

What is Neuro Linguistic Programming

Assignment 1

Total Marks: 20

1. What is NLP? Explain using examples.
2. Write a short note on the history of NLP.
3. Explain the following NLP terms:
 - a) Unconscious
 - b) Mental Map
 - c) Context
 - d) Reality
4. What are five NLP representational systems? Explain the ways in which we may use these systems.
5. How does enriched language appeal to our senses? Explain using examples.