



About NLP

Neuro-Linguistic Programming is a set of guiding principles, attitudes and techniques about behaviour in real life. It allows individuals the choice to choose their behaviours, emotional states and physical states of well-being by understanding how the mind works. It removes self-imposed limits.

We receive information in our mind (neuro) via our five senses (visual, auditory, kinesthetic, smell and taste) at a rate of 2 billion bits per second & because this is too much information to take in our minds therefore delete, distort and generalize the information down to 134 bits per second so that it can cope. This means that we may take in certain unhelpful bits of information and negate the helpful bits, for e.g. glass half full or half empty.

NLP, Coaching, Time Line Therapy and Hypnosis

We also use language (linguistic) and other non-verbal communications to make internal representations about everything we experience which creates memories/associations.

Finally we run patterns of behaviour and emotions (programs).

In NLP sessions we can work with the way we have coded certain information about things and learn to think in ways that are more resourceful and flexible.

About Coaching

Coaching is a partnership between the coach and the client similar to that of a sports coach who helps their client achieve their goal. A coach works with the client to enable them to reach goals in any aspects of their life such as health, finances, wealth, career, spiritual, contribution and relationships.

The coaching process consists of looking at your values in the area of life that you want to work on, agreeing on goals and then agreeing on tasks that must be completed in order to make the change happen.

About Time Line Therapy™

Time Line Therapy™ is a therapy that uses the concept that our memories are stored along a time line. It is highly effective at helping to get rid of negative emotions such as anger, sadness, fear, hurt and guilt.

About Hypnosis

Hypnosis means being in an altered and relaxed state of mind. We do this naturally throughout different periods of the day such as when driving on a familiar journey, reading a book, watching television or simply gazing at something.

Hypnotherapy refers to the therapy work that is done with a client whilst they are in hypnosis. This allows for changes at the unconscious level.

Hypnotherapy & Coaching Service



Visit online at www.DefinitiveSuccess.co.uk

Email: susan@definitivesuccess.co.uk

Tel. 01932 429166 / 07956 827826