



## Trainers Training In Thailand: September 2009

August 2009

## Claybrook NLP GoodNewsletter

### Welcome to the Claybrook NLP GoodNewsletter!

*In this issue you will find articles on past delegates experiences and a therapy clients feedback; simple yet powerful tips for success, and updates on our recent and forthcoming courses.*

*There's a particularly inspiring experience of redundancy too.*

*Many readers come back to the newsletter over a few days and read a bit more - and feel free to forward on to others too!*

*I'd like to take this opportunity to introduce Kerri to the team! Kerri is in charge of Operations at Claybrook NLP and is always available. So those times when I am training or abroad, you can speak to Kerri who will happily answer your questions. And she's qualified as an NLP Practitioner so those of you doing your pre-course study or need some help with clients, Kerri can help too!*

*Welcome Kerri!*

*So enjoy - and remember - if you have any questions or comments, feel free to e-mail or talk to us.*

*Kind Regards,*

*Sheila Patel*

*07956 419324 / 01895 472675*

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**STOP PRESS:** There are 2 places available for August 9th - next Sunday - at Ealing, due to delegates changing courses. If you want to attend call Sheila 01895 472675.

**"This is a fascinating and huge subject which I truly wish I had studied much earlier."**

I managed to get my business to the level where I had an extremely competent team running the day to day very well. This left me with more time on my hands and it dawned on me that I had pretty much had tunnel vision for the last 30 years whilst building my businesses and not really spent much time on anything else. Various articles and television shows piqued my interest on NLP so I decided to attend a course, and then another. This is a fascinating and huge subject which I truly wish I had studied much earlier. Not only are there huge benefits on a personal level but so much is relevant to business, when you think about it it's obvious, it's about gaining a much deeper understanding of yourself and other people, what else is business about?

Being a businessman and being interested in NLP is not mutually exclusive, quite the opposite, I would say learning NLP is an imperative step on the way to achieving optimum business potential and life balance.

*JK, Windsor*



## **Introduction to NLP**

### **Experience NLP - practical psychology for success**

*When?*

*Sunday, 27th September 2009 - FULL*

**Next Available course 1st November Ealing**

*10:00 - 16:30*

*Where?*

*Ramada Jarvis Hotel*

*Ealing Common*

*Ealing London*

*W5 3HN*

*How much?*

*£45 plus 1 additional friend for £20. This course will be presented by Lenka as Sheila will be training in Hartlepool. Places are limited so email or call now to reserve your place.*





### Some feedback from one to one therapy...

"Dear ,  
I have had exactly the same problem with my 9 yrs old son. He saw pics of missing madelaine and then developed this 'scared to go to sleep'. It began in August and we are still not 100% there as yet. I like you was at my wits end. He stayed up until 10pm everynight with me sitting upstairs until he feel asleep. I saw a CAHMS specialist who was rubbish. I then paid a lot of money and saw a Claybrook NLP therapist. She is based in Eastcote and she worked wonders. let me know if you would like her number. I also invested in childrens meditation CD's by Christsine Kerr and he now listens to them everynight. They have really helped. Please contact me directly via email if you want her details. I only saw her once and she did something called Time line therapy. Good Luck "

To find out more about the courses & therapy, call 0800 542 2439 or email me on [sheila@claybrooknlp.com](mailto:sheila@claybrooknlp.com)



### Redundancy - One door closes, another opens... One persons experience

"It was April 2009 when my husband called to say he had been made redundant, after 19 years of service in the same company. Admittedly we knew it was a possibility but it still seemed surreal. For 3 days my husband was quite low, then he woke up after a restless night and said 'Maybe I didn't take all the opportunities I could have. Maybe I could have done things differently to avoid this happening. But now that it has, it's a chance for me to expand and realise my potential. I know I can do more, and now's my chance to find out just what I'm capable of.'

So he started calling lots of agents, getting references, spent 3 weeks perfecting his CV! and sat, waiting for the phone to ring. He was contemplating whether to get a specific relevant qualification for his work - should he go now while he has the time, or would he miss an important phone call? Or should he wait until he got a job and then do this qualification he's been meaning to do for a while?

All I said was 'A watched kettle never boils. If you wait for the phone to ring, it won't. Be busy and you'll be surprised how quickly you start getting phone calls.' So he did book onto the course which started 2 weeks later. During his 5 days on the course he had daily phone calls about work and booked himself 5 interviews the following week, which led to 3 job offers.

Within two and a half months of redudancy, he is **now** working for double what he was on in his last job!"

A Master Practitioner's experience, kindly shared to inspire...



## Success is a birthright, not a lottery...

Nobody is born with special permission to succeed. Someone doesn't come down from a cloud and say "Now it's your turn to succeed!" or "You can't be successful!" - It's YOU who does that!

Success starts with STARTING something! Often people make the mistake of waiting until the time is right - but what happens when you start doing something - you get really energised about it! Think about it - we often dread the thought of cleaning or tidying, then once we get started, we get really into it and actually enjoy it.

We get motivated by DOING things, not thinking about them. Sometimes, this means getting out of the comfort zone - that grey area in life where we know what we know and nothing changes... What did Einstein say? "Definition of insanity - doing the same thing again and again and expecting different results."

This is what the comfort zone is. And sometimes it may seem strange or scary to want more because that means doing things out of our comfort zone. This requires courage and that's something we all have. Having courage to trust in oneself - listen, we've survived this long and been fairly successful - what would happen if we just achieved 10% more than before? What's the worst that could happen? Usually, nothing!

And if we make a mistake that's okay... that's how we learn. Mistakes teach us what not to do and by asking ourselves, how can we do it differently next time, we use that mistake as a learning, so it's not wasted.

Learning that success, in any area of life: family, relationships, health & fitness, career, business and so on, is achievable, and a key to focussing on what you want in life, not what you don't want...



Thank you for reading this month's "GoodNewsletter".

If you have any questions or comments please [e-mail us](#), your feedback is very important to us.

If you know anybody who would benefit by reading this GoodNewsletter, please forward them this e-mail. Have a great month ahead!

**For more information contact 0800 542 2439 or email [info@claybrooknlp.com](mailto:info@claybrooknlp.com) or visit [www.claybrooknlp.com](http://www.claybrooknlp.com)**