



## Inspirational Solutions In your hands consultancy

### Diploma in NLP-For Healthcare Professionals

#### What has NLP Got to Offer to Healthcare?

NLP is an approach to developing personal performance, based on understanding and influencing our thoughts and view of the world. Neuro-Linguistic Programming is simply the study of how our mind, language and behaviour relate to each other, and it's been around for over 30 years. We can use it to improve relationships and achieve goals that are important to you in both your personal and professional life. NLP in Healthcare covers; communication leadership, management, coaching and strategic change as well as learning and development, creativity and problem solving.

This 4 day NLP diploma will provide you and your department with a deep understanding of the skills of NLP for promoting the team's effectiveness and patient care delivery into the immediate success you want it to have.

#### Who is Donna Blinston

Donna Blinston is a Master Practitioner in NLP and founder of Inspirational Solutions alongside her nursing, where she currently works as a staff nurse in an Intensive Care Unit. Previously she 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 to 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.

#### What other people have said.

'What an inspirational course'

'I could have done with doing this course years ago!, this should be taught at university'

'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.'

#### How is the Diploma Structured?

This four day diploma is structured so that each technique is firstly covered by the relevant theory, followed by a demonstration of how and when this technique would be used. Delegates will then carryout an exercise using the technique so that each delegate gets the opportunity to practise the technique in a teaching environment.

The delegates will be consistently assessed on the competencies to follow the techniques and the understanding of how and when the techniques would be used.

#### Who is this Course For?

This course is for anyone who wants to learn new skills and have immediate results in both there personal and professional life. Especially for people in the field of:

- Nursing- all ward members
- All areas of Management
- HR
- Training and Development Facilitators
- All Members of the Multi-disciplinary Team
- Student nurses
- All medical and surgical practitioners

Penrhiw Houses  
Rhydymain  
Dolgellau  
Gwynedd  
LL40 2BD  
01341450663

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



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## 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 practical as it is based on many years of real world experience. 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
- Outcomes - compelling goals
- Understanding patterns of behaviour
- Reframing techniques
- Future pacing
- Creative problem solving techniques
- Modelling high performance
- Meta Model - questions to enrich experience
- Milton Model - the language of influence
- How to Give Feedback
- Logical Levels of Change and development

## Why Attended This Course

On attending this diploma you receive hands on experience of the powerful techniques of NLP. This will not only be an amazing learning and development course, for the development and success of your profession but also your own personal development. Donna Blinston is an accredited trainer of NLP trained by the only recognised trainer trainers of NLP in the field that are accredited by Kingston University. By the end of the diploma not only will of learnt how to use a range of NLP techniques but you will know which techniques to use to resolve a certain situation.

## What will You Obtain from Attending this Diploma

### Leadership Skills

1. Develop peak performance & motivation - understand how people 'Tick'
2. Increase your flexibility to work with a variety of contrasting personalities
3. Experience greater well being even under very stressful conditions
4. Elicit valuable unconscious information to help colleagues transform

### Management Skills

1. Enhance abilities to respond to a variety of challenges & situations
2. Create dynamic, personal, relationships with greater 'clout' & influence
3. Enhance risk management abilities by eliciting greater 'quality' information
4. Facilitate change & create greater acceptance, co-operation & involvement

### Patient/Staff and colleague relationships

1. Apply advanced communication, rapport and influence skills.
2. Sharpen your presentation skills with ease
3. Understand, model & replicate success strategies; yours/your colleagues
4. Lead, persuade and motivate colleagues to accomplish greater goals

### Creativity, Invention and Problem Solving Skills

1. Develop new problem solving skills that generate innovation & new insight
2. Generate deep states of 'FLOW' and accelerate creativity & accomplishment
3. Apply Walt Disney's creativity model and learn to imager invention
4. Improve outcomes by understanding how to transform your perspective

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