



NLP AND THE POWER OF LANGUAGE SYLLABUS

Objective:

Neuro linguistic programming (NLP) is a new area of study and basically deals with the way in which we live our lives, the way we behave and the way we communicate. These patterns include what we think, what we do and our mental make-up. NLP also relates to our emotions and our senses. The purpose of this course is to introduce students to the basic concepts regarding such science, as well as to teach different practical activities, whose utmost purpose is to promote personal and professional growth through effective communication.

Content:

- A) Introduction to NLP
- B) Brief history of NLP
- C) Building rapport with your audience - showing a positive image
- D) Being the audience - representational systems and submodalities
- E) Accessing positive states and anchoring
- F) How to excel in your professional life through NLP
- G) Understanding what happens in your subconscious mind
- H) Changing the way you think - changing your life
- I) The meta model
- J) Dealing with feedback
- K) Dealing with phobias
- L) Mind control programs and techniques
- M) Discovering what is really behind *The Secret*
- N) Course wrap-up: main concepts in practice

Evaluation:

Students are supposed to present a project at the end of the course. Minimum passing grade is 65.

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