

Analyze and adapt your communication thanks to NLP

Description

The fundamental error of communication is to believe it happened! NLP Neuro-Linguistic Programming has identified a whole series of mechanisms related to language. How can we thwart some of the pitfalls of our communication?

Course Content

Language structuring

- Basic principles between experience and constructed language
- Omission, distortion and generalization filters

Questioning

- Use of the metamodel to clarify
- Reframing and bringing about change

Milton model

- Vocabulary and ambiguous turns of phrase
- Influence and Ethics

Meta-programs

- Main filters and their impact on communication
- Putting it into practice

Documentation

- Digital courseware included

Participant profiles

- Anyone curious about how they communicate with others
- Anyone in need / wishing to improve their communication skills

Prerequisites

- No prerequisites

Objectives

- Understand the structuring of language and its filters
- Practise questioning to clarify and reframe what is being said
- Use deliberately vague communication to influence with elegance and ethics
- Identify individual preferences to better align communication

Niveau

Fondamental

Classroom Registration Price (CHF)

1300

Virtual Classroom Registration Price (CHF)

1300

Duration (in Days)

2

Reference

COM-PNL