

What is NLP?

How is Neuro Linguistic Programming 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.



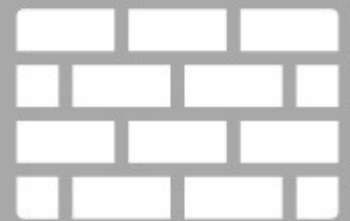
Improving work performance; starting & building companies.



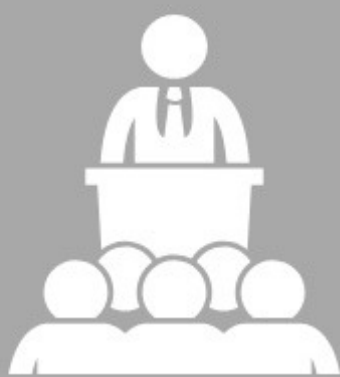
Better relationships at work & at home.



Developing beneficial health routines.



Overcoming blocks & learning new skills.



Increasing confidence



Managing stress



Developing leadership skills

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