



What is NLP?

Sandy Colombo is a qualified and experienced NLP Practitioner, Master & Trainer. It is important to understand the qualifications of any person you intend to work with and a minimum requirement for a Coach (Business or Life Coach) is that they have the qualification of NLP Practitioner.

What is NLP ?

NLP is a method of influencing brain behaviour (the “neuro” part of the phrase) through the use of language (the “linguistic” part) and other types of communication to enable a person to “recode” the way the brain responds to stimuli (that’s the “programming”) and manifest new and better behaviours.

It is the use of effective techniques and strategies to create changes in your thinking and communication to achieve different and better results. NLP techniques and models are now being used in a diverse range of areas including personal development, sport, health, education, business and social development.

Relationships - improve interaction and communication with others

Business skills - leadership, coaching, sales, influence and managing change

Presentation - public speaking, communication and personal branding

Personal challenges - change limiting beliefs, habits, and behaviour (eg smoking, fear, drinking and weight loss, procrastination etc)

Mindset - understanding emotions, clearing road blocks and setting self up for success

Where and how would I use NLP ?

1: Business

NLP enhances a variety of business activities. It is often the basis of many courses about selling, presenting and team building. It empowers people to communicate more effectively. It up skills people in managing, delegation, public speaking, decision making (self and others), leadership and understanding strategies. It discovers each individuals values and beliefs with practical tools to achieve peak performance. It boosts motivation by aligning work with values and gives participants a growth mindset.

2. Personal relationships

NLP gives participants understanding in the way people interact with people. NLP Strategies assist people to live in harmony with family members by looking at the situation from a different view. NLP Strategies will assist you to keep a greater balance between your family, your career and what you want in life. It will give you a clear “rule book” for you and empower you to boundary set to enhance your personal relationships.

3. Health

NLP Offers cognitive model and practical tools that empower you to improve your health. NLP Practitioners empower individuals lead more satisfying lives by empowering them to change limiting beliefs, habits and behaviour, facilitating people to manage states and emotions and empowering them to find their meaning by setting manageable goals.

4. Education

NLP Provides a model of how we communicate with ourselves and others. It can be used in teaching to improve the ability to impart information in ways that makes learning easier. Understanding and identifying natural learning styles, use of presuppositions and language patterns and eliciting states in learners that as in line with learning.

5. Sport

NLP is used by sport coaches to empower their clients to reach peak performance. Techniques include modelling and learning successful strategies from leading athletes, performance goals and overcoming road blocks

6. Parenting

NLP is a perfect instruction book for the ever changing life of a parent. It gives understanding, knowledge, tools and strategies that empowers open communication at every different stage of your child’s life.

Why did I become a NLP Practitioner, Master and Trainer ?

I was really struggling with a young family and work life balance. Everything just looked dim and I felt I was just going through the motions. In fact (without knowing it) I had anxiety and panic attacks. Back in 2003 I didn't even know that there was such a condition. I did Turning Point one (and two) both NLP programs and recovered. Over the next ten years I became a Practitioner, Master and Trainer. Every program gave me more insight, grew my business, improved my relationships (and parenting) I feel totally privileged to empower people to use NLP tools and techniques to improve the quality of your life in every area.

It is amazing how we change one thing and everything changes

“Be the change you want to see in the world”

