



**UNITED VISION ACADEMY SDN BHD**  
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## Improved Performance in Workplace With NLP

### Introduction

Neuro-Linguistic Programming (NLP) has been described as the ‘how to’ of emotional intelligence or the technology of excellence. The field of NLP is growing exponentially after being co-developed by Richard Bandler and John Grinder in the 1970s. Through the implementation of NLP, businesses can introduce techniques and best practice to help develop productivity, creativity and communication skills within the workforce. NLP is cognitive and pragmatic, discovering the elements of how we know what we know and how we do what we do! It is a generative form of learning that explores how our neurology, language and habits are all interlinked; identifying how we can use more of the useful habits and change the ones that don’t serve us so well. NLP is all about identifying what works well and taking advantage of it.

### Course Outline

From the abundant and magical “tools boxes” of NLP, coach Ivan Chong has specially selected some of the very powerful psychological techniques and designed a One-Day intensive NLP application course, in order to let the participants to easily learn and pick up the skillsets for achieving their peak performance in the workplace as well as in their personal life. From understanding the basic concepts of NLP, to the learning of some classical NLP techniques, and to the mastering of the high effective way for goal management, the highest value of this course is to unleash the unlimited potential of the participants and let them have some practical methods to achieve their peak performance. This learning program will include a combination of interactive lecturing, demonstration, individuals practicing, group activities and learning reflection.

### Objectives

You will have the opportunity to . . .

- understand the overview of NLP and how our human brain work ;
- learn how to build your positive mindset, confident level and mental strength;
- learn how to unleash your potentials yet can manage the stress more effectively;
- master the way to set very high effective goals;
- select specific job-related situations in which you want to apply your skills.

As a result of the course, you will come away with . . .

- a toolkit of techniques and practical ideas for releasing your potential;



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- a sense of achievement;
- some highly effective designed goals to move you forward;

## **Methodology**

The program features balance training techniques which evenly design interactive lecturing, demonstration and activities. The five modules in the program lead you to pick up the concepts and the skillsets, both independently and in groups. This includes a combination of the step-by-step instructions, group activities, open discussions, learning reflections and best practices.

## **Course Content**

### **Day I**

#### MODULE 1: INTRODUCTION OF NLP.

In this module, you will have the opportunity to . . .

1. understand the overview of NLP;
2. learn the application areas of NLP in workplace and personal life;
3. know how our brain function and our behaviors from the view of NLP.

#### MODULE 2: NLP PRE-SUPPOSITIONS.

In this module, you will have the opportunity to . . .

1. learn how to view things more positively and creatively;
2. learn how to apply the positive thinking on yourself;
3. learn how to influence people around you to be more resourceful.

#### MODULE 3: NLP PROGRESSIVE RELAXATION TECHNIQUES.

In this module, you will have the opportunity to . . .

1. learn how to manage your stress within 15 minutes;
2. learn how to unleash our potentials during practicing the relaxation;
3. learn how the positive language can change your performance and your future.

#### MODULE 4: DISCOVER YOUR MOTIVATION AND DRIVEN POWER.

In this module, you will have the opportunity to . . .

1. understand what have shaped your mindset and attitude;
2. discover our mental barriers and learn the way to break through them;



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3. learn how to identify and utilize your real motivation and great power of life.

### MODULE 5: THE SECRETS FOR SETTING THE SMARTER GOALS.

In this module, you will have the opportunity to . . .

4. learn the secrets for setting the goals more powerful than traditional S.M.A.R.T. goals;
5. discover what you really want in your life and let this discovering boost your performance;
6. increase your confident level and sense of happiness during moving toward your goals.

### **Facilitator's Profile**

#### **Coach Ivan Chong**

Coach Ivan Chong is the founder and program director of Ace Networks Coaching and Training Centre which is found in 2006 and is a pioneer NLP training provider based in Johor Bahru, with the solid foundation in NLP, Hypnosis and Coaching Skills, coach Ivan Chong has developed and delivered various kind of soft-skills training programs to the individuals, the public and the corporate clients, such as: Communication Skills, EQ Techniques, Leadership, Public Speaking, Business Presentation, Selling Skills, Negotiation Skills and so on.

Before becoming a full time professional life coach and soft-skills trainer, coach Ivan Chong was a R&D electronics senior engineer in famous Japanese International Corporate, in the first 11 years of his career life, he had not only led groups of engineers to design and develop numbers of World top selling home audio products, but had also helped company to recruit and to train many young engineers from fresh to expert, from this unique in house training experiences for years, coach Ivan Chong found his passion in developing talents by 1-on-1 coaching or group training.

Besides the background of International Certified NLP Trainer and Hypnosis Instructor, coach Ivan Chong is a lover of reading, music and Taichi, he has won gold medals in some state level and International level Taichi and Martial Art Competitions, not only for his interests, he also apply the art and wisdom of the Taichi into his coaching and training methods and services, to accompany his clients to pursuit a balance wonderful life is his mission.