

## NLP Demystified™ – A Live Online Introduction to NLP

**Date:** Saturday, 4th January 2025

**Location:** Online via Zoom (accessible worldwide)

**Duration:** Full Day: 9.30am – 5pm (6 hours of learning)

**Trainer:** Multi-Award-Winning NLP Trainer, Laura Evans

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### What is NLP Demystified™?

This is your opportunity to unlock the power of Neuro-Linguistic Programming (NLP) in a fun, engaging, and easy-to-understand format. For the first time, Laura Evans is hosting this highly sought-after course **live online**, giving you access to world-class NLP training from the comfort of your home.

Whether you're curious about NLP, looking to develop personally or professionally, or considering further NLP training, this one-day event is perfect for you.

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### What You'll Learn

By attending NLP Demystified™, you'll gain a deep understanding of NLP and how its practical tools can be applied to your personal and professional life. Here's what you'll discover:

- **What is NLP?**  
Learn the foundational principles of Neuro-Linguistic Programming, often described as an instruction manual for the mind. Explore how NLP can help you improve communication, build better relationships, and unlock your potential.
- **History of NLP:**  
Understand the origins of NLP, co-created by Richard Bandler and John Grinder, and how its principles have helped people worldwide achieve excellence in their careers, relationships, and personal growth.
- **The NLP Communication Model:**  
Discover how we process the world around us through the filters of our mind. Learn how your internal thoughts shape your behaviours and how you can change unhelpful patterns.
- **Values:**  
Uncover what truly drives and motivates you. Learn how understanding your values can help you align your goals, priorities, and decisions to live a more fulfilling life.
- **Beliefs:**  
Identify the limiting beliefs that are holding you back and discover how to replace them with empowering ones. Find out about tools to reshape your mindset for success.
- **Internal Conflicts:**  
Ever felt like part of you wants one thing, while another part wants something else? Learn how NLP can help you to resolve these conflicts and find clarity and alignment within yourself.
- **Goal Setting:**  
Learn NLP's unique approach to setting goals using the "Keys to Achievable Outcomes." Write clear, compelling goals that inspire you to take action and achieve what matters most.

- **Perceptual Positions:**  
Gain fresh perspectives on challenges by stepping into different viewpoints. This simple but powerful technique will help you approach problems with empathy, insight, and a solution-focused mindset.
- **Meta Model Questions:**  
Master the art of asking the right questions to uncover hidden details, solve problems, and communicate more effectively. Learn to move beyond vague, surface-level conversations and get to the heart of the matter.
- **Anchoring:**  
Learn how to take control of your emotional state, boosting confidence, calmness, and focus when you need it most. Experience this technique and know how to use it to help you prepare for important events, boost confidence, or simply feel your best.

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### What You'll Receive

- **Downloadable Workbook:** A comprehensive guide to accompany your learning.
- **CPD Certificate:** 6 hours of CPD training to evidence your attendance.
- **Exclusive Discounts:** Attendees will receive discounts on future NLP training courses, including our NLP Practitioner & Certified NLP Coach Certifications.

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### Why Join Us?

Laura Evans has trained over a thousand students in the UK and beyond over the last 10 years, helping them achieve life-changing results. With her approachable, energetic style and extensive expertise, she'll ensure you leave this event with practical tools you can use immediately in your life or career.

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### Pricing & Booking

We've got an exclusive Black Friday 2024 offer for new customers who would like to take their first step to learning more about NLP and Training in NLP with Laura:

- **Special Offer:** £29
- **Bring a Friend:** Add a colleague or friend for just £15 (that's £44 for two places!)
- **Spaces Are Limited:** Only 20 spots are available for this brand new, one of a kind event. We don't know of anyone else doing a full LIVE day of NLP training for just £29!

📞 Call **Lyn on 02920 023311** or ✉ Email **info@unleashyourpotential.org.uk** to secure your place today!

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### Don't Miss Out

This is a one-off opportunity to train live with Laura Evans. Reserve your spot now and take the first step towards unleashing your potential in 2025!