



NLP **NEURO LINGUISTIC PROGRAMMING**

What is NLP?

The Oxford English Dictionary defines Neuro Linguistic Programming as “a model of interpersonal communication chiefly concerned with the relationship between successful patterns of behaviour and the subjective experiences (especially patterns of thoughts) underlying them; a system of alternative therapy based on this which seeks to educate people in self-awareness and effective communication to change their patterns of mental and emotional behaviour.

NLP, then, is an extensive study of how the human mind works and how to use the language of the mind to consistently achieve our specific and desired outcomes.

NLP is like a detailed blueprint for the mind. It shows you how you do what you do, what motivates you and what shuts you down, and then shows you how to change things if they are not getting the results you want. It provides several quick and effective techniques that can facilitate change in a person, thereby putting that person back in charge of their own mind and therefore their results.



**Personal
Development**

Business

**Coaching and
Therapy**

**Education and
Training**

Sports

Parenting

Communication

And much more...

**JOY IN HEALTH &
NUTRITION INC.**

2-5511-50th Ave.
Red Deer, AB
403-343-2599

Monday – Wednesday &
Friday 9:30 am – 4:30 pm
Thursday 9:30 am – 6:00 pm