the patient's health.

What will be covered?

During this program, you will be experiencing and learning an approach to applying NLP in healthcare which is both unique and pragmatic because it is based on many years of real world experience, and you will have many opportunities to explore the application of NLP in your own professional

environment because of the modular program schedule.

- Communication and Unconscious communication.
- The structure of experience
- Managing state
- Rapport, Pacing and leading
- Understanding patterns of behaviour
- Reframing techniques
- Creative problem solving techniques

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 professionals in management positions.

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.

Penrhiw House
Rhydymain
Dolgellau
Gwynedd
LL40 2BD

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

01341450663

info@inspirationsolutions-nlp.co.uk
www.inspirationsolutions-nlp.co.uk