

Personal Success

Personal Development Training Courses



The NCTH offer a variety of short weekend (2 day) personal development courses aimed at the individual looking for personal development, self-awareness and self-improvement.

Personal Development courses currently available:

Time Management:

Finding the time to stand back and take an objective view of our personal and professional lives can be difficult but is vital if we want to be in control, focused and efficient. This course is suitable for busy individuals who want to develop the necessary skills to manage their time more effectively and develop their personal effectiveness.

Contact us for further details about this course and/or to register an interest.

An Introduction to using Self-Hypnosis for Relaxation and Self-Help:

This course will explain the basics of what hypnosis is and how the power of the mind can be utilised to facilitate beneficial and positive changes. It will introduce the basics of self-hypnosis and other 'tools' and techniques which can be easily employed by the individual to address a variety of common issues and concerns.

Contact us for further details about this course and/or to register an interest.

Stress Management:

Stress affects us all at some time/s in our lives. This course is suitable for anyone who wants to be able to recognise and deal with the causes of stress and will introduce a variety of 'tools' and techniques to help minimise stress.

Contact us for further details about this course and/or to register an interest.

Interpersonal Skills:

This course will introduce the necessary skills, 'tools' and techniques required to achieve effective communication and successful outcomes from their personal and professional relationships.

Contact us for further details about this course and/or to register an interest.

An introduction to NLP (Neuro Linguistic Programming):

NLP utilises psychological 'tools' and techniques to understand and improve the way we relate to and communicate with others. This introductory course is suitable for anyone who wants to enhance their ability to form relationships quickly and easily and improve their communication skills.

Contact us for further details about this course and/or to register an interest.

