



## NLP Open Programme

***Eileen invites you to join her and the NLP delegates on this special NLP one day Open Programme.***



*Eileen has a wealth of experience in delivering NLP and has found NLP to be a useful method of self-identification and re-alignment, which has transformed the aspirations of those seeking an effective channel of self-awareness.*

**Throughout the day you will explore and discover how to apply NLP techniques to your own situations, challenges and goals.**

### **Overview & Benefits:**

Would you like to:

- ✚ Develop an understanding of what NLP is and how it works?
- ✚ Understand Linguistic Patterns within the context of NLP (a Model of Therapy)?
- ✚ Appreciate the power of metaphors & how they define you and what you experience?
- ✚ Learn the NLP structure of the Internal Cognitive Spelling Strategy?

### **You'll have the opportunity to:**

- ✚ Learn simple and effective tools/techniques which you can use daily
- ✚ Gain learning & insight from other's experiences
- ✚ Try out NLP techniques in a supportive environment

- The day will begin with introduction to NLP
- The day will end with a session covering the power of hypnotic language
- Then it is to the village pub to have some light refreshments

**Cost £49.00 Saturday October 8<sup>th</sup> 2011 10am – 4pm**

### **Venue:**

The tranquil setting of Graveley Village Hall, Hertfordshire, SG4 7LE

To book call 01438 310074 or email [Elaine](mailto:Elaine@hcma.me.uk) at [info@hcma.me.uk](mailto:info@hcma.me.uk)

*“Eileen is an amazing facilitator who creates an atmosphere of fun to work in, which brings out the best in everyone. Eileen is thorough and professional and I highly recommend her.” Kanti Freeman  
Sound Therapist, Divine Harmony.*