



Improving Self-Confidence

A 1-Day Introductory Course Using EAL + NLP Equine Assisted Learning

Description

This course is a 1-day introduction to demonstrate how EAL and NLP can be used to improve self-confidence. Your level of self-confidence shows itself in many ways, your behaviour and body language, how you speak and the words you use. Self-confidence is extremely important in almost every aspect of our lives; when we have it, we know we will be successful

Most people will be reluctant to back a project that's being pitched by someone who was nervous, fumbling, and overly apologetic. Whereas, someone who speaks clearly, holds their head high, answers questions assuredly and readily admits when they do not know something, is far more convincing. Confident people inspire confidence in others.

Agenda

1. Tea/Coffee & Registration
2. Introductions and basic Health & Safety
3. Meet the herd
4. Hands on horse Health & Safety
5. How confident are you?
6. Break
7. Understanding others
 - i. Body Language
 - ii. Sensory Acuity
 - iii. Rapport
 - iv. Representational Systems
8. Lunch
9. Giving and receiving feedback
 - i. Frequency, timing and consistency
 - ii. Rewards vs. punishment
 - iii. Impacts of viewpoint, expertise and external influences
10. Break
11. Seeing things differently
 - i. Hierarchy of Ideas
 - ii. Strategies
 - iii. Reframing
12. How confident are you now?
13. Review of the day
 - i. Q&A
 - ii. Feedback

Further Information and Booking

For more information about Inspired Equine Assisted Learning CIC and our courses see our website at www.inspired-eal.co.uk.

For additional details about this or other courses and to book your place email info@inspired-eal.co.uk or call Mike Burrow on 07729 909186.