

Neal Anderson

NLP TOOLS FOR HEALTH AND WELLBEING

It has long been established that mind and body form one system and the supportive interplay of these two complex elements is essential to our health and wellbeing. Dr. Deepak Chopra says *"The physical world, including our bodies, is a response of the observer. We create our bodies as we create the experience of our world."* NLP offers some powerful tools to help people construct and can change their health and wellbeing.

The day will be particularly appropriate for NLP practitioners, health professionals, doctors, nurses, social workers, therapists and coaches who want to explore the NLP approach and gain some useful tools to use with others.

The workshop will be reflexive to the particular interests of participants and offers a chance to learn about NLP using some examples from my case work as a Neuro Linguistic Psychotherapist. I will draw on my experience working with a variety of common medical conditions like anxiety, depression, inner conflict, sexual dysfunction, eczema, stress, allergies and migraine. Topics may include:

- **Working with a higher intention**
- **Harnessing the natural ability of the unconscious**
- **Healthy beliefs systems to promote healing**
- **Breaking the cycle of anxiety and depression**
- **Motivation and outcome focussed change**
- **Metaphors for healing**
- **Resolving inner conflict**

For those new to NLP is it a chance to explore how NLP can support fast and effective change and take away some useful tool, techniques and patterns to use in your work with others.

For NLP Coaches, Practitioners and Master Practitioners it is a chance to deepen knowledge and consider the specific application of their skills to health and wellbeing related issues.

1 Day Workshop 3rd December 2010

Practical techniques for working with the psychological component of physical symptoms.

Who delivers the training?

Neal Anderson is a Neuro Linguistic Psychotherapist, an INLPTA Registered NLP, Coaching and Business Communications Trainer, and Accredited Practitioner of Outdoor Learning. With a background in engineering, management and development training he works as a facilitator, coach and therapist with individuals and organisations. Neal is passionate about helping people grow and develop with a sense of playfulness, warmth and realism.

How do I book?

Book online at www.valleytraining.co.uk or call us on 07899 856518 with any questions.

Dates: 3 December 2010 9.30 – 5.00

Location: Central Kendal, Lake District.

Regular price: £90

Certification: Certificate of attendance

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