



OR Training & Personal Development Ltd

*Live It OR Lead It*  
*An Introduction To NLP*



30th November & 1st December 2019

Information Pack





# WELCOME TO LIVE IT OR LEAD IT

***“THERE IS ONLY ONE CORNER OF THE UNIVERSE YOU CAN BE CERTAIN OF IMPROVING AND THAT’S YOUR OWN SELF.”***

**ALDOUS HUXLEY**

Thank you for enquiring about The Live It OR Lead It Programme. In this Information pack, you will find all you need to know before you begin the course and some helpful advice about what the course will include.

- Course Dates:** Saturday 30th November & Sunday 1st December 2019
- Course Times:** 9:00am – 5:00pm each day.
- Venue:** The Canal Court Hotel, Newry
- Seminar Fee:** £250



Click [here](#) for a map

## **Course Overview:**

Live It OR Lead It is a 2 day introductory seminar open to anyone interested in becoming more effective both personally and professionally and discovering more about NLP and its real life applications. In this fully experiential 2 day seminar, you will learn to:

- Plan the changes you want in life
- Set more effective goals
- Get on more easily with others
- Deal with difficult people and situations,
- Change your patterns of thought and behaviour and
- Produce more of the results you want.

No prior knowledge of NLP is necessary although the motivation to learn, stretch yourself and have a lot of fun in the process is absolutely essential!



## Why do this course?

At OR, we believe in the power of choice.

You can put up with the same old issues, problems and frustrations in your life, work or organisation,

## OR

You can choose to do something different...

This 2 day programme will introduce you to a practical set of skills, techniques and principles for dealing with the challenges, opportunities and responsibilities of life and work, enabling you to become more effective in life, both professionally and personally.

## What is NLP?

Neuro-Linguistic Programming (or **NLP**) studies how our often habitual patterns of thinking, communication and behaviour shape our unique experience of life and our interactions with other people.

By becoming more aware of your own habitual patterns and learning where, when and how to make small changes, you can begin to improve your results in whatever area of your life, career or relationships that you choose.

By becoming more aware of these patterns in other people, you can also increase your ability to understand, influence and effectively engage with them.

## What will you learn?

During this 2 day seminar you will learn how to:

- ✓ Manage your own emotional state in challenging or stressful situations
- ✓ Change limiting beliefs to more empowering ones
- ✓ Develop the art of asking key questions and turn 'issues' into 'outcomes'
- ✓ Learn new skills from other people with competency modelling
- ✓ Continually improve your own performance
- ✓ Create new options
- ✓ Develop an awareness of the main building blocks of thought and experience
- ✓ Use your body language to establish and maintain good working relationships
- ✓ Read the minimal cues that let you know how others are thinking
- ✓ Shift viewpoints between your own, another's and an observer's until you find the winning move.



## **How will the course be delivered?**

The Programme will be delivered by Michael Dunlop who is a (twice) certified NLP Trainer and Master Practitioner and the NI Ambassador for the Association for Neuro-Linguistic Programming (ANLP), the Association for NLP Professionals. In addition to his coaching and professional consultancy work, Michael is also a Visiting Lecturer at Ulster University; An Associate Consultant with both the HSC Leadership Centre & The Chief Executives' Forum and has worked with some of NI's most recognisable organisations in the Public, Private and Community & Voluntary Sectors.

Michael is also an International Ambassador for the Association for Neuro-Linguistic Programming (ANLP), the Association for NLP Professionals.

On successful completion of the course, you will receive a Certificate and also an electronic copy of notes, lessons and practical tips and techniques to help you to apply your learning to everyday life.

We will also explore support practices that you can put in place for after the Programme and you will be able to join a local NLP Practice Group to help you build networks, practice your skills and make lasting connections with fellow NLP Practitioners.

## **What do I need to do and know before beginning the course?**

There is no mandatory reading or preparation required for beginning the course. You may have some prior knowledge of NLP but if not, this is not an issue.

## **What if I can't attend one of the seminars?**

As we pride ourselves on the standard and integrity of our Practitioner training, you must complete all of the training in order to be certified as an NLP Practitioner. There will be an opportunity for you to attend further sessions, either at the next course or through other training available. Please come and talk to us to discuss your options further if you believe there will be an issue.

## **Is the course certified?**

Yes. On successfully completing the Advanced NLP Practitioner Programme you will receive a certificate from Michael Dunlop, a certified NLP Trainer. This training is recognised by the Association for Neuro Linguistic Programming (ANLP), the association for NLP Professionals. ANLP is synonymous with best practice and is renowned for professionalism and integrity. In addition, this course will also entitle you to credits towards the 1<sup>st</sup> stage of the OR Advanced NLP Practitioner Programme if you decide to take your NLP journey further.



**Can I receive a receipt for my £250 payment as this may count towards my professional CPD hours or for my employer who may be paying for the course?**

Yes, an electronic receipt will be issued for the course once payment has been received. If you would like to receive a receipt by post, just let us know.

**Will there be refreshments at the seminars?**

Yes, refreshments and lunch will be provided for you each day.

**Where are the best places to park for the venue?**

There are car parking spaces freely available at The Canal Court.

**Where can I find out more information about OR Training & Personal Development and the services of the company?**

You can contact us directly at [michael@liveitorleadit.com](mailto:michael@liveitorleadit.com), call us on **07833230136** or visit our website [www.liveitorleadit.com](http://www.liveitorleadit.com).

You can also find out more about us on [LinkedIn](#)

**Who should I contact if I have any further questions or enquires?**

If you have any further enquiries or questions please ring Michael Dunlop on **07833230136** or email [michael@liveitorleadit.com](mailto:michael@liveitorleadit.com)

***Enjoy Your Programme!***



## OUR LEAD TRAINER & CONSULTANT

**Michael Dunlop** is a (twice) certified NLP Trainer, Coach and Master Practitioner. In addition to his Coaching and Professional Consultancy work, Michael is also a Visiting Lecturer at Ulster University; An Associate Consultant with the HSC Leadership Centre & The Chief Executives' Forum and has worked with some of NI's most recognisable organisations in the Public, Private and Community & Voluntary Sectors.

Michael is also an International Ambassador for the Association for Neuro-Linguistic Programming (ANLP), the Association for NLP Professionals.

## OR TRAINING & PERSONAL DEVELOPMENT LTD

At OR, we believe in the power of choice.

You can put up with the same old issues, problems and frustrations in your life, work or organisation...

### OR

You can choose to **do something different**.

We work with people and organisations who are ready to make a difference and get better results in life.

With our particular expertise in **Neuro-Linguistic Programming (NLP)**, Leadership & Systems Thinking Skills, we provide **NLP Coaching, Training & Consultancy** for both individual clients and organisations to help you to think, communicate, and act more effectively, to improve your results and to empower you to meet the challenges of life and work with confidence.

Alongside our training, coaching and consultancy with individuals, groups and businesses we also work 'in-house' with some of Northern Ireland's most recognisable organisations in the Public, Private and Community & Voluntary Sectors.

## What can we do to help you make a difference?

