



Welcome to the Claybrook NLP November 2009 Newsletter!

Thank you for taking the time to read our Newsletter. This one for November is a few days early, as I'm training next week in Hartlepool.

This issue has lots of articles showing how NLP can be and has been, sometime overtly and other times without any awareness at all, incorporated in daily life. In Education, Sports, Health...

We've also included an article on anger.

And we've got all our dates for next year on this Newsletter too.

As always, if you've got any questions or comments to make, do call or email myself or Kerri, we'd be happy to hear from you!

Sheila Patel, MD Claybrook NLP &

Kerri Cain, Operations Manager

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Available dates:

Introduction to NLP

Sunday 22nd November,
Watford - Park Inn Hotel,
10am to 4.30pm



*Click above to book your
place now!*

*"You must have a mad passion for
Success"*



1 Passion for Success

Unusually, a Hollywood film Producer Larry Thompson, tells his clients "you can't just have ambition. You must have a rage to succeed. You must have a mad passion for success."

Often this is the kind of pep-talk one hears from a sports coach!

And Larry is absolutely right. He gives the example of Cuban chess world champion Raul Capablanca who lost his title to a Russian opponent, whose rage to succeed was a mightier force than Capablanca's natural gift for knowing how chess should be played.

Larry's point is that "the more rage you have, the less natural talent you need." We know this is true - being passionate about what you do - whether it's sweeping streets, nursing patients, teaching, anything - you need to be passionate about it, enjoy it, look forward to it! That's the driver for success in what you do.

It's certainly not all about money and wealth. It's about wanting to do more and loving every minute of it. There are always people who enjoy their jobs - whatever that job is.

As human beings we are not really very different to each other in our physiology and brain structure. So what's the difference between enjoying and succeeding in what we do, and not?
WILL POWER and DESIRE!

Look at John McEnroe, Jimmy Connors or Andy Murray - certainly not athletic in their physique early in their careers. Yet their success is undeniable. Or Muralitharan - the most successful cricket bowler with 770 test wickets. Yet he's only 5'7" and has a congenital deformity resulting in short arms.

Why are these sports people so successful? They want to succeed and put in hours of practice to perfect their game -that's why. Research has proven that the difference between "Experts" in any field and others who work in the field is not intelligence, innate talent, upbringing etc, it's purely the number of hours dedicated to that specific thing.
So tell me, who doesn't have time to get passionate about what they love?!

"You can't just have ambition. You must have a RAGE to succeed. You must have a mad passion for success."

2 Help for Dyslexic Children



Teachers should seek to make use of "seeing, hearing and doing"

A government inquiry has led to a pledge of £10m to train 4,000 teachers to be specialists in "dyslexia" over the next two years.

Regardless of whether you believe "dyslexia" is genetic or not, or acknowledge it's existence - this is certainly good news for all children.

Why specifically? Because Sir Jim Rose's report concluded that teachers should also seek to make use of 'seeing, hearing and doing' in classrooms.

This fits in perfectly with how NLP encourages everyone to use their senses in all environments. The best way to learn is to combine seeing something, hearing about it, and doing something interactive. That way, we make the most of our brains

Montessori teaching is based on this principle and delivers happy, curious children who learn quickly and easily - what more could we want!

For more information
Call 0800 542 2439
Email info@claybrooknlp.com
Visit www.ClaybrookNLP.com

3 Anger: Who needs it?

When you are angry, your body releases stress hormones such as cortisol and adrenaline. Your heart rate, blood pressure, body temperature and breathing increase. When your body has to cope with a large amount of stress hormones due to angry outbursts, it may respond by making you ill.

Unresolved anger can weaken your immune system so that you are more likely to pick up colds, flu's and infections. You will be less able to recover from operations, accidents or major illnesses, if your immune system is weak. Anger also lowers your pain threshold so that you are more sensitive to pain.

Anger can be a normal, healthy reaction but can range from feeling normal annoyance to full-blown rage, which can cloud your thinking and judgement and may lead to actions that are unreasonable and/or irrational.

NLP can help you to totally let go of 'how you do anger', so that you can learn how to do it differently in the future.

A number of techniques work with the neural patterns of the brain and so change the root cause of the anger. By working at this level, anger quickly becomes a lesser emotion, so that clients show a preference for clear communication, calmness, confidence and the ability to see situations clearly – no more 'red mist'!

Of course, you'll still feel anger in the future when it's appropriate – you just won't hold on to it and carry it around with you for days, weeks, months or years!

For more information call Sheila 0800 542 2439



Forthcoming Dates for 2009/2010

Introduction to NLP 1 Day Event:

Sunday 22nd November, Watford

Sunday 31st January, Watford

Sunday 28th February, Watford

Practitioner NLP 7 Day Course:

15th - 21st November, Watford

7th - 15th February, Watford

21st - 27th March, Manchester

11th - 17th April, Ealing

Practitioner Time Line Therapy™ & Hypnosis 4 Day Course:

15th - 18th January, Watford

23rd - 26th April, Watford

Master Practitioner NLP, TLT & Hypnosis 14 Day Course:

Week 1 - 24th - 30th January, Watford

Week 2 - 21st-27th February, Watford

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ALL COURSES ARE FULLY ACCREDITED BY THE
AMERICAN BOARD OF NEURO LINGUISTIC
PROGRAMMING, TIME LINE THERAPY ASSOCIATION
AND AMERICAN BOARD OF HYPNOSIS

