

# NLP Self Leadership™ - Get a Users Manual for your Brain

**Learn how to lead and coach yourself to efficient and targeted personal development. Learn how you use your brain more effectively.**

To lead yourself is to take responsibility for yourself, your feelings and emotions, and for your own personal growth as a human being. Self Leadership is about making your conscious and your unconscious mind co-operate. Because, it's not what happens, that makes a difference in people's lives. It's how you respond to what happens. else handler om at blive mere bevidst om hvordan du samarbejder med sig

Reality is co-created by your thoughts as they determine what you focus on, and how your resources are governed. That again is crucial for your attitude, how you use your skills, and thus for the quality of your professional and personal life experiences.

Self Leadership is about updating your habitual thoughts and attitude patterns and about implementing new beneficial habits and broader beliefs. You can programme your unconscious mind to optimally support you in achieving your goals successfully. Because most people's abilities lie far beyond their own imaginations.

Learning points	Programme points
Optimize your thought functions	Your personal map of reality
Easy access to your resources	Users manual for your brain
Use your potential for your benefit	NLP's Logical Levels of Abstraction
Make yourself heard	Breaking old habits
Make relevant changes to yourself	Anchoring resources and energy
Think positive and be more creative	Motivational strategies
Create a safety balance from within	Implementing behavioural changes
Tackle hidden agendas and foul play	Dysfunctional manipulation in daily life
Coach and motivate yourself	Language patterns and presuppositions
Deal with resistance and objections	Values and Belief systems
Coach and influence others	Your personal Beliefs Mind Map

#### Benefits of course

You will learn how to use your brain more efficient and thereby ensure your own personal growth and development as a human being. You will achieve more balance, be more easy going and flexible. This can promote your career and your Personal Brand.

#### About the course

It is a combination of theory, reflection and many exercises. The 2 modules are conducted as residential stays of 3 days and 2 days with one month in between. For training you have an audioCD and an exercise booklet, and you will train coaching skills by phone.

#### Participants and applicants

Everybody, who wishes to learn self leadership and is willing to learn how to take responsibility for their own personal development and growth. All leaders, who want to set an example, which others wish to follow.

**This course is also offered in Danish from Mannaz A/S with the same lecturer.**

*"There is nothing either good or bad, but thinking makes it so."*

*William Shakespeare*

#### Course Info

A 5 days residential course, 2 modules of 3 & 2 days, 1 month in between.

#### Venue

Sauntehus Slotshotel, Hornbæk

#### Upcoming courses

Feb 1 – 3 & Feb 27 – 28, 2012

Alternatively

Apr 30 – May 2 & Jun 7 – 8, 2012

#### Course Calendar for 2012

[www.feldstedt.dk](http://www.feldstedt.dk)

#### Enrollment via webpage

#### Price

18.000,00 dkr + VAT

Inclusive stay and course material

#### Course lecturer



#### Mathilde Feldstedt

Physician, NLP Trainer & Master Coach  
ICF accredited Coaching Assessor  
External lecturer for Mannaz A/S



**Feldstedt Consulting**