

Who will benefit...

- Anyone with negative emotions and thoughts
- Gambling or Drinking problems
- Weight problems
- Smoking
- Allergies
- Phobias
- Procrastination
- Career Changes
- Motivation
- Goal Setting
- Money Issues
- Business Owners
- Athletes
- Parents
- Teenagers
- Everyone....

NLP enables you to understand what makes you tick, how you feel and how you make sense of everyday life in the world around us.

It will assist you in learning how to think more effectively and communicate more effectively with yourself and others.

Anne has extensive experience in counseling.

She is a Master Practitioner of NLP, and has her Master Cert in Ericksonian Hypnosis and Sequential Mind Technique (SMT) and is a qualified Work Place Trainer

For further information,
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Insight to Solutions

INSIGHT TO SOLUTIONS



*Empower yourself
and others to
produce
extraordinary
results with NLP*

Guess what?... you can have your cake.....

Have you reached a stage in your life where you have tried to change certain behaviors, but find yourself falling back into old patterns that no longer serve you?

Have you the passion to finally take charge of your life to get ahead in your career or create a wonderful fulfilling relationship, but something is holding you back?

Have you been walking around in circles and not getting things done, having problems with understanding your behaviors and others, are you self sabotaging your health Struggling with financial issues?

and you want to

- **Tap into creating wealth**
- **Be on the right path in your career**
- **Enjoy every moment of the day**
- **Eliminate negative limitations that you know are holding you back**
- **Achieve the life of your dreams**
- **Perform to your highest ability in life**
- **Create freedom of choice**

.....and eat it!

NLP will **improve** your :-

- **Confidence,**
- Communication skills
- Release unwanted negative emotions and beliefs,
- Develop a **positive self image,**
- Give an understanding about your behaviors and in other people,
- **Enhance** your abilities,
- **Increase motivation**
- And keep a sense of balance and centeredness in your life!

Neuro – what’s happening in our minds

Linguistic – the language and how we use it

Programming – patterns of behavior – what we learn and repeat

“Neuro Linguistic Programming is the most powerful tool for change that exists today.”

Psychology Today

NLP began in California in the early 1970's at the University of Santa Cruz. Richard Bandler, a masters level student of information sciences and mathematics, along with Dr John Grinder, a professor of linguistics decided to study people they considered to be excellent communicators and facilitators of change. They studied the strategies and modeled three world-renowned psychotherapists:-

Just Imagine for a moment, that you are in complete charge of your life, you feel completely fulfilling with your career, your relationship is as loving and affectionate as you could have, you hear your friends telling you how they admire the changes in you. Your family tells you that they like what they now see!

**Have you ever dreamt of this type life?
Could you imagine this being you?**

NLP will guide you with amazing tools and strategies through the Gateway to Freedom to a life you can have or have dreamt of.

