



What is NLP?

“Neuro Linguistic Programming (NLP) is a broad field that began in the mid 1970s modelling excellent communicators – finding out how they did what they did so well. NLP models how we do what we do. In essence it studies the structure of subjective experience – how we create our own unique internal world from what we see, hear and feel, and how in turn our mental world shapes what we allow ourselves to see, hear and feel.

NLP is made up of three parts;

Neuro is our neurology – how we think and feel

Linguistic is language – what we say, how we say it and how we are influenced by what we hear

Programming - is how we act to achieve our results.”

Reference; Joseph O'Connor, Leading with NLP

Our neurology is “programmed” from birth by the things we hear, see, feel and our experiences. The words we hear, or use relate our experiences back to ourselves and others. When triggered, the programmes run automatically.

NLP provides a set of tools to quickly “recode” the programmes to change their impact in our lives, or to enhance them. NLP provides tools to give anyone the ability to choose their thoughts and feelings deliberately, creating useful and beneficial behaviours.

Revolutionising the way we learn, communicate, interact with others and approach our goals, NLP (Neuro Linguistic Programming) has been likened to a manual for the human brain. Bypassing the ineffective process of trial and error, NLP models the actions of those who are highly successful to unlock and replicate what it is that has led to their success.

How was NLP developed?

NLP began in the early 1970s when a psychology student named Richard Bandler and Associate Professor of Linguistics John Grinder, asked themselves a simple question: "What is it that makes the difference between somebody who is merely competent at any given skill, and somebody who excels at the same skill?" Building upon the extraordinary work of therapists Virginia Satir, Medical Hypnotist Milton Erickson and father of Gestalt Therapy Fritz Perls, Bandler and Grinder developed formal linguistic and behavioral patterns that went on to become the cornerstone of NLP practices and techniques today.

How does NLP work?

NLP provides resources and strategies to overcome barriers in your life. Some resources are pure NLP, others are strategies that already exist in other areas of your life. Resources include behavioural, neurological, and learned strategies, new ways of thinking and models

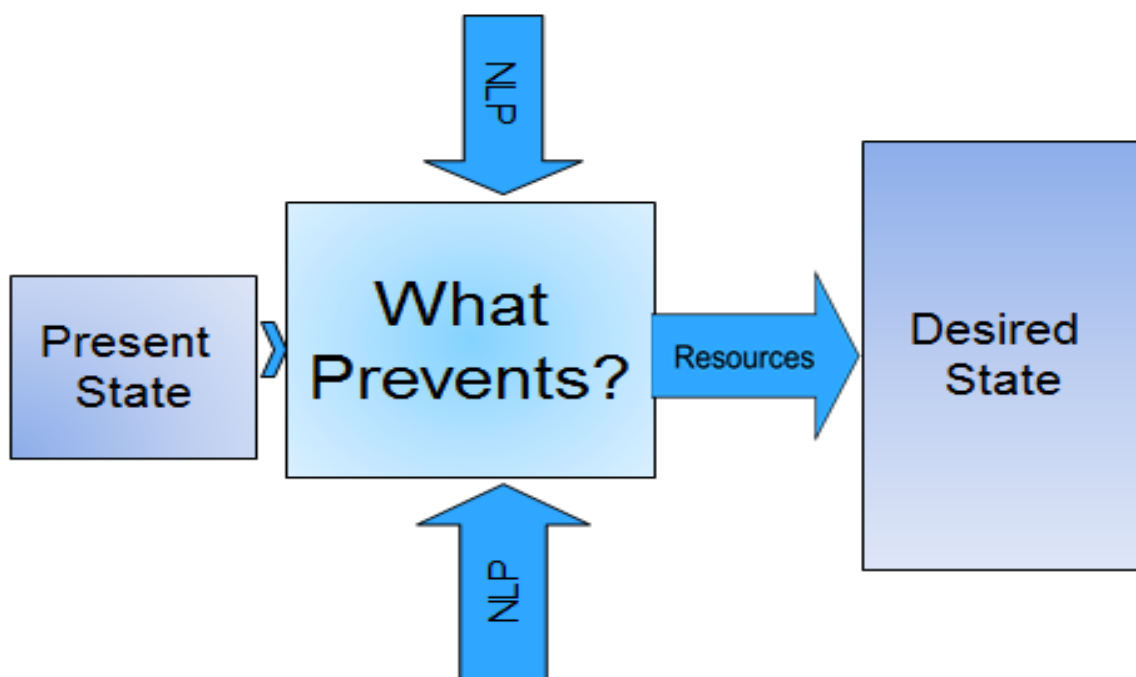
from recognised success patterns. NLP utilises the unconscious programmes to edit, add new programmes or reframe old ones to create the changes you want efficiently. We use

new code NLP to change the content of the conscious mind by upgrading the programming of the unconscious mind.

Using tools to cut through established behavioural and learning patterns, NLP works to change, adopt, or eliminate behaviors as you desire. You can choose to change the behaviours that do not support you. You can enhance the behaviours that get you excellent results, or simply and effortlessly create new ones. We can update or upgrade the mental software of the brain through directed questioning, reframing, visualization and modeling, among the hundreds of NLP techniques. What sets NLP apart from other techniques is the speed at which the profound change occurs. Think of your focus as being like a flashlight. If you were standing in a dark room with abundance in one corner and poverty in the other, your experience in life would be based upon where you're pointing your flashlight at any given time. NLP provides simple yet powerful techniques to shift your conscious and unconscious focus from the negative and limiting to achieving your true potential and goals.

Unlike many other human change methodologies, such as counselling, therapies and coaching, NLP doesn't dig up your past in detail for you to relive. NLP recognises that it got you to today, and some other strategies and resources are required for you to create your desired future.

When you start to utilize NLP, you simply and easily learn to grow from every life experience, increasing your capacity to create a better quality of life.



NLP with Mind Skills Mastery

Mind Skills Mastery has been operating since 2006, and has assisted many people and businesses to achieve results that may have been difficult to obtain without the NLP toolsets. Others have found that by shifting past experiences, their future today is easier.

Mind Skills Mastery Personal Development services can help you with:

- ✓ Creating and achieving goals
- ✓ Communication, listening and making yourself heard
- ✓ Developing positive relationships
- ✓ Change management - divorce, marriage, loss and change
- ✓ Phobia, trauma and stress reduction
- ✓ Career development - changing jobs or wanting a better one
- ✓ Confidence, public speaking
- ✓ Work/life balance - managing yourself, your family and your career
- ✓ Weight loss - aligning your mind to help your body

Mind Skills Mastery Professional Development Coaching specialises in providing clients with tools for:

- ✓ Leadership development
- ✓ Behavioural customer service and sales training
- ✓ Out-placement planning
- ✓ Communication skills
- ✓ Time and priority management
- ✓ Work/life balance
- ✓ Career development
- ✓ Behavioural, cultural and environmental change management
- ✓ Conflict resolution