

# Neurolinguistic Programming and Mindfulness



2022/2023    7th edition

## Objectives

Develop skills in two fields:

1. The PERSONAL field, allowing participants to activate strategies and tools on emotional management, relational management, improve their internal and external communication process, create and maintain focus and manage stress;
2. The PROFESSIONAL field, providing participants with the skills to optimize their interaction with others and with their teams and better respond to stressful situations, thus increasing performance efficiency and professional fulfilment, as well as decrease adverse events associated with inefficient communication.

## Who should attend

Graduates in any field of studies, preference given to those holding a degree in Health

Candidates not holding a university degree may be accepted upon analysis of their CV.

## Information

 **215 800 952**

[academy.autonoma.pt](http://academy.autonoma.pt) / [academy@autonoma.pt](mailto:academy@autonoma.pt)

# Structure

## Everyday stress

Exposure to stress is viewed as epidemic in today's world. Throughout the past 40 years, a wide number of approaches have arisen to address this issue, in particular, self-sustainable ones which often substitute classical long-term approaches at a great advantage. Among these are those solutions included in cognitive-behavioural therapies. Alternative therapies, which arose in the sidelines of classical psychology, are currently fully integrated in the set of approaches that allow for healthier living, having stress under control without long-term therapy or medication. Mindfulness and emotional intelligence and 3rd and 4th generation Neurolinguistic programming are among these.

## Verbal and nonverbal communication

Communication makes the world go round, but not many know how it works. Communication is something natural and ordinary, but most people have only a vague idea of its rules. Communication is our only tool to achieve what we want. That is why it is so important to know its rules: how I communicate and how I perceive the way other communicate with me. It is therefore key that we understand some of communication theories and models, assess their relevance and, above all, know how to use them in real life.

## Focus as a differentiating element

Why do people with the same intellectual and cognitive levels and the same potential obtain different results in their lives? The answer is quite simple: those who are real entrepreneurs rarely get distracted. They are able to create and maintain their focus on what really matters and ignore what is less or not important.

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# DURATION

10 March 2023

## TIMETABLE

Friday 18:00 – 22:00  
 Saturday 09:00 – 19:00  
 first two weekends a month

## WORKLOAD

182 hours

## FEE

Application	100€
Enrolment	100€
School insurance fee	20€
Qualification Certificate	75€ (optional)
Tuition fees	1850€*
Total	2070€

\*Fee can be paid in 5 instalments or in full. If payment is in full, a 3,5% discount is applied.

\*AUTÓNOMA alumni have a 10% discount on the tuition fee.

# Study Plan

## › Modules

### Stress and Coping

Cleópatra Andrade

12 hours

### Neurobiology of Emotions

Isadora Migliori

12 hours

### Cognitive Behavioural Psychology

Margarida Rafael

12 hours

### Mindfulness and Health

João Pereira Leite

16 hours

### Neurolinguistic Programming and Mindfulness

Eugénia Fonseca

130 hours

## LOCATION

Friday – Online  
 Autónoma Academy  
 Rua Alexandre Herculano, N° 2, 2º Esq

Saturday  
 Universidade Autónoma de Lisboa  
 Rua de Santa Marta, N° 56

## Partner



[www.h-partners-for-life.com/](http://www.h-partners-for-life.com/)