



NLP PERSONAL BREAKTHROUGH

**IS IT TIME FOR YOU TO CLEAN UP SOME AREAS
OF YOUR LIFE?**

What is it?

An NLP Personal Breakthrough is a one-on-one personal development program that is specifically designed and tailored to address a client's unique needs and concerns.

The approach is dynamic and all encompassing. Often the present problem is attached to other problems. By exploring the true nature of the problem and identifying the obstacles, hindering core beliefs, limiting decisions, unresolved conflicts, and the deeply embedded behavioural strategies that keep the problem in place, the issue can be uprooted from the source and true and lasting transformation can occur.

All sessions are uniquely designed to interrupt and eliminate the problem, and to provide you with new resources, new strategies and techniques, sustainable goals for the future, and the emotional and behavioural framework to achieve lasting success.



**Relationship
Difficulties**

**Mental &
Emotional Health**

**Feeling "Stuck" or
Immersed in a
Long-Standing Rut**

**Physical Health
and Well Being**

**Career
Development**

**Achieving Peak
Performance in
any area of life**

**JOY IN HEALTH &
NUTRITION INC.**

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