

Benefits of NLP Explorations

NLP has been described in many different ways, and in such glowing terms as:

- ◆ A profound set of tools for personal development, which can be learned quickly and applied immediately;
- ◆ One of the most highly effective set of technologies ever developed to help individuals quickly discover and take advantage of new options for achieving what they want;
- ◆ A powerful and proven set of concepts, principles, tools and techniques for creating lasting change within yourself and with others;
- ◆ A wide-ranging and systemic approach to modeling human experience and behavior;
- ◆ A voyage of discovery, calling forth a strong commitment to your own personal and professional evolution; and
- ◆ An essential cornerstone of human excellence and achievement.

Some have described NLP as the “How To Be Human” manual because it provides such simple and practical tools for fully utilizing our natural abilities. NLP leads you to knowing how your body/mind system works, and what your full range of capabilities can be.

Through NLP explorations, you can learn to rearrange your thinking patterns and transform every potential opportunity into a highly successful endeavor. By applying the art and science of human excellence into your own life, you can recreate for yourself the structure of the genius of exceptionally talented people from many arenas. When you utilize this set of insights and skills, actively using your mind, emotions and body, you begin to easily and naturally run your own life for success – on your own terms.

Studying and practicing NLP can make it easy to understand how you think, how you communicate, and how you process emotions, revealing how to use your brain to produce amazing, positive results.

What if you had more conscious choice over how you think, how you respond, what you do, how you feel and the ways you communicate? Imagine what your life could be like when you can choose your responses to people and events around you, calling on new abilities to positively manage your reactions in any situation.

As you gain skills, discover resources, and master techniques, you begin to express yourself in alignment with your highest values, generating exceptional performance in any area of your life. What IF ... you are able to learn and understand more quickly; motivate yourself and others; discover richer and more meaningful relationships; maintain peace of mind even under stress; and enjoy abundant self-confidence in any situation?

For many the journey into the landscape of NLP options and possibilities reveals a limitless menu of options and benefits. When you learn and fully utilize NLP, you can:

- Tap into your most powerful mental, emotional and physical resources;
- Teach yourself and your children the best strategies for learning and staying motivated;
- Rapidly transform unwanted habits as you adopt new, reliable, and effective behaviors instead;
- Increase your professional effectiveness by consistently producing impressive results for yourself, your family, colleagues or your community;
- Improve your rapport and communication skills, resulting in greater professional success and personal satisfaction;
- Expand your behavioral choices and increase your flexibility;
- Empower yourself as you discover what are the essential thoughts, behaviors and emotional states needed to make your dreams come true;
- Discover how to clarify your future goals as you identify and clear any barriers standing in your way;
- Consistently create positive, powerful, and sometimes startling, changes; and
- Call on your mental, emotional, and physical states of well-being, whenever you need them.

Using NLP principles and basic tools can make your life work better in many contexts. The arenas in which NLP innovations have contributed encompass:

- Business,
- Communications,
- Coaching or Consulting,
- Health and Healing,
- Leadership and Management,
- Learning and Comprehension,
- Personal Growth, Counseling or Therapy,
- Positive Parenting,
- Presentation Skills & Public Speaking, and
- Teaching and Effective Education, among others.

Join us each third Wednesday at our *Explore NLP San Antonio* meetup. Details can be found at <http://www.meetup.com/nlpsanantonio/>. For JoyTech services, to set up an individual NLP, **VISIBLE WOMAN** empowerment, or Spiritual Mastery session, or to schedule a Ceremony Design consultation, by phone or in person, please contact us at joytechconnect@yahoo.com, or visit us at www.joytechconnect.com. *Mahalo.*