



What is NLP?

NLP, Neuro-Linguistic Programming, shows you how to work more effectively, how to control how you feel, how to interpret events and how to communicate successfully. NLP, is a technology and an approach that comes from the study of human excellence. It is highly respected by leading employers and is used successfully in many fields, including business, sports, art, health, education, politics and personal development.

If you understand there may be room for improvement in your communication skills, or if you are not getting what you want out of life, NLP's communication tools can enable you to uncover, change or transform what is holding you back. You will be able to enhance, discover, adjust or transform thought into action, allowing you to attain far-reaching positive changes in yourself and inspire them in others.

NLP was developed in the 1970s out of an academic enquiry into how people excel in various fields. Over the past 30 years, since its pioneering days, NLP has undergone and continues to undergo considerable refinement. Many of its techniques and principles have passed into common usage under other names and appear to us daily, not only in the classroom and in coaching situations but also in cinema, television, and, of course, business communications from the office to advertising.

How will learning NLP benefit you?

BUSINESS

1. Creating rapport with customers, partners and staff
2. Aligning work with values for greater motivation
3. Setting outcomes, creatively designing effective plans
4. Detecting people's decision making strategies
5. Public speaking and presentations

PERSONAL DEVELOPMENT

1. Develop plans that match your highest desires
2. Change outdated beliefs and behaviour
3. Learn new skills, take old ones to the next level
4. Express what's important in a variety of contexts
5. Bring out the qualities of the people around you

HEALTH

1. Create outcomes that include health
2. Learn how to enter relaxed states that aid recovery
3. React differently to stressful situations
4. Find meaning in life
5. Change limiting beliefs about your body shape etc.
6. Change habits and behaviours that damage your health into ones that sustain it

SPORTS

1. Setting performance goals
2. Changing limiting beliefs regarding performance
3. Modelling and learning from leaders in the field
4. Mental rehearsal of skills
5. Relaxation, recovery and healing

Have you changed your mind lately?

Tunbridge Wells Hypnotherapist Karen Martin is at the forefront of a new generation of therapists offering this amazing technique to treat a wide variety of conditions.

Just imagine getting rid of that chocolate craving you've spent a lifetime battling against in just a few seconds.

Just imagine giving that great big hairy spider its marching orders without screeching for help from the safety of a chair.

Just imagine walking into a crowded room full of strangers feeling completely calm and confident.

Just imagine going on that first date without quaking at the knees and being tongue tied.

Just imagine that chronic fear of flying melting away like a distant memory.

Just imagine changing the self-limiting beliefs that restrict your freedom and stop you from doing all kinds of things. The possibilities for making the most of your life by using NLP to fundamentally change the way you think are almost endless, said Karen, who works at the Helios Clinic in Camden Road.

And used in conjunction with hypnotherapy, NLP becomes an even more powerful, life-enhancing tool for positive change. Here's a very simple example of how it works: conjure up in your mind a really happy occasion, one that makes you smile as you recall all the details of where you were, who you were with and what you were doing; as the scene becomes more vivid, squeeze your thumb and forefinger together; practice this a few times and then just get on with your day. Next time you're feeling a bit fed up, squeeze your thumb and forefinger together and you'll feel an instant emotional lift. This is because the simple action is now linked in your mind with feeling happy.

Just a generation ago, lengthy analysis combined with powerful long-term medication was regarded as the best way to treat psychological disorders and emotional problems. Now, NLP offers effective alternatives that can lead to dramatic, life-changing transformations within a short period of time.

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