NLP (Neuro-Linguistic Programming) Tools for Real Life

Wednesday, April 13th, 2022 10:00 am – 12:00 pm

This is a virtual workshop delivered via Zoom.

Speaker:

Jan Goodman, Community Outreach Specialist Greater Raritan One-Stop Career Center Training Services

Do you have a desire to:

• Increase your value in the job search

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- Develop skills for better listening
- Assess the correct time to interject and lead a conversation
- Have multiple perspectives on a situation to gain choice and leverage
- Identify what you genuinely want and structure goals to achieve it
- Change unwanted habits and behaviors to productive patterns?

What is NLP?

Have you ever heard the saying "It's all in your head?"

Neuro-Linguistic Programming was designed to take the way you view the world and flip it around so that, in a very short amount of time, you can rearrange your thinking patterns and transfer opportunity into success.

This introductory training will help you understand how your mind works and most importantly make it work for you.

Programming

Your behavior - how

you organize your

Your thinking processes - the way you use your senses to understand what's happening around you

Neuro

Linguistic

Your words - how you use language and how it influences you and those around you

Registration is required.

To register go to **https://sclsnj.org/** Click on Programs & Events Click on Adults and go to April 13th on the calendar to register.



This program is in collaboration with The Greater Raritan One-Stop Training Center and the Somerset County Library System (SCLS).





