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NLP - Neuro Linguistic Programming

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What is NLP?

An art and a science..... and much, much more.....

NLP is undoubtedly the most powerful behavioural change technology available in the world today. Something you simply must know about!

NLP is described in many different ways, one we like is; "Fast ways of working out how smart people do things so that we can easily do it too."

Put in a more technical way; tools & techniques for unravelling linguistic and behavioural "Codes" in ourselves and others. NLP is a science created for modelling excellence for "decoding" what makes our role models successful - and - an art for eloquently and skillfully using the ideas to facilitate and get the results.

NLP can be described as a "software manual" for the brain - supplied with short-cut keys. This IT software for your mind is constantly being updated with even more amazing, more fast-working techniques that you simply need to have at your fingertips.

And, just like getting an upgrade, when you start enjoying the new technology of NLP, the benefits become increasingly significant. It all becomes so very straight forward when you are taught how it works by us - you will be surprised by its simplicity.

Many people have noticed BFOS's - "Blinding Flashes of the Obvious" as they unravel and become aware of unwanted behavioral patterns and limiting beliefs in their lives that have previously been holding them back.

Some of our clients have likened it to getting the newest version of their favorite software.

Whether you want to excel at work, achieve peak performance in the office or at the gym, feel GREAT when you go out on a first date, or enhance your relationships beyond your wildest dreams.... NLP builds your awareness of what you CAN DO to create what you want to have, see, be or do..... with a plethora of tools to enable it!

All of us human beings are born with natural communication skills. As we grow up we quickly and instinctively learn how to read other people and get our needs met. Just as you see toddlers communicating eloquently - yet without using words - so NLP can enable you to rediscover how to read facial expressions and body language, accelerating your deeper understanding of what people really mean - enhancing your rapport and speeding up results!

NLP can, at times, seem magical due to the subtle ways in which it is practised and the powerful "miracles" that can occur - from stopping smoking to losing a life-long phobia of flying or snakes in minutes - not hours!

For further information call Baba or Alistair on 0208 962 0601, or email alistair@globalguestlist.com

NLP can and does create massive and lasting changes whether applied on a healing, personal development or professional/business level. And due to its' potency, high ethical intentions are encouraged at all times.

It is utilised by leading Sports Stars, by Politicians and Motivational Speakers and in Board Rooms of Blue Chip Companies Internationally for eloquent communications, slick, successful negotiations and huge increases in sales. For enhancing leadership, management and motivation, NLP can be applied in Corporate or Small Business and is a "must have" for managing rapid growth and change. On a therapeutic level, more psychologists and psychoanalysts daily are qualifying as practitioners of NLP and it is increasingly recognised within the NHS and in Education too. It is an essential tool-kit for Life and Executive Coaches - whether for working with individuals, whole organisations or teams.

It is a tool-kit of techniques for creating the beliefs, actions and behaviours that you want to have, to enable you to become the person that you want to be. These tools and techniques are part of a huge NLP encyclopedia that can be studied from front to back or enjoyed in experiential chunks that are most relevant to you and what you want to do.

And it is NLP in its most accessible, more fun, more magical and vibrant formats that we love to bring to you - for you to take away valuable insights and life-long learnings that can and will enhance each and every area of your life - at work, at home and at play.

HISTORY

In California, in the 1970's, just when the Beatles were burgeoning and the Rolling Stones were creating outcry, another paradigm was shifting - that of cognitive psychology and the keys to unlocking new secrets to accelerating human evolution, change and growth.

The two men who created the ever-expanding NLP model, were Richard Bandler (a mathematician) and John Grinder (an academic and linguist). Seeing the human brain like the hard-drive of a computer, they began to closely observe the differences that made the difference between the similarities in style of top psychotherapists, Virginia Satir and Fritz Perls as well as the "the father of hypnosis" - Milton Erickson.

Each individual had a very different "surface" style - yet used surprisingly similar, unconscious, underlying patterns.

MOST PEOPLE WHO DO THINGS REALLY WELL DON'T KNOW HOW, WHY or WHAT THEY ARE DOING - NLP gives you the capacity to unlock the secrets behind their success so that highly desired skills can be passed on to others.

There have and continue to be many pioneers of NLP, including Tad James, Wyatt Woodsmall, Anthony Robbins (possibly the most commercially successful of all), John Seymour, Charles Faulkner, Connie Rae Andreas, Robert Dilts, John and Julie Overdorf and many many more.....

And as your curiosity about NLP and your knowledge & experience of it grows you may decide like us that its a path you cant resist. However you take it forward you need to know what you don't know so you can decide how it will work for you!