

# Blueprint For Excellence

An Introduction to Neuro Linguistic Programming (NLP)

Saturday 29 and Sunday 30 Sept, Old School Arts Centre, Stewart Street, RAGLAN

## *Raise your professional and personal development to new heights!*

In this fun-filled, interactive two-day course you'll learn and experience skills used by some of the worlds most self-confident, savvy and successful people.

You're probably already great at the technical ('hard') aspects of your work. But developing the 'soft' people skills will be most important for you if you really want to enhance your relationships, career or business.

It is people who make or break relationships, teams and organisations. So understanding how you and others 'tick' is imperative for building and maintaining good professional and personal relationships based on trust.

### Here are just a few of the tools you'll discover on this course:

- ❑ What you can tell from non-verbal language. And what secrets you might be giving away!
- ❑ How to gain and maintain rapport with anyone. Rapport is the basis of influence and is fundamental to building sound relationships. So unless you know how to do this consciously, you could be missing out on opportunities to advance your career, to successfully put your ideas across or get that all important 'first date'!
- ❑ Find out how your thinking style could be polluting your nervous system! Learn how to clean it up so you start *feeling* better. Plus simple techniques to programme your brain for success.
- ❑ How communication actually works – why it sometimes doesn't work 😊 and tips to manoeuvre around the roadblocks so you can successfully get your message across.
- ❑ Are you a "Moody Merv" or a "Sullen Susan" or do you work with one? Learn how to manage your feelings to consistently be in top form - at the same time enhancing your Emotional Intelligence (EQ).

Register online at <https://metamorphosis.co.nz/product/blueprint-for-excellence/>  
To pay by direct banking email [steph@metamorphosis.co.nz](mailto:steph@metamorphosis.co.nz)



Sat/Sun 29-30  
Sept 2018  
Early Bird!  
\$345 (inc gst) paid  
prior to 30 Aug  
then \$395

# Yes! There's more!

- ❑ What positive thinking really means and how it affects your physical and emotional well-being and the achievement of your goals.
- ❑ Learn how communication is systemic and how to change what you're doing to influence behaviour.
- ❑ The famous NLP Eye accessing cues. What's the significance of how people move their eyes when they talk? And how does this influence communication and learning? Can you really tell if people are lying by where they look?
- ❑ A unique goal setting technique that will leave you feeling drawn irresistibly towards your goals - instead crawling towards them on your hands and knees! Yes, yes, I know you've probably done goal setting a million times AND, I assure you this way is different, better and more compelling than anything else you will have come across. But better still – it works. You'll achieve your goals in ways that seem easy and almost effortless.
- ❑ How you filter reality without even knowing that you're doing it - and what impact this could be having on your life.

## About Your Trainer - Stephanie Philp.

Hi, I'm Stephanie. I'm the Head Consultant 😊 and Director of



[MetaMorphosis](https://www.metamorphosis.co.nz/) Ltd. I'm an internationally recognised NLP trainer with the International Association of NLP as well as the NZ Ass NLP. I'm passionate about people development and since 1994 I've been teaching NLP skills to people around the world who want to turbo-charge their performance to deliver excellent results - every time! I have a humorous, warm and supportive style, while at the same time providing enough challenge to effect real growth.

**Dates: Saturday 29 and Sunday 30 Sept 2108,**  
**Venue: Old School Arts Centre, Stewart Street, Raglan**  
**Morning and afternoon teas included, please bring your own lunch or enjoy exploring our lovely local cafes.**



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## What others have said about their Blueprint For Excellence experience:

*"I am getting everything done, without yelling and screaming, and the kids just can't understand it."*

**Vanessa McIntosh** - Team Leader of Community Participation and Foundation Skills

*"Most enjoyable. I learned so much."*

**Heidi Enderle** - Business Systems Analyst

*"Blueprint for Excellence is aptly named!"*

**R. Bell-Muir** - School Principal.

*"Excellent - a 'must-have' for leaders and team members."*

**J.M. Mather** - Team Manager - OD

*"Excellent, can't wait to learn more, very powerful"*

**Geneine Hoy** - Accounts Payable Team leader

*"Excellent. I didn't mind being here on a precious weekend after a long week at work."*

**Krista Ferguson** - Business Manager

*"Excellent, I am so, so, so pleased I did this. Stephanie is excellent, easy to relax with, understand and communicate with."*

**Kimberley Taylor** - Student Naturopath

*"Fantastic! Wonderful style indicative of everything we learned. Great role model."*

**J.M. Mather** - Team Manager  
Organisation Development

## ...and what they most valued

*"The information about the communication model and realising that our state is our own choice."*

**Paul Rowlands** - Refrigeration Engineer

*"The goal setting exercise. I was reluctant at first thinking it was just an exercise, but found it enormously useful."*

**MaryAnne** - Project Manager

*"That it is common sense, simple and straight forward (How come we weren't taught this in school?!) I can apply the skills immediately."*

**D.McClelland** - Life Coach

*"The relaxed and supportive learning environment."*

**Lorraine Curley** - Payroll Analyst