



Neuro Linguistic Programming (NLP)

An overview of a powerful tool set that when applied is life changing

BE MORE NOW

WHAT IS NLP?

Neuro Linguistic Programming (NLP) is a descriptive title for a process that allows the optimisation of human development and the facilitating of human excellence in any field of endeavour. NLP focuses on a person's neural pathways via the five senses, their language patterns, both verbal and non-verbal, and the way this result in behaviour, emotion and physical and intellectual abilities. An NLP practitioner facilitates the reorganisation of these characteristics to allow an individual to attain states of excellence (desired behaviour and mind state), which can be readily achieved and maintained by any individual who is congruent in their desire for change. Often the changes are swift.

How NLP can be employed

1. **Create compelling futures to motivate individuals toward their goals.**
2. **Reduce stress levels.**
3. **Facilitate and support organisational change.**
4. **Sporting Performance enhancement through mind state.**
5. **Learning performance enhancement through mind state.**
6. **Support individuals in the changing work environment.**
7. **Address phobias and other unpleasant feeling responses.**
8. **Eliminate unwanted habits.**
9. **Personal development training and health.**
10. **And much more – talk to a NLP Master Practitioner.**

Neuro Linguistic Programming (NLP) is the creation of Richard Bandler and John Grinder in the 1970's. Bandler, a student of mathematics and computer science that switched to psychology and Grinder a Professor of Linguistics combined their analytical powers to understand the successful psychology techniques being practiced by some exceptional therapists in America.

These therapists were Fritz Perls, the creator of Gestalt Therapy; Virginia Satir, an exceptional family therapist; and Milton Erickson a renowned medical hypnotherapist. Their work was also deeply influenced by Gregory Bateson, an anthropologist; Alfred Korzybski, developer of the field of general semantics; and Noam Chomsky, a Linguist and cognitive scientist.

Bandler modelled the methods used by Satir and Perls and also formed study groups and workshops that focussed on Gestalt Therapy. Teaming up with Grinder they studied the structure of the language used in Gestalt Therapy and wanted to find what was the difference that made the difference. They removed whatever did not work from the process and kept only that which worked and so refined the process to the essentials and no frills. This enabled a massive restructure of the process and shortened the time required to gain effective results – repeatedly.

Bandler and Grinder, inspired by their results went on to apply their study to the other exceptional therapists and communicators noted above from which emerged NLP.

On releasing the results of their studies through several publications from the mid 1970's, their works have been added to and continues to grow through the efforts of many other talented individuals throughout the world.

Where can you use NLP in your life?

Have you ever done something so elegantly and effectively that it took your breath away? Have you had times when you were really delighted at what you did and wondered how you did it? An NLP Practitioner enables you to understand and model your own successes so that you can have many more of those moments. It is a way of unfolding your personal genius and bringing out the best in yourself and others.

Humans are experiential creatures and respond to their world based on past experiences. Often experiences in childhood are still influencing our behaviours in adult life, and where they were appropriate for a child, their suitability in an adult world may be questionable. NLP offers a path to redress these types of issues, which include behaviours, habits, phobias, wellness, and our ability to relate.

Our mind state and belief patterns can sometimes severely hamper our *physical performance*. NLP can restructure these and remove mental barriers to allow optimum physical performance.

An NLP practitioner can work with individuals to develop meaningful and achievable *goals* and facilitate appropriate changes in mind state and beliefs.

If you're serious about wanting *excellence in your life*, consider the power of NLP!