

## **“NLP” - Neuro-Linguistic Programming**

NLP is about understanding and transforming the workings of the mind. Neuro refers to the brain; Linguistic refers to language; Programming refers to how all language functions in the brain to create thoughts, emotions and actions.

The life you live is the direct manifestation of the verbal and non-verbal language that is created in your mind.

The mind interprets and defines our experiences according to how it has been programmed to do so. This is based on past experiences and the interpretations we, and others close to us, have given them.

Experiences become encoded inside our brain in the form of words, sounds, visual images, sensations, tastes, and smells. Those are the elements of our brain’s language and database.

**This coding is constant and automatic.**

In this process we create our mental scripts, our programming, the ideas we have about ourselves and the world. This is a useful process, but sometimes stressful situations create stressful brain connections and negative mental scripts.

The good news is that you can alter the language of your brain and therefore rewire your brain’s connections in order to create better responses and reduce stress.

Neuroscientists have proven that this neuroplasticity is real and NLP tools can help us purposefully change our “mind-scripts” to be in tune with what we really want to experience in life.

Using NLP we can teach you how to use your awareness, your 5 senses, your words and your intention in order to achieve your desired outcomes. You can learn to re-wire your brain circuitry so that your experiences become what you want them to be.

## We use NLP to help our clients:

- Understand how their mind works
- Become aware of inner strengths and resources
- Overcome fears and phobias
- Learn to handle sudden memory flashbacks by creatively changing the way they appear in your mind
- Develop successful strategies for pursuing goals
- Develop the ability to transform upsetting thoughts and memories
- Learn techniques to imagine the future and rehearse future scenarios ahead of time (mental virtual reality)
- Gain greater mental flexibility
- Develop empathy and self-compassion
- Become more mindful