

## What is NLP?

“NLP stands for Neuro Linguistic Programming, a name that encompasses the three most influential components involved in producing human experience: *neurology, language and programming*.

NLP is a pragmatic school of thought that addresses the many levels involved in being human...it is a multi-dimensional process that involves the development of behavioural competence and flexibility, but also involves strategic thinking and an understanding of the mental and cognitive processes behind behaviour. NLP provides tools and skills for the development of individual excellence...”

This service is carried out by a qualified NLP practitioner, Shahilla Barok, who is registered with ANLP

**Robert Dilts NLP University.**

## What happens during NLP sessions?

We organise our NLP sessions in a similar way to our coaching sessions; session dates and times are organised in advance at mutually convenient times. Most NLP techniques would need to be carried out face to face, some techniques can however, be carried out via telephone or Skype.

NLP uses a range of techniques to elicit resources that the client already possesses in their unconscious mind. Techniques combine, questioning with physical movements to embed certain behaviours, skills, beliefs etc. NLP believes that there is no failure, only feedback i.e. we learn from the thing that don't work, we learn how to do them better by studying the aspects that didn't work. NLP also believe that all the resources you require to achieve your outcomes are within you. It is as Robert Dilts explains; a multi-dimensional approach, flexibility is one of the key advantages of NLP.

Your NLP practitioner will decide the best techniques to use and will always explain the processes to you. You need to have a good level of trust in your practitioner in order to fully benefit from this approach.

With NLP, the possibilities are endless! This is an exciting journey of exploration of your own qualities and abilities, finding ways to bring them to the forefront an utilising them to achieve our goal, outcomes and aspirations.