

NLP is a powerful approach aimed at helping people to live life to their full potential. This is achieved by re-programming patterns of beliefs, thoughts, feelings and actions to enable individuals to change and achieve what they want.

Duration of treatment session

- generally between 60 - 120 minutes.

Popular uses are to facilitate coping with and orchestrating positive changes in your life and approach including

Personal changes

- Lifestyle changes, Unwanted habits, Phobias, Relationships, Parenting, Anxiety, Co-dependence, Assertiveness, Anger, Guilt, Criticism, Jealousy, Sleep disorders, Eating disorders, Stage fright, Confidence, Chronic ill-health, Grief, Stress, Diet, Smoking

Professional changes

- Decision making, Communication including public speaking, Motivation, Business performance, Problem solving, Personnel development and Coaching.

NLP has the ability to enable you to make positive changes in your life while remaining in full control of the changes that you choose to make. With the full support of an experienced NLP practitioner to guide you, this therapy will assist to achieve the outlook, confidence and attitude to strike out in a new direction with focus and determination.

NLP is successful in altering patterns of thoughts, actions and beliefs that prevent individuals from really finding or getting what they want from life.

NLP works at the core of our minds to

- free yourself from the past
- see and seize opportunities
- move forward and build your future
- appreciate what you have and make even more of it
- make your opinion matter
- allow your mind and body to use its inherent ability to heal

What change would you like if you knew you could have it?

Call Heather on 07918084826