

# What is NLP?

How is it useful in business & life?

## How did it all begin?

1970s: Richard Bandler & John Grinder noticed some therapists had better results than others.



They realised the most effective people have patterns that can be learned & replicated.

The NLP Techniques website includes nearly 100 free videos.

## What is NLP used for?

NLP is useful in many personal and work situations. Here's a few examples



Connecting to your purpose, values, & motivation.



Enjoying a more successful & fulfilled life.



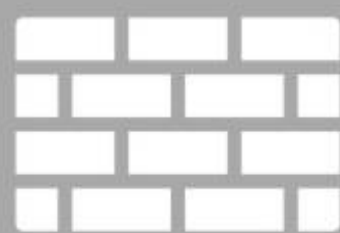
Improving work performance; starting & building companies.



Better relationships at work & at home.



Developing beneficial health routines.



Overcoming blocks & learning new skills.



Increasing confidence



Managing stress



Developing leadership skills

## ACHIEVE MORE NOW

[www.nlp-techniques.org](http://www.nlp-techniques.org)