

Neuro-Linguistic Programming

What is it and how can it help you?

Neuro-Linguistic Programming or NLP for short was co-founded in the early 1970's by Richard Bandler and John Grinder in the United States of America. Richard is a mathematician and computer programmer and John an excellent linguist. Together they studied the behaviour, language, communication and actions of successful people in all walks of life and developed a model to emulate the success. Through modelling successful people in this way and studying the brain and how it functions and its correlation to emotions and human perceptions and behaviours, they devised a set of tools and techniques to achieve human excellence. Richard did extensive research and interviewed successful people to ascertain what exactly they were doing, how exactly they were thinking and acting that brought them the success they were enjoying. By doing this and other work, patterns of behaviour and thinking emerged and from these patterns Richard devised the existing techniques that are used successfully by all Neuro Linguistic Programming Practitioners today. Unlike counselling and other traditional therapies, NLP is not concerned about the past or reliving a difficult trauma which may have led to the formation of the current difficulty, instead it is focused on the future and getting the person over the past, through the present and to the future. For this reason, it is mostly content free, in other words it is not necessary for the NLP Practitioner to know in any great detail what it was that happened to the person which resulted in them now having their current fear, phobia, traumatic response or behaviour, instead the Nlp Practitioner will be focused on collapsing that fear response and replacing it with a more useful behaviour response so as to free that person from the past. In this way, it is a very fast approach to changing unwanted behaviours and habits, there is no need to relive the past trauma, which can only serve to reinstall the fear, instead the focus of NLP is on moving ahead and installing a "useful behaviour pattern" to replace the unwanted one.

NLP can also help you to achieve results in many areas of your life, such as setting goals and reaching targets. Communicating in a more effective manner and learning how most communication is non-verbal and so an

ability to read these non-verbal cues, and body language, can be a very beneficial skill when dealing with clients, customers or colleagues not to mention partners in relationships! In short NLP is about achieving your best, living the happiest life you can, and being the most effective communicator you can be. If there is an area of your life that you have difficulty with, then NLP can help you to overcome this challenge easily and quickly. If you have unwanted behaviours or stress in your life, NLP can help you let go of these behaviours and replace them with positive and productive behaviours and show you how to be relaxed and peaceful. The list is endless of occasions where NLP can bring about positive results in your life. It is also a quick acting intervention and longterm repetitive visits to an NLP Practitioner will not be required.

Yvonne Clarke is a Master NLP Practitioner with coaching skills. She has her own NLP practice and see clients privately by appointment. If you would like to contact Yvonne to book an appointment you can contact her at 087-7641818 or by visiting her website at www.spiritualrays.com.

Yvonne is offering a limited number of free first consultations until the middle of February 2009.

Yvonne Clarke

Master NLP Practitioner.