

Neuro Linguistic Programming (NLP)

Neuro refers to neurology and how we use our five senses and physiology. **Linguistic** refers to our use of verbal and non verbal language. **Programming** refers to patterns of behaviour and how we can change which ones are no longer useful to us.

We filter information through our experiences, our beliefs and values and that is what is known as our model of the world. NLP is based on the discovery that changing how one thinks can transform what one thinks, especially on the deeper personal level. The powerful methods of NLP are renowned for the speed at which positive change happens and the excellent results that will be achieved in a very short period of time. In only very few sessions, skilled NLP-trainers can help transform your thinking and breakthrough barriers to success.

Time Line is a very powerful process used to neutralize emotional memories from past experiences. It allows the subconscious mind to heal itself in the same way as we heal physically. The result is a technique, which produces long-lasting transformation very quickly, and faster than any other technique available. Your "Time Line" is how you unconsciously store your memories or how you unconsciously know the difference between a memory from the past and a projection of the future. Behavioral change in an individual takes place at an unconscious level. People don't change consciously. Time Line is a process that allows you to work at the unconscious level and release the effects of past negative experiences and change "inappropriate" programming in minutes rather than days, months or years.

The purpose of NLP and Timeline:

- Releasing Negative Emotions
- Releasing Limiting Beliefs
- Improve Self Esteem & Self Confidence
- Fears, Anxiety and Phobias
- Breaking Habits
- Negative Thinking
- Panic Attacks
- Pre Test Nerves
- Improve Performance

Pricing:

Available on request

Contact us today!