

Personal Development – Being The Best That You Can Be

Develop your potential and enhance your ability to achieve your goals

Course Benefits:

Do you feel that you have reached your true potential? Or do you feel that locked within you, you have so much more? So often when we reach a certain level of achievement – we stay there. This may be due to a fear of failure or because it's easier to stay in our comfort zone. We all know the saying...

“If you continue to think the way you always have, you will continue to get what you have got. Is this enough?”

This course provides you with skills and techniques to make the changes that you want. It aims to raise your self-awareness so that you can recognise what motivates you and what prevents you getting what you want.

It combines counselling and Advanced Communication techniques to enable you to gain control over your feelings and emotions in any given situation.

Attendees will leave the course feeling that they not only have a better understanding of themselves and others, but are also armed with practical techniques to make the changes they require.

The instructor for this course is Lisa Jones who is a qualified counsellor, NLP Practitioner and hypnotherapist

Who should attend:

This course is aimed at anybody who wishes to develop their potential and enhance their ability to achieve their goals

Pre-requisites:

There are no pre-requisites for this course.

What you will learn:

On successful completion of the course, you will be able to:

- Apply techniques which enable you to manage your emotions
- Recognise your own personal barriers – what prevents us progressing?
- Apply techniques to overcome anxiety
- List your own internal drivers
- Describe the impact of goal-setting

What you will cover:

- Perception and Feelings – How our perception effects our feelings; how our feelings effect our behaviour; what stops us progressing; overcoming these barriers
- Behaviour – Why we behave the way we do; how different types of behaviour affect the outcomes achieved; understanding the situation and learning to adjust your behaviour to achieve the desired outcome; recognising our in-built feelings about a given situation; how feelings can dictate negative behaviour; techniques to remain in control of our behaviour; role play to practice the techniques; recognising your personal drivers; create your own ego-gram
- Taking Control with Advanced Communication – The impact of positive self-talk; techniques which enable you to reframe situations; managing your emotions; understanding how we create and store memories; overcome anxiety by using hypnotherapy techniques

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- Goal Setting and Implementation Plan – The impact of goal-setting; understanding your key motivators; taking the next step and implementing the skills obtained from the course

How you will learn:

Learning is achieved through a mix of lectures, discussion, exercises and simulation.

Duration and availability:

One day non-residential. Public and in-house