

Winner's Mantras

more soft skills...

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EMESCO

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‘NLP’ to Make Life Easy

Mind and body are the parts of the same system

- Richard Bandler & John Grinder

Neuro-linguistic programming (NLP) is an approach to communication, personal development, and psychotherapy created by Richard Bandler and John Grinder in California, United States in the 1970s. Its creators say it is a connection between the neurological processes (Neuro), language (Linguistic) and behavioral patterns learned experience (Programming) and that these can be changed to achieve specific goals in life. This technique teaches us how to make neurology, language and programming work together and be more productive

Each one of us has at one time or another tried to change out lifestyle, mindset; quit a habit; but very few of us have been successful. The reason may be either lack of motivation, confidence or determination. Neuro-linguistic programming (NLP) is a novel method that can help you.

NLP is an approach to communication, personal development, and psychotherapy created in the 1970s. It's a connection between the neurological processes 'neuro', language 'linguistic' and behavioral patterns that have been learned through experience 'programming'; and can be organized to achieve specific goals in