



Telephone: 0800 542 2439



October 2009

Claybrook NLP GoodNewsletter

Congratulations Time Line Therapy™ & Hypnosis Practitioners, October 2009!

Welcome to the Claybrook NLP GoodNewsletter!

*Wow - what a month! And it's gone so quick, hasn't it?
Having recently returned from Thailand I must first congratulate 12 fantastic new Trainers of NLP! Their sheer hard work, determination and enthusiasm made the 4 weeks training simply fly by!*

And of course a hearty Congratulations to the new Time Line Therapy™ & Hypnosis Practitioners. Two more processes that will help make Coaching and Therapy even better - well done everyone!

This newsletter will include delegates experiences, information about the courses and an interesting article on giving suggestions for improvements.

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

Kind Regards,

Sheila Patel
0800 542 2439



Trainers Training - Some people ask "Why Thailand?"

Well, Why Not? Trainers Training is not just a ticking the box exercise - jump through the right hoops and you'll get certified! No way!

Trainers Training is certainly a Certification process, and it's also a comprehensive training that ensures Trainers know their NLP content accurately.

Our Practitioners and Master Practitioners know their content - really well! We know that our trainings ensure our delegates have precise and clear knowledge, so that when they are tested on their NLP content, they recall the information easily.

By going away for 4 weeks, to a country where you will have the experience of a lifetime, delegates are totally focussed on getting a high pass for their Trainers Training Certificate. Every delegate has content information on ALL traditional NLP techniques - a must for anyone serious about training NLP.

If you need another reason for Thailand - have a look at this...



Some amazing views from the Hyatt Regency Hotel, Hua Hin, and an evening for rest and recreation - in a soundproof Karaoke room!



[An article from a past delegate... Enjoy!](#)

During the month of August, I trained successfully to become an NLP practitioner. As the week ahead unfolded I can only say that NLP changed my life for the better.

Taking on board what Sheila and Lenka advised which was to keep an open mind, I learned much more than I could ever have imagined about how we think as people and how that in turn directly affects our emotions and our behaviour.

I found myself listening to what others say with much more awareness and certainly became even more aware of how I say things.

For me NLP is like travelling down a long dark tunnel and not really knowing what I would meet on the way but, Sheila and Lenka's teaching skills enabled that journey to be travelled with ease and turning lights on in the tunnel, the further we journeyed together the clarity of what NLP is about and the value it holds for all just became clearer and clearer.

So many think that NLP is for ' The Business World ', how wrong they are. I have used the skills of NLP with my own family and seen the benefits. My own Grandson was struggling with spelling certain words. Using a technique in NLP, he is consistently spelling those difficult words and his class teacher is amazed at the progress.

I wish I had taken this course years ago. My next step is to train in Time Line Therapy and Hypnosis. I know I already have the tools to help others but I also know that Time Line and Hypnosis can only add to the wealth of value in NLP for the benefit of every client I have the privilege of working alongside.

I am looking forward to a future that I know has not only changed my life but will change the life of others too.

Yvonne Owen
Practitioner NLP

More course feedback below...



**Introduction to NLP - EXTRA DATE due to demand
Experience NLP - practical psychology for success**

When?

Sunday, 18th October 2009
10:00 - 16:30

Where?

The Park Inn Hotel, 30-40 St Albans Road, Watford WD17 1RN

How much?

£45 plus 1 additional friend for £20.

Places are limited so email or call 0800 542 2439! now to reserve your place.



Waiting for the "but"? How to give compliments and suggestions for improvement the listener will thank you for...

Being a Training Assistant in Thailand, I knew it was a great opportunity to learn more - there's always more to learn, isn't there?

My responsibility was to give feedback to the delegates on all the exercises, to help them improve and get better. The challenge is to give comments that are received with the positive intent with which they are given.

You know what I mean! Have you ever given a suggestion for improvement and the listener has taken it as criticism?

You can hear it everywhere, where colleagues give suggestions to each other and you can see the receiver get irritated or upset. Wouldn't it be great to give feedback in a way that the listener is open to it? Of course!

What's important about feedback is that it's given within 5 minutes of the event - that's because the event is still fresh in the person's mind. Also, it should be based on fact, not mind read thoughts and intentions! i.e. Refrain from "I think you meant to be helpful but you just bullied them." !

How about this instead - "I saw you were being helpful to the customer and next time, to make it better, you could listen to their request first so you know what information they want."



Couple of things to notice - one is that the feedback is impersonal and factual, and that the focus is on what that person did well, then what they can do to improve results next time; the second is to use the word "AND" instead of "but".

The word "but" simply erases whatever was said before. Using "and" is much more friendly and allows the receiver to keep listening with an open mind, rather than hearing the word "but" and immediately getting irritated or upset.

Try it out - use the word "and" instead of "but" in your conversations and notice the difference. And practice giving feedback this way - you'd be amazed at the difference it can make!



Forthcoming courses... and more course feedback below

Introduction to NLP

Watford, Hertfordshire - 18th October 2009

Watford, Hertfordshire - 22nd November 2009

Investment: £45 plus £20 for second person.

NLP Practitioner Training

Watford, Herts - 15th - 21st Nov 09

Investment: £1289

Call to find out more information 0800 542 2439

October 2009 Course Feedback:

Intro Day Comments:

- "I have read about NLP before but attending the course really brought it to life. It was delivered in an energetic and interesting way. The pace and content was at just the level I was looking for. 10/10." – S.P., St. Albans
- "The course left me with encouragement and many ideas of how to move forward." – N.G., London
- "A brilliant day – I have learnt many things that I will be putting into practice straight away. The day was action packed + kept us all going! I loved it!" – A. W., Harpenden
- "More than I expected! I feel totally inspired and I'm very much looking forward to putting the things learned today into practice. The trainers were very clear in their delivery + clearly passionate about NLP. They were very generous with their information. The future feels much brighter!" – P.J, London
- "I really enjoyed the course and found the whole idea of NLP very interesting. The course was well presented and kept my concentration." – Hannah
- "Very interesting and mind provoking. Achieved its objective as a taster – would like to take it further. The exercises were excellent and there are lots of areas I will put these into practice." – Karen

Course Comments:

- "The course went beyond my expectations. I was interested the whole way through and amazed at this tool. The course material was very detailed and understandable – also very exciting! Sheila and Lenka went extra miles by teaching us not only how to do Time Line Therapy™ confidently, but also how to get clients which was fantastic." – SP
- "I found the Time Line Therapy™ course excellent. I would have liked a longer period than two days as this form of therapy is probably the most profound." – YO
- "The material was very well organised and well thought through. I liked the way Lenka and Sheila worked very well together. There was a very supportive atmosphere." – AH
- "Great practical examples of using Time Line Therapy™. Trainers were excellent. I wouldn't change anything." – JP
- "Excellent. I really enjoyed this course. Trainers were brilliant – they explained everything clearly and were always available to answer additional questions. The course was delivered very well. I feel confident as a Practitioner of Time Line Therapy™. Thank you for an excellent and enjoyable course!" SJ
- "The group 'gelled' really well considering relatively short time we spent together. " – BG
- "I enjoyed the Time Line Therapy™ course very much. I got exactly what I wanted out of

this course. The course was a lot in depth, with lots of practical examples and time for practice." - JM

2010 NLP Practitioner course dates are now available on the website

www.ClaybrookNLP.com

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

If you have any questions or comments please [e-mail us](mailto:info@claybrooknlp.com), 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!



Course materials - what's included...

I often have enquiries from delegates about what the price of a course is and people often want to see what's included, so I thought I'd show you now!

The course price includes a comprehensive manual with over 170 pages of information, scripts, processes, glossary etc. You'll also get a CD Boxset of 20 high quality CD's, along with two text books on Hypnosis and Time Line Therapy™ Techniques which all form the pre-course study materials. All this is sent to you within a week so that you can start your pre-course study.

You also receive a pre-course open book test paper by email which is completed before attending the course.



Then on the course you will receive full 7 days accredited and fully certified NLP Practitioner Training, from 9.30am until 5pm, as much tea/coffee/water as you can consume(!) and two experienced Trainers to deliver the information precisely and clearly, so that everyone understands.

During the live training, you have all techniques demonstrated and then experience the techniques for yourself. Everyone gets practice at each NLP process so that by the end of the course, you know you can apply NLP in whatever environment you wish, confidently and easily.

There's an extra bonus too - you can come back on future course as a coaching assistant - totally free of charge - and revisit the training as an observer. You can come for one day or all 7 days - which many of our Trainers Training delegates do to get fully prepared for their training.

For more information call 01895 472675 or email info@claybrooknlp.com