



Congratulations NLP Practitioners June 2009!!!

July 2009

Claybrook NLP GoodNewsletter

Hello and welcome to the Claybrook NLP GoodNewsletter!

In this issue you will find articles on how past delegates have implemented NLP into their lives, making networking easy, simple yet powerful tips for increasing self-confidence and updates on our recent and forthcoming courses. Do read through to the end - many readers come back to the newsletter over a few days and read a bit more - Rocsana's very personal account of how NLP has specifically helped her change is an inspirational read!

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

Kind Regards,
Sheila Patel
0800 542 2439

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"A lot has changed within my life since I decided to embark on this journey"

Our NLP Practitioner Kerri shares how the Claybrook NLP Practitioner Certified Training has had an immediate impact on her and her life...even five months on!

"...at the beginning I thought piece of cake, I can do whatever I want in a flash, what I have now realised is that I can achieve my desired outcome through sheer hard work and determination which is far more rewarding long term than just having an instant result.

Sheila has taught me so much about living your dream everyday not just in the near future. Goal setting is key to staying on track and having that important focus we can all lose sight of at some point during our lives.

The pre-study and NLP course has strengthened my belief in that we can all create our own destiny especially, with the support of people like Sheila, loved ones around us and of course ourselves!

As a suggestion just get out there and do something today as I'm proving step by step, life is too precious to sit back and wonder 'what if' when it can be 'what next?'
KC – Hertfordshire

Kerri now runs her own mobile beauty business in Hertfordshire called Essence of Beauty. For more details of Kerri's services call 07951 895692.

If you would like to learn about becoming NLP Practitioner you can [click here](#) for more information. Or call us on 0800 542 2439 to ask questions or reserve your place for this transformational course.



Introduction to NLP - One Day Foundation Diploma Experience NLP - practical psychology for success

*When? Sunday, 27th September 2009
10:00 - 16:30*

*Where? Park Inn Watford Hotel
30-40 St Albans Road
Hertfordshire
WD17 1RN*

How much? £45 plus additional friend for £20.



Above is a group of fabulous people that attended Introduction to NLP course in June.

"I'm loving this day, oh, I'm loving this day!" - these were Kim's words, one of the delegates of our recent Introduction to NLP courses. Mum of two, she decided to attend this course as she heard the 'NLP word' mentioned many times during her company management training.

Kim was quite surprised that this day was much more than 'collection of NLP tools'. She couldn't stop talking about how she was going to apply what she learned with upbringing of her beautiful daughters, improving relationship with her boss and becoming more of a 'woman I want to be'

Was Kim the only one who found the course 'amazing'? Of course not! This one day

interactive introduction into practical psychology of success consistently receives excellent feedback, averaging 9.6 out of 10 (1 being poor and 10 being excellent). All of the delegates of this one day course learn some easy to learn and apply NLP techniques, that will help them to achieve much more in their personal life and professions.

By all means, this is not a comprehensive course on Neuro - Linguistic Programming. But if you are looking for more motivation, focus, confidence in yourself or improved results in your business or work, this is an excellent way to start your journey of personal development and growth.

Come and join us for the next available Introduction to NLP course this summer - September 27th in Watford, Hertfordshire. You will find this course a very good investment of your money and time. Book early as places get filled fast!



Congratulations to Six Excellent Practitioners of NLP!!!

Lenka and I have just finished a FABULOUS week of training in Watford with six newly qualified, and fully competent, Practitioners of NLP. The week flew by with lots of learning, laughing and enlightenment for everyone involved. The best description comes from the delegates themselves, so here are few of their comments:

"I can't believe how different I feel now to how I did before starting. It was surprisingly easy to admit my negative states in front of strangers, I think this was due to the positive and understanding attitudes of the trainers. I am determined to use NLP every day to make the positive changes I need to reach my goal and to help others."

"The course was truly truly excellent. I feel it has changed my life and am confident that this is the light at the end of the tunnel that I have been looking for. As a result of the changed me I think the world is now going to be a much better place for me and even more importantly for all the people I know."

"I really enjoyed my course. I looked forward to it and the content fulfilled me. The trainers complimented each other in the delivery of the training fantastically. I enjoyed every moment and look forward to using my newly learnt tools of NLP. May I take this opportunity to thank both my trainers for a life changing week."

"Good atmosphere on the course, made booking easy and friendly and encouraging responses to all exercises. Great experience – I signed up for a business course and got so much more out of it. The trainers were always friendly and helpful and it

was great to see the positive changes occur within the group. Like the most refreshing holiday you can go on! If only we could go on this course every week!"

"It was a great experience. Both Lenka and Sheila showed excellent knowledge of NLP and presented it in a friendly and professional way. This is a life changing course."

"I thoroughly enjoyed the course. I think the course work and delivery style was great. It was full of energy and positivity I couldn't help but feel the same energy. I couldn't believe how from day 5 (after Time Line) I was able to put it all into practise and fit it into my life. Overall the most amazing experience I've had."

To find out more about the courses and book yourself on, call 0800 542 2349 or email me on sheila@claybrooknlp.com



Using NLP... Jo's experience

The use of NLP in today's society is limitless. Rickmansworth based complementary therapist, Jo Chapple, trained with Claybrook early in 2009 and frequently uses her Certified Practitioner learnings and experiences with her clients.

Jo is also a practitioner of Amatsu- a Japanese Physical Therapy, Reflexology and Reiki. Her aim is to restore bodily balance with her various treatments. She treats most conditions and particularly focuses in treating the symptoms of infertility, cancer and learning difficulties. Jo regularly uses NLP where clients find it hard to break habits which are causing body imbalances: such as removing a desire for copious chocolate eating which is harming a client's digestion; the use of a hypnosis script or removal of limiting decisions to assist with infertility and generally, where clients cannot move forward with their own holistic healing until unresolved negative emotions are eradicated, enabling the body to restore self-harmony and balance once again.

To find out more about Jo's work or to make an appointment visit her website www.jochapple.co.uk or call Jo on 07879 405070.



12 Ways to use NLP

During our courses, we often ask delegates to make up their own definition of NLP. We do it purely because we know that nobody can come up with the wrong answer! Since NLP is all about communication with self and others and success is dependant on person's ability to communicate, everyone can find a definition and application of NLP that will be totally relevant and useful to them.



All those that already completed their NLP studies agree that NLP is very powerful. They would tell you, one by one, how they use NLP in their every day life and work

for much better and consistent results. Here are just 12 ways how you can use the tools of NLP yourself:

- As information that powerfully transforms lives
- As an amazing tool to acquire new capabilities.
- As a way to change perceptions of experiences.
- As a way to control unconscious mind.
- As "the power tools" in business.
- As a persuading capability.
- As skill modeling tools.
- As rapid learning.
- As awareness.
- As creativity.
- As healing
- As fun!



Does Networking make you nervous? By: Nicole Attias

Confronting a room full of strangers can be nerve-wracking. Nicole Attias has some timely tips to help you make the most of networking events.

Picture yourself walking into a large room where 25 people are seated around an oval-shaped table. The facilitator is preparing his / her presentation notes. The attendees are glancing at their morning agendas. This is your first formal networking event. How will you introduce yourself?

Many new business owners struggle when introducing themselves at social events. Adapting to different personality types is never easy. This is especially true for people who dislike public speaking. How can you network effectively if you don't feel comfortable? Business owners of all backgrounds will be forced to confront this question at some point along their professional journey.

Use body language to your advantage

Focus first on body language. When used properly, body language can work wonders in creating a good first impression. How one walks into a room says so much about that person. An upright posture and strong handshake project confidence. Maintaining eye contact throughout a conversation translates into, "I'm excited to be here and learn more about you."

Be brief and to the point

Some business owners enjoy networking, but fail to explain what they do effectively. Instead of being brief when asked, they ramble. Your business infomercial should last no longer than 60 seconds, stating three benefits of your product or service. Begin your infomercial with a question when addressing a large group. "How many people in this room like to get pampered?" is an excellent question for someone operating a spa. Another great grabber is introducing a "free day at the spa" for first time guests. If you operate a product-oriented business, bring sample materials to pass around. Imagine how much power nicely-wrapped chocolate samples have right before Christmas. Don't be afraid to use your imagination.

Avoid jargon

When delivering your business infomercial, use generic terms, not industry jargon, so that the largest number of people will understand you. This is a common mistake corporate professionals encounter. To test your infomercial, run it by people you know who are outside your industry. If they understand you, you're on the right track. Remember to bring along extra business cards. Each person you meet should receive two, so they can refer future prospects your way. Have fun!

Networking should be regarded as fun and exciting. The next time you're invited to an event and notice a room full of strangers ask yourself: "What is it about my business that I love?" and share it with others. A little regular self-evaluation and practice is all you need to become better at it, and the Business Excellence Programme helps you do just that.

Nicole Attias has her honors degree in psychology and is a member of Toastmasters International and the executive coaching network. She works with instructors, entrepreneurs and corporate professionals in the area of presentation-skills, helping them to speak with confidence at meetings, trade shows and events



It's amazing who you meet...

During last week's training in Watford, Lenka and I were having our morning coffee waiting for our 9.30 start, when a friendly lady wished us good morning. We happily replied and smiled back and won from this lady her business card! Having since spoken I now know this lady as Ann Phillipot - a HypnoBirthing© Practitioner and Distributor of natural products. Ann has great energy and is a real testament to the value of her products. To find out more visit Ann's website : www.greatexpectationsteam.com



Rocsana's Experience

After my NLP Practitioner course, friends asked me how that was...if I had any 'mind-blowing' revelations...

This experience still ripples through my every day life and the results are only now showing slowly but surely!

Have you ever seen a beautiful, exotic plant, in a garden, looking pretty but struggling to survive, every day, trying to keep alive, doing what plants do...just be there and wait for the rain and the sun and the wind and everything else around to provide the right conditions for it to survive?

Many had tried to 'fix' the plant: to repot it, to give it more sun or more water, but our pretty plant was still struggling to survive...

One day, a wise gardener just brought some special fertilizer and spread it around in the garden. The roots started taking in exactly what they needed from the soil - each plant took the right nutriment that suited its own needs in order to grow stronger. A little bit today, a bit more tomorrow, getting stronger and stronger, more and more confident in their abilities every day.

At the same time, from the outside, people could see no difference. The plants looked the same. The garden is the same. No changes, they thought. But the gardener knew better. So he allowed the plants to do the changes themselves, they didn't need any fixing, they just needed guidance.

Deep inside now, the roots had everything they needed. And slowly their strength spread up to the leaves and the plant is now no longer struggling, it now finds it so easy to grow, to still grow stronger and stronger, higher and higher every day. Regardless of how much sun and wind and rain. It now knows exactly how to use even the lack of rain to its advantage. It has all it needs not only to survive, but to thrive as well!!!

Still, very little difference was noticeable from the outside, but on the inside, where it matters, our beautiful exotic plant had been changing back to what it was supposed to be all along! Exotic and plentiful! And in its knowledge of change, our plant has now remembered how beautiful and rare and special it is! It now remembered what it was meant to be...and kept on growing and growing... Higher and higher and everyone can finally see it turning slowly, week after week, month after month into a tall, strong, beautiful tree, blooming, and even growing big, juicy fruits for everyone to enjoy!

You want to know what these courses were like for me?... Well, I'm the little plant. I'm already stronger and ready to grow although it might not be visible to everyone yet. My friends can tell the difference and most importantly, I can tell the difference!! I'm making the changes I need and turning the circumstances and opportunities to my advantage - because I now Know how.

I guess you gathered by now who's the wise gardener. I didn't only have one wise gardener, I had TWO !!

Thank you Lenka! and Thank you, Sheila! Deciding to take your guidance was one of the best decisions I have ever made in my life so far. It's been a few months since I did the NLP Practitioner course and only one month since I did the Time Line therapy and Hypnosis courses...

My life has finally got a different 'flavour'. I am now actually doing all the things I've been only been able to talk about and dream about before.

Even now after the courses have finished and knowing that you can have support even AFTER the courses is yet another guarantee that you can only benefit from this experience..

Now I can so easily ask myself the right questions instead of the unuseful ones and I am daily using all this information at work, with friends, with people I just met, on dates, just so that I can direct the focus on the right outcome, on a positive note. NLP has literally changed everything in the way that I now completely took on the wheel - I'm driving my own life to where I want it to be! Thank you! Thank you! Thank you!

**For more information call 01895 472675 or email info@claybrooknlp.com
We look forward to hearing from you!**