

NLP Personal Empowerment (Code: EMP)

Evolution-U Personal Empowerment Business Suite

One Day - Foundation



*The Evolution-U Personal Empowerment Business Suite is a focused offer of engaging NLP based trainings, providing **usable tools for better & measurable performance** praised by our clients*

Course Outline

One of the keys to success is the self confidence and conviction required to take decisions and follow through on them. This self belief is at the core of personal empowerment and with the right techniques is available to anyone who wants to make change and is willing to take the necessary steps.

Personal Empowerment is the key to individual success and great leadership. In this one day NLP based training, the Evolution-U Personal Empowerment Plan (EPEP), a toolkit of well developed personal empowerment techniques, is introduced. The EPEP can be used with immediate effect by participants to improve outcomes and achieve goals that were previously out of reach, dealing with often critical shortfalls in personal perception and confidence that impact our personal and leadership effectiveness.

Learning Objectives

By taking this course, participants will:

- Learn the fundamentals of personal empowerment, and how to use them both for self and others;
- Improve personal focus and results by asking the right questions and accessing resourceful states for better results;
- Understand the value of, and process for, effective goal setting. All attendees will use the techniques taught to develop personal goals during class. This tool can be used to develop more empowered goals for team members;
- Analyse the principles of 'Positive Mental Attitude' and develop an approach to maintaining a PMA;
- Understand what a limiting decisions ("LD") is and recognise when LD's are impacting performance both for self and team members;
- Develop techniques for helping remove LD's so as to empower self and others to achieve their potential;
- Use the Evolution-U Personal Empowerment Plan (EPEP) to develop a structured individual plan for operating at a high level of personal empowerment for self or others.

As well as instructor led presentation, the training uses video support and group exercises to engage participants.

This course is designed for up to 12 people. Additional participants quoted upon request. Level: Foundation.

Course Content

The fundamentals of Personal Empowerment

There are three fundamental NLP concepts used to introduce the subject of personal empowerment; Cause vs. Effect, Perception is Projection, and the Psychology of Excellence. In this opening section the three concepts are introduced, followed by an individual exercise and open class discussion on how to apply each at personal, team and leadership levels.

The Power of Questions

The average person has 40,000 thoughts per day, most of which we have no conscious control over. The thoughts we choose to focus on in life have a tendency of becoming our reality. Techniques that allow us to improve the control we have over our focus are therefore valuable in determining our reality. One method of achieving this mastery of focus is to ask ourselves the right sort of questions. This section introduces the often overlooked power the questions we ask ourselves have on our thought processes and introduces simple techniques for improving our internal processes so that we ask ourselves more empowered questions and thereby achieve better results.

Maintaining a Positive Mental Attitude

The principle of 'Positive Mental Attitude' ("PMA") is directly linked to the principle of Cause and Effect taught in the first section. The glass is half full, the glass is half empty; different people *choose* to view the same situation differently and whether we choose to take a positive or negative view of a situation or event has a direct impact on our emotions, stress levels and in turn health, productivity and relationships – most areas of our life. Using Harvard based research, this section introduces an approach to managing our life perspective and maintaining a positive mental attitude, a key component of achieving personal empowerment.

Effective Goal Setting

Only 3% of adults write their goals effectively, yet those that take time to learn how to write their goals and do so, have a 1000% increased likelihood of achieving them. In this section, participants analyse the theory behind effective goal setting before being introduced to the 5 principles for success, the difference between goals and states, and how to develop SMART goals. All participants will develop goals and review the structure of their goals with the instructor.

What are Limiting Decisions?

Our beliefs limit what we can achieve and most of us have some deep rooted belief that holds us back from fulfilling our potential. For example, the belief that "I'm not a good public speaker" can be major blockage for executives as they move up the corporate ladder. In this section we use theory developed by Dr. Tad James, the founder of Time Line Therapy, to introduce the principles underlying, and characteristics of limiting decisions.

Dispelling Limiting Decisions and Empowering Others

The increased awareness developed in the previous section is now applied to tools for dealing with limiting decisions. All participants shall work on their own limiting decision, using the methodology taught in class. Please note due to the complexity of Time Line Therapy, these are not full Time Line Therapy interventions. The techniques taught are usable by attendees with their team members after attending the training. Participants will engage in multiple individual exercises during these sessions on Limiting Decisions plus group discussion.

Developing your Personal Empowerment Plan: Planning your Future

In this final session, the "Evolution-U Personal Empowerment Plan" (EPEP) is introduced, a methodology bringing all the content covered during the training into a succinct and usable tool. Participants will develop their individual EPEP and identify the actions necessary to achieve their objectives. All participants should leave the training with a roadmap to increased personal empowerment and the tools to achieve objectives that would have felt out of reach previously.

Who Should Take This Course

The benefits of personal empowerment are not bounded by job title, role or industry sector. Anyone who feels that they are not operating at their full potential, not achieving what they want in their career or relationship, or simply want to improve their focus and results will benefit from this training.

This training course is fully certified by Evolution-U.

**For more information & reservations please contact Jessica
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