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Head Teacher: Mr. Roger Matthews

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**PO71 NEURO LINGUISTIC PROGRAMMING (NLP)
MAKE IT HAPPEN – ACHIEVE YOUR GOALS!**

- DAY AND TIME:** Thursday, 7.00 pm – 9.00 pm
- VENUE:** Portchester Community School
- TUTOR:** Teresa Reay
- DURATION:** 10 Weeks
- COST:** £80.00
- COURSE COMMENCES:** Autumn Term – 23rd September 2010

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NLP – Make your goals a reality.

‘What’s stopping you getting what you want?’ ‘Would you like to KNOW what you want?’ Many people don’t! ‘Have you ever set a goal only to find that several weeks, months, years later you are still where you were when you started?’ ‘Do you believe you have all the ability you need to succeed?’ If you answer yes to any of the preceding then this is the course for **YOU!**

NLP (Neuro Linguistic Programming)

- **Neuro** because of the patterns at the level of our neurological thought processes
- **Linguistic** because of the ways that our language reflects our neurology
- **Programming** because we can break free from the way that we have been programmed, and choose to organise our ideas and actions the way that we want!

This is a course for everyone. The aim of the course is to define a goal, incorporating **NLP** techniques and achieving the goal at the end of the course.

Each lesson will involve working with a ‘buddy’ partner, and you will learn a new **NLP** technique each week to enable you to achieve your goals.

Please wear loose comfortable clothing, bring a pen, pencil and an open mind – this is a fun, positive, results driven course.

*50% discount on course fees for those claiming a means tested benefit
Refund Policy – we can only refund course fees due to serious illness or sudden move a
£10 admin fee will be deducted*