



Introduction to Neuro Linguistic Programming (NLP)

Neuro Linguistic Programming (NLP) is a method of understanding how we think, communicate, and process emotions. NLP is about knowing what is going on inside you and what is going on inside others.

NLP specializes in defining excellence and creating a way for others to do the same, easily and effortlessly.

NLP helps to explain why we all search for information differently and we all like to receive information in a way that best suits our preferred modality.

Definition of NLP

Neuro refers to your brain and your neurology. It is about how you take in and process information. You experience the world around you through your senses. For example, you can use your eyes to see things. You can also experience by hearing, tasting (gustatory), smelling (olfactory) and by feeling, both physically and emotionally (kinesthetic).

Linguistic refers to the language you use to remember a particular experience or to forecast a future experience. Language consists of words, pictures, sounds, feelings (kinesthetic), tastes and smells. For example, did you have breakfast this morning? When you remember having breakfast, do you form a mental picture of the experience? Can you hear sounds (maybe a radio was on or someone was speaking to you)? Do you recall tastes, smells, emotions? How were you feeling? Were you happy, tired, excited etc.?

Programming refers to your personal habits, patterns, strategies etc. For example, most of us begin our workdays with a particular routine. Do you get up as soon as the alarm goes off, or do you lie in bed for an extra few minutes? Do you shower first and then eat, or do you rush out the door and stop at the same coffee shop each morning? And, if something interferes with your normal routine, does it bother you? If you are unable to perform each step, are you left feeling like something is missing?

How NLP is Used?

When you have a session with a NLP practitioner, s/he will help you to notice your key patterns, preferences and behaviour styles. S/he will help you see which of those patterns enhance and support your life and which patterns are causing difficulties. Through working with a NLP practitioner you will learn:

- better communications skills;
- how to let go of and resolve negative emotions;
- how to identify 'what is wrong' and have the tools to create resolutions to your problems;
- who you are and what is important to you; and
- much more

NLP is empowerment to change your life—for life!

** much of this text is from www.nlppartners.com