

# POMOD UK

## NEURO-LINGUISTIC PROGRAMMING

Over the centuries mysteries deemed inexplicable were in fact only unexplained. How would people from the Middle Ages react to our 21<sup>st</sup> century life? As an other-world fantasy inhabited by strange colourful creatures with magic machines? Similarly, why we do what we do, think what we think and feel what we feel is often a mystery to us. And when we want to do something different we don't know how.

We may appreciate the need to be more confident, believe in ourselves, eat less, take up jogging, get a new job. But is knowing 'what' the same as knowing 'how'? Well, Neuro-Linguistic Programming, or NLP, is an approach to unlocking our personal mysteries so that we understand ourselves so we can change what we don't like and augment the things we do. And it helps us to improve the way we relate to and communicate with others.

NLP combines three aspects. 'Neuro' applies to the senses and nervous system, to the part of us experiencing the world and gathering information about it. 'Linguistic' refers to how we use language to describe our experiences, and the 'programming' is how we develop habitual patterns of thought, feeling and behaviour.

NLP provides mechanisms for us to understand how we develop our habits, our language patterns and our preferred methods of collecting and storing information about our life. Once we know the 'how we did it', we can begin to see how we can change. NLP has tools to help us to change our less-than-useful habits and replace them with more useful ones. We can also 'borrow' good practice from others. Unlike many ways of improving personal effectiveness, it's fast, painless and sustainable!

To find out how you can learn NLP in Teignmouth in October see [www.pomod.co.uk](http://www.pomod.co.uk).