



NLP is a logic-driven process using specific methods and presuppositions (rules of the world) to create change in perception, eliminate limiting beliefs and reach SMART (specific, measurable, actionable, realistic, time-bound) goals. Areas of NLP focus include understanding and influencing human behaviour positively, through perception alteration. To make use of the special patterns of language to change our beliefs, mind-sets and behaviours. To develop and harness the choice of successful behaviours, in dealing with a variety of different situations positively. To be the best you can be, through exercising the Neuro-system effectively and efficiently. To change individual mind-set through cognition (which is the scientific term for "the process of thought") and to promote the effectiveness of mental, psychological and physical health. Hence, NLP is a modern psychological study of human perception and efficient behavioural enhancement.

NLP is useful in addressing any perceptual or behavioural concerns, in all children (preferably 10 years and older) and adults. Anyone, who is serious about reaching their goals and dreams efficiently, will benefit from using NLP strategies. The benefits of the NLP approach are vast. It is a low level psychology, which does not require the client to re-experience limiting events. Following an initial session of establishing goals, the NLP approach is efficiently implemented. It is a focused therapy which suits a flexible, outcome-based implementation. An individual programme focuses on two or three goals at a time, which are addressed over six to eight sessions. This is the norm. Clients generally want to share their positive NLP programme outcomes with their friends and family. Clients can be seen weekly and positive outcomes are immediately evident.

Some practical, hands on advice for you as the reader would be to use visualizations.

You can use them any time you like however before bed is a very effective time and the more you visualize, the better. You can also encourage your child, children, husband, partner, family and friends to use visualizations. The subconscious mind cannot differentiate between reality and imagination. So if you visualize something, your subconscious thinks you have already done it. It is important to attach positive feelings to your visualizations, so imagine how good it feels once you have achieved your goal(s).

Good luck and enjoy it ☺

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If you would like to learn more about Daniella please follow this link:

http://www.dsj.co.za/export/sites/dsj/downloads/dsj_pdfs/Phoenix-Centre/360NLP-Daniella-Berger.pdf
or see the next page.

This is what some of Daniella's clients have said about her:

"Daniella is a very knowledgeable and well-trained NLP practitioner, who consistently provides me with a substantial amount of support and guidance in order to meet my goals in various aspects of my life. She is dedicated to her clients and I can see that she definitely loves what she does, and therefore would highly recommend her."

"Daniella presents an intuitive, polite and candid approach to her support work. She takes her time to understand and evaluate her clients' underlying fears and concerns; ensuring sufficient discussion and mutual understanding. The ease with which she professionally approaches frank and challenging topics is reassuring. Each session is pointed towards agreed outcomes; swiftly applied, discreetly assessed and sufficiently reassuring, to develop her clients' confidences. Daniella supports children, students, career-adults and families to transition negative life-events into positive 'point-of-growth' opportunities. Her mentoring track record speaks for itself and it is a pleasure to validate her professional success."

"Daniella is simply an amazing NLP support professional. Her approach to mentoring, targets SMART solutions to personal irritations and insecurities. She is equally accomplished supporting students, career-adults and families to achieve personal goals using succinctly applied and assessed techniques. Her mentoring track record speaks for itself and it is a pleasure to validate her professional success."

"I enjoyed the NLP experience because it is different from clinical psychology therapy which I am used to, in that it is more practical and goal-orientated. It has definitely helped me achieve my goal of going to London and Greece for a holiday this year in June, which last year I couldn't even imagine that it could be possible. My goal has become a reality. With regards to relationships, the session helped me realise the values I would like in a partner /my own values. So now when I am in I am dating someone, I refer back to my list of values. We used a visual technique in changing my association with relationships, this helped me as I am a visual person. I would definitely do more NLP sessions with Daniella."

