

Advanced Communication Skills

Neuro-Linguistic Programming and Transactional Analysis

This programme has been written for staff who are keen to develop their communication skills to a more advanced level, through the use of different models of communication.

The workshop features two well respected concepts: Neuro-Linguistic Programming (NLP) and Transactional Analysis (TA).

Programme objectives

By the end of this programme, delegates will be able to:

1. Understand the key concepts behind NLP and TA
2. Describe, and make use of, different communication predicates
3. Use matching and mirroring to build rapport
4. Identify their personal communication style.

Further information

The programme is highly participative and includes a range of communication exercises. Although communication theory is featured, the session is grounded with strong practical application.

Duration: Half day/one day